



**ERIE COUNTY MENTAL HEALTH**

**SELF-HELP GROUP**

**DIRECTORY**

**FOR ADULTS**

Updated December 18, 2014



## ...SELF-HELP

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Nationally, **Self-Help** is being recognized as an important and integral part of the recovery program for consumers of mental health services. There is a growing acceptance and support among the mental health system and professionals regarding the value and need of peer run self-help groups for consumers. This is a direct result of consumer's representation, participation and perspectives within the mental health system. Simply stated, self-help group participation empowers consumers and embraces the concept of active participation in all facets of a consumer's recovery.

### **Self-Help Group Definition:**

***“A self-help group is a gathering of people who have a common bond that voluntarily come together to create and share experiences, reach out and learn from each other in a trusting, supportive, safe and open environment.”***

### Testimony...

*“When these strangers gathered, something happened –  
Some would call it “A dynamic,” others “grace”  
- that allowed them to speak truthfully from the  
depths of their hearts and also to be receptive to each  
other’s truths, where in other circumstances they could  
not do either, and,  
in this giving and taking, to begin to heal.  
What makes this possible and why it is healing  
remains the mystery and the miracle of self-help groups.”*

“Notes and Comment”  
The New Yorker



## **Benefits Provided or Obtained Through “SELF-HELP” Participation**

### **COST**

- ◆ Self-Help is extremely affordable, because it is free (Occasionally donations are accepted).

### **SAFETY**

- ◆ Self-Help groups provide a safe, confidential environment that assists the individual in developing trust.

### **CHOICE**

- ◆ Self-Help groups provide the opportunity to practice recovery methods with fellow peers. The process is member driven, not agency or system driven. This allows the group members to make decisions, facilitate independence, increase self-reliance and gain back control over their lives. Self-Help is the choice of the individual and may in time decrease the need for professional traditional treatment.

### **ACCEPTANCE**

- ◆ Self-Help groups provide acceptance within a non-stigmatizing and non-judgmental environment.

### **COPING STRATEGIES**

- ◆ Self-Help assists consumers through sharing and increasing their knowledge and application of coping skills.

### **HOPE**

- ◆ Self-Help groups help to eliminate despair by providing consumers the opportunity to share experiences, strength and hope in their recovery efforts.

### **PEER SUPPORT & ROLE MODELS**

- ◆ As peers share with others the recovery tools they have learned, it is with the knowledge and understanding that the one helped today, may be the one to help another tomorrow. Attending a self-help group will offer you the opportunity to be a part of a group in which there are positive role models who have increased their self-awareness and hope of recovery.

### **SOCIAL BENEFITS:**

- ◆ Self-Help groups help to reduce isolation by creating a sense of belonging, by connecting with other people. This will enable an individual to begin to build a social network, and relationships of trust.

### **EDUCATION & EMPOWERMENT BENEFITS:**

- ◆ Participation in a self-help group provides empowerment, in that a person finds as an individual they can make a difference through learning something new. New knowledge, shared within the group is used to make decisions directly affecting their own lives, which can then be applied through advocacy to help themselves and others.

# Schedule of Weekly Self-Help Group Meetings

	S	M	T	W	T	F	S
12 Steps to Recovery		√					
"20 Something" Group						√	
Anger Management		√		√			
Anxiety Support Group			√				
Bereavement		√	√	√		√	
Bipolar Support Group		√		√			
Brain Injury			√				
CoDA 12 Step Program for co-dependents			√				
Depression			√			√	
Family Support & Education				√			
Eating Disorders/Healthy Eating	√			√	√		
Hoarders and Clutterers			√				
Mental Health – General Support	√	√	√	√		√	√
South towns group (depression, anxiety, panic, social phobia)						√	
Mental Health Educational Meeting			√		√		
NA (Narcotics Anonymous)			√		√		
Networking group					√		
OCD					√		
Parents with psychiatric disabilities						√	
Prison transition support				√			
Schizophrenia/ Schizoaffective Disorder			√	√	√		
Sobriety - SOS/SOAR	√		√	√	√	√	√
Social hour group						√	
Women's support group				√	√		
WRAP (Wellness Recovery Action Planning) Group			√				
Winning Self Images			√				
Writing and Well-being							√

## Additional Groups

**Elmwood Wellness Centre**, located at 400 Forest Ave. (816-2911), has a variety of programs available for mental health consumers who have a mental illness diagnosis from a physician. Open enrolment is on Wednesdays between 1pm-3pm. Some examples of programs are: AA, NA, Quit Smoking Group, Basic Nutrition, Self- Expression though art, and a poetry workshop. Programs are held during different days and at different times. If you would like to learn more about these programs and others offered, please call the number above.

**Restoration Society**, located at 66 Englewood Ave. (835-1919), has a variety of programs available for mental health consumers who have a mental illness diagnosis from a physician. The offered programs differ month to month. Some examples of programs that could be scheduled are: Money 101, Anxiety, Panic & OCD, How to Handle the Holidays and Depression Group. To learn what programs are currently being offered please call the above number.

## **SUNDAY**

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**Mental Health  
Support Group**

1:30 -  
3:00 PM

Kenmore Library  
160 Delaware Rd.  
Kenmore, NY 14217  
(in community room)  
Sharon Ward 984-5539

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**SOS**  
(Save OurSelves - A Secular  
Organization for Sobriety)

5:30 –  
6:30 PM

Amity Club  
340 Military Rd.  
Buffalo, NY 14207  
877- 9025

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**Eating Disorders  
Support Group**  
[www. buffalocentre.com](http://www.buffalocentre.com)

6:00 –  
7:00 PM

Buffalo Centre for the Treatment  
of Eating Disorders  
95 John Muir Drive  
Amherst, NY 14228  
276-6939

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# **MONDAY**

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<b>Hope After Heartache</b> (For those who have lost a loved one) Meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Monday	4:00 - 5:30 PM	St. Aloysius Gonzaga Church 157 Cleveland Drive Cheektowaga, NY 14225 Nancy 908-9154
<b>Anger Management</b> Meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Monday	10:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 832-2141 x-221
<b>12 Steps to Recovery</b> Meets every 2 <sup>nd</sup> and 4 <sup>th</sup> Monday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 Felix 835-1919 x-12
<b>Bipolar Support Group</b> Meets every Monday <a href="http://www.wnyil.org">www.wnyil.org</a>	6:00 – 8:00 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Jillian 836-0822 x-170
<b>Recovery International</b>	12:45 PM	St. Francis Religious Ed. Center Rear door 144 Broad St, (Park on Adams) Tonawanda, New York 14150 Joyce 438-1479

## TUESDAY

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<b>Hope After Heartache</b> (For those who have lost a loved one) Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	7:00 – 8:30 PM	Mount Olivet Cemetery Bldg. 4000 Elmwood Ave Buffalo, NY 14207 Nancy 873-6500
<b>Mid-Erie Depression Group</b>	12:00 – 2:30 PM	Mid-Erie Counseling 1526 Walden Ave. Suite 400 Buffalo, NY 14215 Jillian 836-0822 x-170
<b>NA (Narcotics Anonymous)</b> Meets every Tuesday 18 and older/ no children allowed	10:00 AM- 12:00 PM	Mid-Erie Counseling 1131 Broadway Buffalo, NY 14212 896-7350
<b>WRAP (Wellness Recovery Action Planning) Group</b> Meets every 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
<b>CoDA 12-Step program for co-dependents</b> Meets every Tuesday	7:30 PM - 9:30 PM	Trinity Old Lutheran Church 3445 Sheridan Drive Buffalo, NY 14226 836-4868
<b>SOS/SOAR</b> (Save OurSelves - A Secular Organization for Sobriety) <a href="http://www.sos-nys.org">www.sos-nys.org</a>	7:00 PM- 8:30 PM	Center for Inquiry 1310 Sweet Home Rd. Amherst, NY 14228 Rear entrance-3965 Rensch Rd. 636- 4869
<b>Hoarders &amp; Clutterers</b> Meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 602-5795
<b>Family Psycho-Education Group</b> Meets every 1 <sup>st</sup> Tuesday	6:30 – 8:00 PM	Buffalo Psychiatric Center 400 Forest Avenue Buffalo, NY 14213 113S Strozz Dr. Elleen Trigoboff - 816-2129

<b>“De-stressor” Group</b> Meets every Tuesday Share anxiety experiences and “de-stress” techniques	12:00- 2:00 PM	WNY Independent Living 3108 Main Street Buffalo, NY 14214 Danielle 836-0822 x-170
<b>Recovery International</b>	7:30 PM	St. Luke's Lutheran Church 900 Maryvale Dr. Buffalo, New York 14225 Thomas 668-2380
<b>Recovery International</b>	7:00 PM	Trinity United Methodist Church 2100 Whitehaven Rd. Grand Island, New York 14072 Judith 773-1367
<b>Recovery International</b>	6:45 PM	Clarence Public Library 3 Town Place Clarence, New York 14031 Tony
<b>You Are Not Alone</b> Schizophrenia family support Call-in group <a href="http://www.sardaa.org">www.sardaa.org</a>	7:00 PM	Call-in: 855-640-8271 toll free Passcode: 88286491#
<b>Brain Injury Peer Support Group</b> Meets every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday <a href="http://www.headwayofwny.org">www.headwayofwny.org</a>	6:30- 8:00 PM	Headway for Brain Injured 2635 Delaware Ave. Ste.E Buffalo, NY Maggie 408-3100
<b>Women's Brain injury Survivors' Group</b> Meets every 1 <sup>st</sup> Tuesday	1:00- 2:30 PM	Headway for Brain Injured 2635 Delaware Ave. Ste.E Buffalo, NY Maggie 408-3100
<b>Caregiver's Support Group for Brain Injured</b> Meets every 1 <sup>st</sup> Tuesday	6:30- 8:00 PM	Headway for Brain Injured 2635 Delaware Ave. Ste.E Buffalo, NY Maggie 408-3100

## **WEDNESDAY**

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<b>Bereavement Group</b> Meets every 1 <sup>st</sup> Wednesday www.stgregs.org	7:30 – 8:00 PM	St. Gregory the Great Ministry Centre, Room 1 250 St. Gregory Ct. Williamsville, NY 14221 688-5678 Cindy Tichenor 689-7752
<b>Anger Management Group</b> Meets every Wednesday	3:30 – 5:00 PM	Gloria J. Parks Comm. Center 3234 Main St. Buffalo, NY David Edgerton 836-0822 x-109
<b>SOS</b> (Save OurSelves - A Secular Organization for Sobriety) Meets every Wednesday	8:00- 9:00pm	Terrace House - ADDS 291 Elm Street Buffalo, NY Terrace House: 854-2997 2nd floor Dining Room SOS 636-4869
<b>Family Support Group - NAMI National Alliance on Mental Illness</b> Meets every 3 <sup>rd</sup> Wednesday	7:00- 10:00PM	St Paul's Lutheran Church 4007 Main St., Amherst, NY ---AND--- Lakeshore Behavioral Health 3176 Abbot Rd. Orchard Park NAMI 226-6264
<b>Bi-polar Support Group</b> Meets every Wednesday	6:00 PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, NY 14217 Facilitator-Terry Hall 875-3058
<b>Schizophrenia/ Schizoaffective Disorder</b> Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY14209 Lisa Maria Cruz 886-1242 x-310
<b>Recovery International</b>	7:30 PM	Wayside Presbyterian Church S-5017 Lakeshore Rd. Hamburg, New York 14075 Norine 649-0712

## THURSDAY

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<b>SOS</b> (Save OurSelves - A Secular Organization for Sobriety) Meets every Thursday	9:30 – 10:30 AM	Terrace House - ADDS 291 Elm Street Buffalo, NY Terrace House: 854-2997 2nd floor Dining Room SOS 636-4869
<b>SOS at BryLin Outpatient</b> (Save OurSelves - A Secular Organization for Sobriety) Meets every Thursday	12:00 - 1:00 PM	BryLin Outpatient Clinic 5225 Sheridan Drive Amherst, NY 633-1927 SOS 636-4869
<b>Living with OCD</b> Meets 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 886-1242
<b>Job Club Networking Group</b> Work with vocational peer counselors in learning job preparation skills	4:30 – 7:00 PM	Independent Living Project 3108 Main St Buffalo, NY 14214 836- 4869
<b>SOS</b> (Save OurSelves - A Secular Organization for Sobriety)	7:00 – 8:00 PM	Erie County Medical Center 462 Grider Street Buffalo, NY 9 <sup>th</sup> floor room No. 981 SOS 636-4869
<b>Educational Meeting – NAMI National Alliance on Mental Illness</b> <i>Support and Education to Families of those with Mental Illness</i> Meets every 2 <sup>nd</sup> Thursday	7:00 PM	St. Paul's Lutheran Church 4007 Main Street Snyder, NY 14226 NAMI 226-6264
<b>Networking Group</b> Employment information	4:30 – 7:00 PM	WNY Independent Living 3108 Main St. Buffalo, NY 14214 836-0822 x-170

<b>Eating Disorders Family Education and Support Group</b>	7:00 – 8:00 PM	Buffalo Centre for Treatment of Eating Disorders 95 John Muir Amherst, NY 14228 276-6939 (call to register)
First Thursday of each month Open to community		
<b>Sharing Voices</b> Meets every Thursday	1:00 pm	Restoration Society 66 Englewood Ave. Buffalo, NY 14214 Maria – 832-2141 x-35 mnuchereno@restoration- societyinc.org
A safe haven where people who hear, see or sense things that other people don't...can feel accepted, valued and understood		

## **FRIDAY**

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<b>Southtowns Self-Help Group</b> * <i>Anxiety</i> * <i>Depression</i> * <i>Panic Disorder</i> * <i>Social Phobia</i>	6:30 – 8:30 PM	St. Mark's Episcopal Church 6595 E. Quaker Road Orchard Park, NY 14127 Dennis 713-4318
<b>SOS</b> (Save OurSelves - A Secular Organization for Sobriety)	7:00 – 8:00 PM	Erie County Medical Center 462 Grider Street Buffalo, NY 9 <sup>th</sup> floor room No. 981 SOS 636-4869
<b>SOS</b> (Save OurSelves - A Secular Organization for Sobriety)	3:00 – 4:00 PM	VA Medical Center 3495 Bailey Buffalo, NY 10 <sup>th</sup> Floor, Room 1002 834-9200
<b>Coping with the Loss of a Child</b> Meets Monthly Contact Donna for dates and times of meetings.		Jewish Community Center 2640 North Forest Road Getzville, NY 14068 Donna Possenti 883-1914
<b>Social Hour Group</b> Held every 3 <sup>rd</sup> Friday	2:00 – 4:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Mona White 836-0822 x-138

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**"20 Something" Group**Held every 3<sup>rd</sup> Friday

Call for schedule/group

Occasionally meets elsewhere

Young adults 18 and up

**Parent group meets same time  
separate room**6:00 –  
7:30 PMMental Health Association  
999 Delaware Ave.  
Buffalo, NY 14209Jenny Laney 886-1242 x-313

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**SATURDAY**

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**SOS**(Save OurSelves - A Secular  
Organization for Sobriety)

Meets every Saturday

11:00 AM-  
12:00 PMTerrace House - ADDS  
291 Elm Street  
Buffalo, NY  
SOS 636-4869  
Terrace house 854-2997  
2nd floor Dining Room**Writing and Well-Being**

Poetry writing and reading.

Meets on alternate Saturdays  
in the Fall and Spring.

Call for scheduling.

10:00AM-  
12:00 PMMental Health Association  
999 Delaware Ave  
Buffalo, NY 14209  
886-1242  
Lisa Maria Cruz x-310  
Mary McParlane x-326**Recovery International**

10:00 AM

West Seneca Health Center  
120 Gardenville Parkway West  
Buffalo, New York 14224  
Lifetime Health building,  
Commons room  
Michele 449-2255**Mental Health Support Group**[www.stbernadetteopny.org](http://www.stbernadetteopny.org)9:30-  
11:30 AMSt. Bernadette Church  
5930 South Abbott Road  
Orchard Park, NY 14127  
Msgr. Nugent Room  
Jim 392-7026

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**Mental Health Association  
of Erie County, Inc.****716-886-1242  
www.eriamha.org**