



ERIE COUNTY MENTAL HEALTH

SELF-HELP GROUP
DIRECTORY

FOR ADULTS

Updated September 24, 2013



...SELF-HELP

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

Support groups that have an (*) have limited contact information and could not be fully verified as active support groups.

	S	M	T	W	T	F	S
12 Steps to Recovery		■					
"20 something" Group						■	
Alliance for the Mentally Ill				■	■		
Anger Management		■		■			
Anxiety Support Group			■			■	
Believe in yourself group				■			
Bereavement		■	■	■		■	
Bipolar Support Group				■			
Brain Injury and PTSD		■					
CoDA 12 Step Program for co-dependents			■				
Communication group						■	
Depression		■				■	
Dual Diagnosis					■		
Family Support Group – NAMI				■			
Eating Disorders/Healthy Eating	■	■		■	■	■	
Hoarders and Clutterers			■				
Life skills group					■		
Mental Health – General Support	■					■	
Mental Health Educational Meeting					■		
Money			■				
NA (Narcotics Anonymous)					■		
Networking group					■		
OCD					■		
Pain management group				■			
Panic Disorder						■	
Parents of Young Adults						■	
Parents with psychiatric disabilities						■	
Prison transition support				■			
Roadmap to Life Group			■				
Schizophrenia/Schizoaffective Disorder					■		
Smoking (quitting together) Group			■				
Sobriety - SOS/ SOAR	■						■
Social hour group						■	
South towns groups (depression, anxiety, panic, social phobia)						■	
Women's support group				■	■		
WRAP (Wellness Recovery Action Planning) Group			■				
Writing and well-being							■

SUNDAY

Mental Health Support Group	1:30 - 3:30 PM	Denny's Restaurant 2215 Delaware Ave. Buffalo, NY 14216 (Private room in back) Denny's 877-5398 Sharon Ward 984-5539
SOS (Save OurSelves - A Secular Organization for Sobriety)	5:30 – 6:30 PM	Amity Club 340 Military Rd. Buffalo, NY 14207 877- 9025
Eating Disorders Support Group	6:00 – 7:00 PM	Buffalo Centre for the Treatment of Eating Disorders 95 John Muir Drive Amherst, NY 14228 Amanda Smith 607-592-4793 Carlie Hadjeasgarie 867-5322

MONDAY

Hope for Bereaved (For those who have lost a loved one) Meetsevery 2 nd and 4 th Monday	4:00 - 5:30 PM	Mount Calvary Cemetery Pine Lawn Chapel 800 Pine Ridge Heritage Blvd. Cheektowaga, NY 14225 Nancy 873-6500
Anger Management Meetsevery 1 st and 3 rd Monday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
12 Steps to Recovery Meetsevery 2 nd and 4 th Monday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 Felix 835-1919 x-12
Depression Group Meetsevery Monday Su Rubin 875-8571	1:00 – 3:00 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 Felix 835-1919 x-12
Life Support Brain Injury and PTSD Please call for the updated schedule of groups, and to schedule a screening appointment		Headway for Brain Injured 976 Delaware Ave. at W.Utica Buffalo, NY Diane Landware or Maggie 408-3100

Healthy Eating Group Meets every Monday	1:00 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
Bipolar Support Group Meets every Monday	6:00 – 8:00 PM	WNY Independent Living, Inc. 3108 Main Street Buffalo, NY 14214 Doc D'Amato 836-0822 x-170

TUESDAY

Anxiety Support Group A support group for people to discuss issues relevant to having anxiety	11:00 AM- 1:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Danielle McMahon 836-0822 x-170
Hope for Bereaved (For those who have lost a loved one) Meets 1 st and 3 rd Tuesday	7:00 – 8:30 PM	Mount Olivet Cemetery Bldg. 4000 Elmwood Ave Buffalo, NY 14207 Sster Margaret Krantz 873-6500
Mid-Erie Depression Group	12:00 – 2:00 PM	Mid-Erie Counseling 1526 Walden Ave. Buffalo, NY 14215 Ella 836-0822 x-159
NA (Narcotics Anonymous) Meets every Tuesday	10:00AM- 12:00 PM	Mid-Erie Counseling 1131 Broadway Buffalo, NY 14212 896-7350
WRAP (Wellness Recovery Action Planning) Group Meets every 2 nd and 4 th Tuesday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
CoDA 12-Step program for co-dependents Meets every Tuesday	7:00 PM - 9:00 PM	Trinity Old Lutheran Church 3445 Sheridan Drive Buffalo, NY 14226 836-4868
Roadmap to Life Group Meets every 1 st and 3 rd Tuesday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919

Take Hold of Your Money Meets Every 1 st and 3 rd Tuesday	2:00 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
Quit (smoking) Together Group Meets every 2 nd and 4 th Tuesday	1:30 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
SOS/ SOAR (Save OurSelves- A Secular Organization for Sobriety)	7:30 PM- 9:00 PM	Center for Inquiry 1310 Sweet Home Rd. Amherst, NY 14228 Rear entrance-3965 Rensch Rd. 636- 4869
Hoarders & Clutterers Meets every 1 st Tuesday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 602-5795
Family Psycho-Education Group Meets every 1 st Tuesday	6:30 – 8:00 PM	Buffalo Psychiatric Center 400 Forest Avenue Buffalo, NY 14213 113S Strozzi Dr. Eileen Trigoboff- 816-2129

WEDNESDAY

Bereavement Group Meets every 1 st Wednesday	7:30 – 9:00 PM	St. Gregory the Great Ministry Centre 250 St. Gregory Ct. Williamsville, NY 14221 688-5678 Cindy Tichenor 689-7752
Pain Management Group Meets 2 nd and 4 th Wednesday	6:30 – 8:30 PM	Amherst Main Audubon Library 350 John James Audubon Pkwy Amherst, NY Cynthia McGriff 842-2051
Anger Management Group Meets every Wednesday	3:30 – 5:00 PM	Gloria J. Parks Comm. Center 3234 Main St. Buffalo, NY David Edgerton 836-0822 x-109

SOS (Save OurSelves- A Secular Organization for Sobriety) Meets every Wednesday	6:30 – 7:45 PM	Northpointe Council 66 Mead Street N. Tonawanda, NY 433-3846
Family Support Group - National Alliance on Mental Illness (NAMI) Meets every 3 rd Wednesday	7:00 PM	St Paul's Lutheran Church 4007 Main St. Amherst, NY 14226 226-6264
Overeaters Anonymous	7:00 – 8:00 PM	Mid-Erie Counseling & Treatment 1520 Walden Ave. Cheektowaga, NY 14225 895-6700
Bi-polar Support Group Meets every Wednesday	6:00 PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, NY 14217 Facilitator-Terry Hall 875-3058
Believe in Yourself Group Meets every Wednesday	11:00AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
The Women's Support Group Meets every Wednesday	3:30 – 4:30 PM	WNY Independent Living, Inc. 3108 Main St, Buffalo, NY 14214 Jeanne O'Day 836-0822 x-161
Prison Transition Support Group for Individuals with a Mental Illness	2:00- 3:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Ivan Oritz 836-0822 x-145
Schizophrenia/ Schizoaffective Disorder Meets 1 st and 3 rd Wednesday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 Lisa Maria Cruz 886-1242 x-310

THURSDAY

SOS (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 Rehabilitation SOS 636-4869
NA (Narcotics Anonymous) Meets Every Thursday	10:30 – 12:00 PM	Mid-Erie Counseling 1131 Broadway Buffalo, NY 14212 896-7350
Double Trouble in Recovery Meets every Thursday	2:00 PM	Empowerment Academy 327 Elm St. (corner of Genesee) Second floor, side entry Buffalo, NY 14203 884-5216
SOS at BryLin Outpatient (Save OurSelves - A Secular Organization for Sobriety) Meets every Thursday	12:00 PM - 1:00 PM	5225 Sheridan Drive Amherst, NY 633-1927 SOS 636-4869
Living with OCD Meets 1 st and 3 rd Thursday	1:00 – 3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 886-1242
Life Skills Group Meets every Thursday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
PROS program (dual disorder)	3:00 – 4:00 PM	Mid-Erie Counseling 1131 Broadway Buffalo, NY 14212 Peg Crawford 896-7350 x2204
Job Club Networking Group 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

SOS (Save OurSelves- A Secular Organization for Sobriety)	7:00 – 8:00 PM	Erie County Medical Center 462 Grider Street Buffalo, NY 9 th floor room No. 986 SOS636-4869
Educational Meeting - National Alliance on Mental Illness (NAMI) <i>Support and Education to Families of those with Mental Illness</i> Meets every 2 nd Thursday	7:00 PM	St. Paul's Lutheran Church 4007 Main Street Snyder, NY 14226 226-6264
Networking Group	4:30 – 7:00 PM	WNY Independent Living 3108 Main St. Buffalo, NY 14214 836- 0822 Kevin Lett x-145 or Tina Dalton x-144 or Kelly Grant x-173
Eating Disorders Family Education and Support Group Weekly Open to community	7:00 – 8:00 PM	Buffalo Centre for Treatment of Eating Disorders 95 John Muir Amherst, NY 14228 276-6939
The Women's Support Group <i>Mental Health Peer Connection</i> A support group just for women with a mental health diagnosis. Topics discussed are suggested by the members and all are free to socialize and share their stories.	3:30 – 4:40 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214. Dana D. Murphy 836-0822 x-135 Please call first

FRIDAY

Southtowns Self-Help Group * <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
SOS (Save OurSelves - A Secular Organization for Sobriety)	7:00 – 8:00 PM	Erie County Medical Center 462 Grider Street Buffalo, NY 9 th floor room No. 986 SOS 636-4869
(*) VAMC Hospital- Buffalo	3:00 – 4:00 PM	VA Medical Center 3495 Bailey Buffalo, NY 10 th Floor, Room 1002B 834-9200
Coping with the Loss of a Child Contact Donna for dates and times of meetings.		Jewish Community Center 2640 North Forest Road Getzville, NY 14068 Donna Possenti 883-1914
Communication Group Meets every Friday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
Anxiety, Panic & OCD Meets every Friday Stu Rubin 875-8571	1:00 – 3:00 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, NY 14214 835-1919
Social Hour Group Held every 3 rd Friday	2:00 – 4:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Mona White 836-0822 x-138
Support Groups for Parents with Psychiatric Disabilities	10:45 AM- 12:00 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 Reah Brown 836-0822 x-160
20 Something" Group Held every 3 rd Friday Call for schedule/group Occasionally meets elsewhere Young adults 18 and up	6:00 – 7:30 PM	Mental Health Association 999 Delaware Ave. Buffalo, NY 14209 Jenny Laney 886-1242 x-313

SATURDAY

SOS (Save OurSelves - A Secular Organization for Sobriety) Meets every Saturday	11:00 AM- 12:00 PM	Terrace House - ADDS 291 Elm Street Buffalo, NY SOS 636-4869 Terrace house 854-2997 2nd floor Rehabilitation
Writing and Well-Being Poetry writing and reading. Meets on alternate Saturdays in the Fall and Spring. Call for scheduling.	10:00AM- 12:00 PM	Mental Health Association 999 Delaware Ave Buffalo, NY 14209 886-1242 Lisa Maria Cruz x-310 Mary McParlane x-326

Note: Emwood Wellness Centre, located at 400 Forest Ave. (phone 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 through 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.



**Mental Health Association
of Erie County, Inc.**

**716-886-1242
www.eriamha.org**