



## Online and Phone Support Now Available for Youth, 20-Somethings, Parents and Caregivers

This is a stressful time for everyone with young and old struggling to cope with the changes we are all facing. In times like these, maintaining mental well-being and self-care for yourself and family is paramount. MHA certified youth and family peer advocates are now available to offer support through online video chats and phone appointments.

### Youth Peer Support

#### Teen Peer Online Video Chat for ages 13-18

**Wednesdays, April 8, 15, 22 & 29**  
**3:00pm - 4:30pm.**

The peer-led support group offers a safe place for youth to connect, receive support as well as celebrate accomplishments and practice self-care skills in this new era of social distancing.

#### 20-Something Online Video Chat for ages 18-28

**Fridays, April 10, 17 & 24**  
**6:00pm-7:30pm**

This strength-based and recovery centered group provides validation and support to emerging adults facing mental health and/or substance use struggles.

*For more information or to sign-up:*  
RSVP to [peersupport@mhawny.org](mailto:peersupport@mhawny.org)  
or call 716-886-1242 x345, or  
Text 716-245-5339

**Please specify which youth group  
and date you wish to attend.**

*Once registered, you will receive confirmation  
with log-in information*

#### Individual Youth Peer Support **Monday - Friday, noon-5:00pm**

One-on-one phone support with a certified youth peer advocate is also available by appointment

*To request a time:*  
email [peersupport@mhawny.org](mailto:peersupport@mhawny.org)  
or call 716-886-1242 x345

### Family Support

#### Video Chat Support Group for Caregivers of Children, Teens and Young Adults ages 18-26

**Wednesdays, April 8, 15, 22 & 29**  
**1:00pm-2:00pm**

To sign-up:  
RSVP to [sdziwulski@mhawny.org](mailto:sdziwulski@mhawny.org)  
*You will receive a confirmation email with log-  
in information*

#### Video Chat Support Group for Caregivers of Children, Teens and Young Adults ages 18-26

**Thursdays, April 9, 16, 23 & 30**  
**6:00pm-7:30pm**

To sign-up:  
RSVP to [laney@mhawny.org](mailto:laney@mhawny.org)  
*You will receive a confirmation email with log-  
in information*

#### Individual Family Peer Support

One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337, [sdziwulski@mhawny.org](mailto:sdziwulski@mhawny.org)  
or Dawn Tisdale 716-886-1242 x321, [dtisdale@mhawny.org](mailto:dtisdale@mhawny.org)

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### Child & Family Support Program

is a program of Mental Health Advocates of WNY, 999 Delaware Avenue, Buffalo, NY 14209 [MHAWNY.ORG](http://MHAWNY.ORG)