



ERIE COUNTY MENTAL HEALTH

SELF-HELP GROUP DIRECTORY

Last updated/July 10, 2012



...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-stigmatising 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.

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

Schedule of Weekly Self-Help Group Meetings

SUNDAY:

Mental Health Support Group	1:00-3:00PM	Doesn't meet till September Kenmore Library 160 Delaware Rd. Kenmore, NY 14217 Sharon Ward 775-5268
The Mental Health Group	1:00-2:30PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, New York 14217 Facilitator-Sharon Ward 775-5268
SOS (Save Ourselves/ A ...)	5:30- 6:30 PM	Amity Club 340 Military Rd. Buffalo, NY 14207 877- 9025
SOS (Save Our Selves/ A Secular Organization for Sobriety)	7:30-9:00 PM	Terrace House-ADDs 291 Elm Street Buffalo New York 2nd floor Rehabilitation 854-2997
Eating Disorders Support Group	6:00-7:00PM	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:

2nd and 4th Monday of the Month

Hope for Bereaved

(For those who have lost a loved one.)

Mount Calvary Cemetery
Pine Lawn Chapel
800 Pine Ridge Heritage Blvd.
Cheektowaga, NY 14225
Nancy- 873-6500

Anger Management 11:00 AM
Meets every 1st and 3rd Monday

Englewood Drop-in Services(EDS)
66 Englewood Ave.
Buffalo, New York 14214
Tel: 716-835-1919

12 Step to Recovery 11:00 AM
Meets every 2nd and 4th Monday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
Felix- 835-1919 ext: 12

Depression Group 1:00 PM
Meets every Monday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
Felix- 835-1919 ext: 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
Diane Landware or Maggie
408-3100

Healthy Eating Group 2:00 PM
Meets every Monday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

WOMEN FOR SOS 6:30-7:30 PM

Casa di Vita HWH
200 Albany Street
Buffalo, NY
Rose: 882-8898 (Just show up!)

Bipolar Support Group

6:00–8:00PM

WNY Independent Living, Inc.
 3108 Main Street
 Buffalo, NY 14214
Doc D'Amato/836-0822 ext. 170

TUESDAY:**Anxiety Support Group**

A support group for people to
 discuss issues relevant to having
 to having anxiety.

3108 Main St.
 Buffalo, NY 14214
 Danielle McMahon
 836-0822 ext. 170

1st and 3rd Tuesday of the Month**Hope for Bereaved**

(For those who have lost a loved one.)

Mount Olivet Cemetery Bldg.
 4000 Elmwood Ave.
 Buffalo, NY 14207
 Sister Margaret Krantz
 873-6500

Mid Erie Depression Group

12- 2 PM

1526 Walden Ave.
 Buffalo, NY
 Ella/836-0822 ext. 159

AA

10:00-12:00PM

Mid-Erie Counselling
 1131 Broadway
 Buffalo, NY 14212
 896-7350

Double Trouble in Recovery (DTR)

1-2:30PM

(For individuals with mental health
 Issues and a chemical abuse problem)

Group Ministries
 1333 Jefferson Avenue
 Buffalo New York 14208
Adrienne/Joyce 883-4367 ext. 24

WRAP (Wellness Recovery Action Planning) Group

11:00 AM

Meets every 2nd and 4th Tuesday

Englewood Drop-in Services
 66 Englewood Ave.
 Buffalo, New York 14214
 716-835-1919

CoDa**12-Step program for co-dependents**

Trinity OLD Lutheran Church
 3455 Sheridan Drive,
 Buffalo, NY 14214
 836-4868

Roadmap to Life Group 11:00 AM
Meets every 2nd and 4th Tuesday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

Take Hold of Your Money 2:00 PM
Meets every 1st and 3rd Tuesday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

Quit (smoking) Together Group 1:30 AM
Meets every 2nd and 4th Tuesday

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

SOS/SOAR 7:30-9:00PM

Center for Inquiry
1310 Sweet Home Rd.
Amherst, NY
(Rear entrance-3965 Rensch Rd.)
636- 4869

Parents with mental health challenges support group 6- 7:30PM
Meets last Tuesday of the month

Mental Health Assoc.
999 Delaware Ave.
Buffalo, NY 14209
886-1242

WEDNESDAY

Bereavement Group 7:30 – 9:00 PM
1st Wednesday
For information call 688-5678 or
Cindy Tichenor 689-7752

St. Gregory the Great
Ministry Centre
250 St. Gregory Ct.
Williamsville, NY 14221

Pain Management Group 6:30-8:30 PM
2nd and 4th Wednesday of the Month

350 John James Audobon Pkwy.
Amherst Main Audobon Library
Amherst, NY
Cynthia McGriff- 842-2051

Anger Management Group 3:00-4:30PM

David Edgerton 836-0822 x109
Gloria J. Parks Comm. Center
3234 Main St. Buffalo Y

SOS (Save Our Selves/ A Secular Organization for Sobriety)	5:00-6:00PM	Northpointe Clinic 66 Mead Street North Tonawanda NY 433-3846
SOS (Save Our Selves/ A Secular Organization for Sobriety)	6:30-7:45PM	Kaleida Outpatient 11 W. Main Street Lancaster, NY 433- 3846
Spirit Seekers	7:00-8:00 PM	Pilgrim-St. Luke's UCC Richmond and Utica Buffalo, NY Carl Shallowhorn- 834-6972
Alliance for the Mentally Ill Family Support Group (3 rd Wednesday of the month)	7:30PM	St Paul's Lutheran Church 4007 Main St Amherst, NY 14226 835-0407
Meeting <i>Over Eaters Anonymous</i>	7:00–8:00PM	Mid-Erie Counselling & Treatment 1520 Walden Ave Cheektowaga, NY 14225 895-6700
SOS (Save Our Selves/ A Secular Organization for Sobriety)	8:00-9:00PM	Terrace House-ADDS 291 Elm Street Buffalo New York 2nd floor Rehabilitation 854-2997
Bi-polar Support Group Every Wednesday	6:00 PM	Plaka Restaurant 2904 Delaware Ave. Kenmore, New York 14217 Facilitator-Terry Hall: 875-3058
Parenting Support Group Meets every Wednesday	10:30 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, New York 14214 716-835-1919
Believe in Yourself Group Meets every Wednesday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, New York 14214 716-835-1919

LGBT Support Group Meets every Wednesday	4:00 PM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, New York 14214 716-835-1919
The Women's Support Group .	3:30-4:30 PM.	WNY Independnet Living, Inc 3108 Main St, Buffalo, NY 14214 Jeanne O'Day 836-0822 ext 161
Barriers to Employment Group	1 pm-2:30 PM	WNY Independent Living, Inc. 3108 Main St. Buffalo NY 14214 Tammy Ebo 836-0822 ext. 177

THURSDAY:

SOS (Save Our Selves/ A Secular Organization for Sobriety)	9:30-10:30AM	Terrace House-ADDs 291 Elm Street Buffalo New York 2nd floor Rehabilitation SOS: 636-4869 Terrace house: 854-2997
AA	10:00-12:00PM	Mid-Erie Counselling 1131 Broadway Buffalo, NY 14212 896-7350
Double Trouble in Recovery Meets every Thursday	2:00 PM	Empowerment Academy (EA) 327 Elm Street [corner of Genesee Street] Second floor, side entry Buffalo, New York 14203 Tel: 716-884-5216
SOS at BryLin Outpatient	12-1:00 PM	5225 Sheridan Drive Amherst, NY 633-1927 SOS: 636-4869 633-1927

Living with OCD 1st and 3rd Thursday	1:00-3:00 PM	Mental Health Association 999 Delaware Ave. Buffalo, New York 14209 Tel: 716-886-1242
Life Skills Group Meets every Thursday	11:00 AM	Englewood Drop-in Services 66 Englewood Ave. Buffalo, New York 14214 716-835-1919
MICA Day Treatment (PROS program dual disorder)	3:00-4:00 PM	Mid-Erie Counselling 1131 Broadway Buffalo, NY 14212 Peg Crawford:896-7350 ext: 2204
Job Club Networking Group Work with vocational peer Counsellors in learning Job preparation skills	4:30-7:00PM	Independent Living Project 3108 Main St Buffalo, NY 14214 836- 4869
SOS (Save Our Selves/ A Secular Organization for Sobriety)	7:00-8:00PM	Erie County Medical Center 462 Grider Street Buffalo New York 9 th floor room No. 986 636- 4869
Alliance for the Mentally Ill <i>Support and Education to Families of those with Mental Illness</i> (2nd Thurs. of the month)	7:30PM	St. Paul's Lutheran Church 4007 Main Street Snyder, NY 14226 832-4035
Prison Transition Support Group for Individuals with a Mental Illness	3-5pm	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 contact Ivan Oritz 836-0822 ext. 145
Networking Group	4:30-7pm	WNY Independent Living, Inc. 3108 Main St. Buffalo, NY 14214 contact Kevin Lett ext. 145 or Tina Dalton ext. 144 or Kelly Grant ext. 173 836- 0822

The Women's Support Group 3- 4:30PM

A support group for women with mental illnesses to meet and discuss a variety of topics, provide socialization, and peer support.

WNY Independent Living, Inc.
3108 Main St. Buffalo, NY 14214
contact Dana Murphy
836-0822 ext. 135

Family Education and Support Group 7- 8:00PM

Buffalo Centre for treatment of Eating Disorders open to the community

95 John Muir Drive.
Amherst, NY 14228
276-6939

FRIDAY:**The Serenity Club**

1st and 3rd Friday

11:00-12:00PM

Englewood Drop In Centre
66 Englewood Ave
Buffalo, NY 14214
Terry/835-1919
816-2911

Journey of Healing

Meets every 1st Friday

1:30 PM

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

Life Skills Group

Meets every Friday

11:00 AM

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

South Towns Group

- * Anxiety
- * Depression
- * Panic Disorder
- * Social Phobia

6:30-8:30PM

St. Mark's Episcopal Church
6595 E. Quaker Road
Orchard Park, NY 14127
Mark: 803-5765

**SOS (Save Our Selves/
A Secular Organization for Sobriety)**

7:00-8:00PM

Erie County Medical Center
462 Grider Street
Buffalo, New York
9th floor room No. 986
SOS: 636-4869

(*) VAMC Hospital-Buffalo 3:00-4:00PM

3495 Bailey, 10th Flr., Rm1002B
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, New York 14214
716-835-1919

Anxiety, Panic & OCD

Meets every Friday

1:00 PM

Englewood Drop-in Services
66 Englewood Ave.
Buffalo, New York 14214
716-835-1919

Social Hour Group

(Held every 3rd Friday
Of the month)

2pm-4pm

WNY Independent Living, Inc
3108 Main St. Buffalo NY, 14214
Mona White 836-0822 ext. 138

**Support Groups for
Parents with Psychiatric
Disabilities**

1030am-12pm

WNY Independent Living, Inc.
3108 Main St. Buffalo NY, 14214
Reah Brown 836-0822 ext. 160

"20 Something Group"

Held the 3rd Friday of the month
Call for schedule/group
Occasionally meets elsewhere
Young adults 18 and up

6:00- 7:30pm

Mental Health Association
999 Delaware Ave.
Buffalo, NY 14209
Jenny Laney 886-1242 ext: 313

SATURDAY:**SOS (Save Our Selves/ A**

Secular Organization for Sobriety) 11AM-12Noon

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.

10AM- 12noon

Mental Health Assoc.
999 Delaware Ave.
Buffalo, NY 14209
Contact: Mary McParlane
886-1242 ext: 326

Note: Elmwood 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, Quite 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.

Updated on July 10, 2012 by:



Mental Health Association
of Erie County, Inc.

716-886-1242
www.eriamha.org