



ERIE COUNTY MENTAL HEALTH

SELF-HELP GROUP DIRECTORY

Last updated/Sept. 2008



...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 Programming Promotes Consumer Recovery!”

This *Directory* is a result of a coalition of agencies and individuals which includes: The Erie County Department of Mental Health, Mental Health Consumers, Peer Agencies and Traditional Treatment Providers coming together to improve the planning, accessibility, delivery and quality of services to mental health consumers. This coalition is called the “*Partnership*.” We have acknowledged that we are players on the same team and equal business partners, who have shared values, goals and objectives. The compilation of these self-help group resources is intended to provide and coordinate information to the people of Erie County with mental health issues and will be up-dated every six months.

Special thanks... to the Partnership, Commissioner Michael Weiner, The Erie County Department of Mental Health, and especially those individuals who **volunteered** to be a part of the...

Self-Help Multimedia Resource Subcommittee:

Terri Cochran - Action for Mental Health, Inc. (retired)

Donna Crawford - Transitional Services Inc.

Richie Freelock - Consumer

Michelle Jacob - Horizon Health Services

Diane E. Johnson - Action for Mental Health, Inc.

Lorraine Jones- NYSOMH Bureau of Recipient Affairs-Peer Trainer

Brenda Matthews - Buffalo Psychiatric Centre

James Rohl - Break the Circle of Stigma

Beth Saunders - Mental Health Peer Connection (retired)

Sharon Ward - Action for Mental Health, Inc.

Jim Warde - Buffalo Psychiatric Centre

Joseph Woodward – Housing Options Made Easy



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.

Schedule of Weekly Self-Help Group Meetings

SUNDAY:

Pro Active Peer Support Group	1:00-3:00PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 <i>Diane E. Johnson/871-0581</i>
Spiritual Support for Mental Health Last Sunday of Month <i>Call 875-8102 for information</i>	12 noon-1:00 PM	Holy Spirit Church Hall Dakota & Delaware (behind Burger King
"A Talking Circle"	6:00-7:30PM	GAHADAGOH 11298 Southwestern Blvd. Irving, NY (Route 20) Randy Hill 836-0822 x127 Rachel S. 868-4622
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 Eric <i>Chinchon/636-7571</i> ext 318
SOS•TPH	7:00-8:00PM	9136 Sandrock Rd. Eden, NY

MONDAY:

Life Support Brain Injury and PTSD	1-2:30 PM 2nd Monday of the month	Headway for Brain Injured 976 Delaware Ave. /at W. Utica 629-3636 for Info. And to schedule a screening appointment
Depression Support Group	1:00-3:00PM	Action for Mental Health 1585 Kenmore Ave Kenmore, NY 14217 <i>Diane E. Johnson/871-0581</i>

Monday (Cont.)

Monday Depression Group	1:00-3:00PM	Independent Living Project 3108 Main Street Buffalo, NY Barb Nero 836-0822 x109
Poetry & Creative Writing	1:00-2:15PM Room E-11	Elmwood Wellness Center 400 Forest Ave. Buffalo, NY 14213 816-2911
The Serenity Club	2:00PM-3:00PM	Englewood Drop In Center 66 Englewood Ave Buffalo, NY 14214 <i>Terry/835-1919</i>
Anger Management	2:00PM	Cattaraugus Indian Reservation 1530 Route 430 Irving, New York 14081 NAILS Program/836-0822
Eating Disorder Support 1. Open Group (1st & 3rd Mon.)	6:00-7:00PM	Eating Disorders Association of Western New York 70 Barker St Buffalo, NY
2. Friends & Family (2nd & 4th Mon.)	6:00-7:30PM	819-1338
Self Management and Recovery Training SMART-RECOVERY	5:30-6:30PM	Mid-Erie 1526 Walden Ave. Cheektowaga, NY 895-6700
SOS	3:00-4:00 PM	New Beginnings Community Residence 376 Dewitt Ave. Buffalo, NY
Unity Club <i>Bipolar Disorder Group</i>	6:00-8:00PM	Independent Living Center 3108 Main Street Buffalo, NY 14214 <i>Doc D'Amato/836-0822 ext. 331</i>
Niagara County Group <i>Depression support</i>	6:00-8:00PM	De Graff Memorial Hospital 1st Floor Conference Room 445 Tremont N. Tonawanda, NY 14120 <i>Jane/433-3780</i>

Monday (Cont.)

SOS (Save Our Selves/ A Secular Organization for Sobriety)	4:00-5:00PM	ACNC-Lockport 41 Main Street Lockport, NY <i>Eric Chinchón/636-7571 ext 318</i>
SOS (Save Our Selves/ A Secular Organization for Sobriety) (Women's SOS)	6:30-7:30 PM	Action for Mental Health, Inc. 1585 Kenmore Ave. Kenmore, New York <i>Eric Chinchón/636-7571 ext. 318</i>

TUESDAY:

Depression Group	9:30-10:30AM	Del Nor RTC 737 Delaware Ave. Buffalo, NY 14209 <i>Bob at 885-9894</i>
Let's Talk Self-Help Group	10:00-10:50AM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 816-2911
AA	10:00-12:00PM	Mid-Erie Counselling 1131 Broadway Buffalo, NY 14212 896-7350
Women's Vocational	1:00-2:30PM	Independent Living Centre 3108 Main St Buffalo, NY 14214 <i>Cathy Burley/836-0822 ext177</i>
Basic Nutrition Group	1:00-2:00PM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 <i>Anne-Marie Hussak at 816-2911</i>
Double Trouble in Recovery (DTR) (For individuals with mental health issues and a chemical abuse problem)	1-2:30PM	Group Ministries 1333 Jefferson Avenue Buffalo New York 14208 <i>Adrienne/Joyce 883-4367 ext. 24</i>
Women's Trauma Group (Call before attending this group Ljupka Palavestra 871-0581 ext.18)	1:00-3:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217

(Tuesday Cont.) The Women's Group	3:00-4:00PM	Independent Living Project 3108 Main Street Buffalo, NY Kristen Bennett 836-0822 x145
Creative Art Workshop Beginning June 24th.	6:00-8:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217
First Step <i>Self-Help Group for Consumers in the Work Force</i> (Every Tuesday)	6:00-7:30PM	St. Andrew's Episcopal Church (Parish House) 3107 Main St. Buffalo, NY 14214 <i>Tia at 836-0822 ext. 158</i>
VASOS SOS at the VA Hospital	6:00-7:00PM	VA Hospital, 3495 Bailey Ave. RM 1002, Buffalo, NY
SOS	7:15-8:15PM	S. Erie Clinical Services 4390 Quinby Dr. Hamburg, NY
SOS/SOAR	7:30-9:00PM	Center for Inquiry 1310 Sweet Home Rd. Amherst, NY (Rear entrance-3965 Rensch Rd.)
OCD Support Group <i>Obsessive Compulsive Disorder</i> (3 rd Tues. of every month)	6:30PM	Kaleida Health, BGH Comm. Mental Health Centre 80 Goodrich Buffalo, NY 14203 <i>Shirley Mazourek 859-1131</i>
Sunset Social Club 3 rd Tues. of every month <i>Open to all Individuals with Mental Health Issues</i>	7:00-8:30PM	Mid-Erie Counselling & Treatment 1131 Broadway Buffalo, NY 14212
AA	8:00PM	Stutzman Addiction Treatment Centre 360 Forest Ave Buffalo, NY 14213 882-4900
ADDRESS Parents Support Group 4 th Tuesday For parents to share information about raising Children with ADHD	7:00-9:00 PM	Ascension Lutheran Church 4640 Main Street Snyder, NY /829-2244 ext. 35

(Tuesday Cont.)

Bereavement Group

7:30 – 9:00 PM

4th Tuesday

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
3rd Tuesday of the Month

6:00-8:00 PM

Action for Mental Health
1585 Kenmore Ave
Kenmore, NY 14217
Diane E. Johnson/871-0581

WEDNESDAY

Pain Management Group
1st Wednesday of the Month

1:00-3:00 PM

Action for Mental Health
1585 Kenmore Ave
Kenmore, NY 14217
Diane E. Johnson/871-0581

Hope for Bereaved
(For those who have
lost a loved one.)

3rd Wednesday
of the month
7:00 PM

Mount Olivet Cemetery Bldg.
4000 Elmwood Ave.
Kenmore, NY 14217
Sister Margaret Krantz
873-6500

Handling Your Emotions

10:00-11:00AM

Elmwood Wellness Centre
400 Forest Ave.
Buffalo, NY 14213
816-2911

Current Events over Lunch

12:00-1:00PM

Elmwood Wellness Centre
400 Forest Avenue
Buffalo, NY 14213
816-2911

AA

1:00PM

Stutzman Addiction
Treatment Centre
360 Forest Ave
Buffalo, NY 882-4900

Individual Nutritional Centre
Support and Coaching
****Appointment Only****
(Registered Dietetic Technician)

1:00–3:00PM

Elmwood Wellness Centre
400 Forest Ave.
Buffalo, NY 14213
Anne-Marie Hussak at 816-2911

(Wednesday Cont.)

Double Trouble in Recovery	1:00-2:30PM	Independent Living Project 3108 Main Street Buffalo, NY Jamie Thomas 836-0822 x154
SOS (Save Our Selves/ A Secular Organization for Sobriety)	1:30-3:00PM	First Step Centre-ACNC 2470 Allen Avenue Niagara Falls, NY <i>Eric Chinchon/636-7571 ext 318</i>
Anger Management Group	3:30-5:00PM	David Edgerton 836-0822 x109
Growing with Words Poetry Group	4:30-5:30 PM	Crane Branch Library 633 Elmwood Ave. Buffalo, NY 14222 <i>Diane E. Johnson/871-0581ext.14</i>
Self-Esteem Support Group	4:30-5:30PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 <i>Diane E. Johnson/871-0581ext.14</i>
SOS (Save Our Selves/ A Secular Organization for Sobriety)	5:00-6:00PM	Northpointe Clinic 66 Mead Street North Tonawanda NY <i>Eric Chinchón/636-7571 ext 318</i>
Bipolar Disorder "RUSH"	6:00-8:00PM	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217 <i>Diane E. Johnson/871-0581ext.14</i>
SOS Friends and Family	6:30-7:30PM	Center for Inquiry 1310 Sweet Home Rd. Amherst, NY (Rear entrance-3965 Rensch Rd.)
SOS (Save Our Selves/ A Secular Organization for Sobriety)	6:30-7:45PM	Kaleida Outpatient 11 W. Main Street Lancaster, NY <i>Eric Chinchon/636-7571 ext 318</i>

Wednesday (Cont.)

Tri-View Support Group	7:00PM	Lake Shore Health Care 2 nd floor conference room Mental Health Unit Routes 5 & 20 Irving, NY 14081 <i>Wally</i> at 934-1272 or Pat 549-4316
Alliance for the Mentally Ill Family Support Group (Every 4 th Wednesday)	7:30PM	St Paul's Lutheran Church 4007 Main St Amherst, NY 14226 <i>Mary</i> /877-9415
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 <i>Eric Chinchon</i> /636-7571ext 318
ADDRESS Adult Support Group 2 nd Wednesday For Adults with ADHD	7:00-9:00 PM	Ascension Lutheran Church 4640 Main Street Snyder, NY/ 829-2244 ext. 35

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 <i>Eric Chinchón</i> /636-7571 ext 318
AA	10:00-12:00PM	Mid-Erie Counselling 1131 Broadway Buffalo, NY 14212 896-7350
SOS at BryLin Outpatient	12-1:00 PM	5225 Sheridan Drive Amherst, NY <i>Eric Chinchón</i> /636-7571 ext 318

(Thursday Cont.)		
Mary Jane's <i>For Women who are Visually Impaired</i> (Every 2 nd Thursday, call for dates)	12:00–2:00PM	Independent Living Centre 3108 Main Street Buffalo, NY 14214 <i>Maureen Wells/836-0822 ext. 323</i>
Inspiration Station	12:00-1:30PM	Elmwood Wellness Centre 400 Forest Ave. Buffalo, NY 14213 816-2911
MICA Day Treatment	3:00-4:00PM	Mid-Erie Counselling 1131 Broadway Buffalo, NY 14212
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 <i>Kevin Smith/836-0822 ext 157</i> 852-0383
Depression Support Group	5:30- 7:00	Action for Mental Health 1585 Kenmore Ave. Kenmore, NY 14217
SOS Friends and Family Group	6-7 PM	Action for Mental Health Beginning Sept. 11
Men's Trauma Group	6:00 PM	<u>1st Thursday of the Month</u> 280 Spindrift Drive, Wm. NY Call Diane E. Johnson at 871-0581 for Information
Postpartum Depression Group	6:00-7:00 PM	Call 898-3255 for more Information, Jessica Nowillo, DO
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 <i>Eric Chinchón/636-7571 ext 318</i>
Alliance for the Mentally Ill <i>Support and Education to Families of those with Mental Illness</i> (2 nd Thurs. of the month)	7:30PM	Amherst Community Church 77 Washington Hwy Snyder, NY 14226 877-9415

SOS 7:30-9:00PM Stutzman ATC
360 Forest Ave.
Buffalo, NY
Eric Chinchón/636-7571 ext 318

FRIDAY:

AA 9:00-10:00AM Elmwood Wellness Center
400 Forest Ave.
Buffalo, NY 14213
816-2911

Relaxation/Sensory 1:00-2:00PM Elmwood Wellness Center
400 Forest Ave.
Buffalo, NY 14213
816-2911

Panic and Anxiety Group/OCD 1:00-3:00PM Action for Mental Health
1585 Kenmore Avenue
Kenmore, NY 14217

SOS 3:00-4:00PM Lower West Side Counselling
951 Niagara St.
Buffalo, NY

South Towns Group 6:30-8:30PM St. Mark's Episcopal Church
6595 E. Quaker Road
Orchard Park, NY 14127
* *Anxiety*
* *Depression*
* *Panic Disorder*
* *Social Phobia*
Mark: 803-5765

Anger Management 7:00PM Indian Church of Buffalo
316 Breckenridge Street
Buffalo, New York 14213
Wilbur at 628-8388

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
Eric Chinchon/636-7571 ext 318

S.H.A.D. (Self-help for alternative depression)

Self-help group for gays, lesbians, and transgender persons with depression, for information in details concerning Day, time, and place please call Kim at 881-4231

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

SATURDAY:

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

11AM-12Noon

Terrace House-ADDS
291 Elm Street
Buffalo New York
2nd floor Rehabilitation
Eric Chinchon/636-7571ext 318

AA

1:00PM

Stutzman Addiction
Treatment Centre
360 Forest Ave
Buffalo, NY 14213
882-4900

**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
Eric Chinchon/636-7571 ext 318

For more information regarding this directory and other Self-Help Support
Groups or sending in group updates:

Please contact:

Diane E. Johnson-Site Manager/Self Help Program Coordinator

T (716) 871-0581 ext. 14

F (716) 871-0614

1-800-348-1357

Action for Mental Health, Inc

1585 Kenmore Avenue

Kenmore, NY 14217