

NIAGARA SELF-HELP CLEARINGHOUSE2012..... Mutual Aid and Support Group Directory



The Mental Health Association in Niagara County
is a United Way Agency



The Mental Health Association in Niagara County, Inc.
36 Pine Street
Lockport, NY 14094
(716) 433-3780
www.mhanc.com

Preface

A mutual help exchange occurs when people who share a problem or predicament come together to help one another. Mutual help (or self-help) is a powerful and constructive means for people to help themselves and each other. When you face a serious problem in life, it's natural to feel as if you're alone in the world and that no one else can possibly understand what you are going through.

The comforting truth is that you are not alone. There are other people experiencing the same challenges in their lives. They are finding special courage by sharing their thoughts, feelings, fears, and hopes. Self-help groups bring people together who share a common problem and concern. These people, like you, are looking for answers and will listen to you because they care. Most groups are peer led. Although most groups are free of charge, some do charge a nominal fee to cover expenses such as postage and refreshments.

Please note that self-help is not meant to replace the need for professional services, but may be used to complement and enhance professional services.

The listing of a support group in this directory does not necessarily imply an endorsement of the group's purpose or quality, nor does any omission signify disapproval. If you are aware of a group not listed, please call us and we will include it in the directory updates as well as make the information accessible through our County-Wide HELPLINE. If you find any listings that need corrections, please contact the Mental Health Association at (716)-433-3780. While we try to ensure that all information contained in this booklet is up-to-date, meeting times and locations may have changed since the publication of this document. Please contact the respective agencies to confirm group meeting times.

Niagara Self-Help Clearinghouse

The Clearinghouse was established in November 1985 through a grant from the NYS Council on Children and Families. The Clearinghouse acts as a central resource service for information about self-help or mutual aid groups. Self-help related services such as networking, finding meeting sites, publicity assistance, leader training, as well as other forms of technical assistance to new and existing groups are available through the Clearinghouse.

Internet Support Groups

The Support Center

A group for people who care for an aging relative such as a parent, spouse, or partner.

<http://www.caregiving.com>

Why Quit Directory

Information for those wishing to stop smoking.

<http://whyquit.com>

Internet Support Groups

Caregiver Discussion Group

An un-moderated group for families, partners, or other caregivers of adults with chronic, debilitating health conditions. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.

<http://www.caregiver.org> (Select “Groups” tab)

Depression/Bipolar Support Alliance

Offers online groups for people with depression or bipolar disorder, and separate groups for family and friends. Includes scheduled, interactive online chat meetings.

<http://www.dbsalliance.org>

Depression Haven

Has multiple discussion boards on a variety of issues involving depression.

www.depressionhaven.org

Med Help International

Contains many different medical forums which give patients the ability to ask questions to leading physicians and healthcare professionals.

<http://www.medhelp.org>

NY Smoke Free

Provides information on quitting concerns, tobacco, a savings calculator, and a local support group directory.

www.nysmokefree.com

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Community Education and Referral

FREE educational programs, presentations, and work shops on a variety of mental health topic are available. Topics can be adapted to the needs of any business, church, club, organization, or school.

We also offer a free library of books and videos to the community on various subjects. For more information, call the Mental Health Association at (716)-433-5432.

Addictions/Dependencies

Alcoholics Anonymous

A 12-step recovery and support program that assists alcoholics to achieve and maintain sobriety.

Mailing address: Niagara Intergroup
 P.O. Box 2841
 Niagara Falls, NY 14302

24-hour answering service available: **(716)-285-5319**

For WNY meeting schedule visit: <http://niagaraintergroup.tripod.com>

Al-Anon Family Groups

Offers support and understanding for families and friends of alcoholics.

For group listings call: **(888)-4AL-ANON (888-425-2666)**

For more information: www.al-anon.alateen.org

Gamblers Anonymous

Provides assistance to anyone who has a desire to stop compulsive gambling.

Meetings located at: Holy Family, Jesus, Mary, and Joseph Parish
 2486 Grand Ave.
 Niagara Falls, NY 14301
 Wednesdays from 7:30PM-10:00PM

 Lutheran Redeemer Church
 245 Falconer St.
 North Tonawanda, NY 14120
 Fridays and Saturdays at 7:30PM
 Sundays at 7:00PM

For more group listings call: **(888)-GA-HELPS (888-424-3577)**

For more information visit: www.gamblersanonymous.org

Internet Support Groups

Internet support groups can be a great addition to professional care, or an alternative to in-person groups. If you are unable to attend in-person groups, or are more comfortable with online interaction, internet support groups may be helpful for you. All websites are accessible 24 hours a day, seven days a week. Please note that as with in-person groups, internet support groups are meant to compliment, not supplement, professional care.

HealthyPlace.com Support Groups

Has many different support groups ranging from abuse to weight loss.

http://healthyplace.com/site/support_groups_hp.asp

Mental Health Net

An online clearing house directory of support groups.

<http://mentalhelp.net/selfhelp>

Yahoo! Support Group Directory

Lists many specialty groups

<http://health.dir.groups.yahoo.com>

Breast Cancer Support

www.virtualtrials.com/lists.cfm

CancerCare Online

Provides free, professional counseling services to anyone affected by cancer. The online support groups allow you to benefit from all of CancerCare's services from the privacy and convenience of your home, just by posting messages on the online bulletin boards.

<http://supportgroups.cancer.org>

Parent/Family Issues

S.M.I.L.E. (Support Me In Life's Endeavors)

A parent-directed family support group structured to provide information, education, trainings, and support to family members so that they can better meet the emotional, social, and behavioral needs of their children. This group is for parents of children up to the age of 18 years old.

Meetings located at: The Dale Association
33 Ontario St.

Childcare provided Lockport, NY 14094
2nd and 4th Tuesday of each month
from 7:00PM-8:30PM

Childcare provided Wheatfield Community Center
2790 Church Rd.
North Tonawanda, NY 14120
2nd and 4th Friday of each month
from 7:00PM-8:30PM

No childcare Independent Living Center
746 Portage Rd.
Niagara Falls, NY 14301
2nd and 4th Thursday of each month
from 12:30PM-2:00PM

For more information call: **(716)-439-1179**

Special Needs Population

Down's Syndrome Parents Group of Niagara County

Provides child and parent advocacy, family support advocacy, referrals, consultations, and information sharing. Also holds a fundraiser called Buddy Walk of Niagara the second weekend of September.

For more information call Chris Sirriani at: **(716)-870-4904**

Addictions/Dependencies

Gamblers Recovery Program

Provides assistance, assessment, and treatment for problem and compulsive gamblers. Also assists family members.

Meetings located at: Jewish Family Service
70 Barker St.
Buffalo, NY 14209

For group listings call: **(716)-883-1914**
For more information visit: www.jfsbuffalo.org

Lockport New Beginnings

Faith-based program and support group for individuals who desire to recover from alcohol or drug dependency through the 12-step program.

Meetings located at: The Dale Association
33 Ontario Street
Lockport, NY 14094
Mondays from 6:30PM-8:30PM

For more information call Carsee (program director): **(716)-434-0649**

Narcotics Anonymous

Provides assistance to anyone who has the desire to stop using drugs of any kind.

For group listings visit: www.nawny.org
Click on "Upcoming Events"

Or call for group listings: **(716)-304-6880**

Addictions/Dependencies

NYS Council on Problem Gambling

A not-for-profit organization dedicated to increasing public awareness of problem and compulsive gambling.

For information and referrals call: **(877)-8-HOPE NY (877-846-7369)**

For more information visit: www.nyproblemgambling.org

Women in Trauma

The Beacon Center, a drug and alcohol treatment facility, offers this program for women who have problems with alcohol or other drugs.

Located at: Beacon Center
36 East Ave, Suite A
Lockport, NY 14094
Open Monday through Friday 9AM-5:30PM

Appointments are preferred, but walk-ins are welcome if needed.

For more information and appointments call: **(716)-439-6815**

Anger Management, Domestic Violence, Sexual Abuse

Anger Management/ Conflict Resolution Support Group

An open and confidential group.

Meetings located at: Independent Living of Niagara County
746 Portage Rd.
Niagara Falls, NY 14301
Mondays from 6:00PM-7:30PM

For more information call: **(716)- 284-4131 Ext. 109**

Meetings are open, but calling in advance is preferred.

Transportation is available on a first-come, first-serve basis by calling:
(716)-836-0822 Ext. 150

Mental/Emotional Issues

Niagara Visions PROS

Provides a community-based restorative environment and support for adults, at least 18 years of age, who are diagnosed with a serious and persistent mental illness. Members are actively involved in their own rehabilitation process, as it is ultimately their decision on when, how often, and what they participate in.

Office located at: 418 Third St.
Niagara Falls, NY 14302

For more information call: **(716)-205-8707**

Recovery Inc.

Self-help for persons recovering from nervous symptoms, fears, depression, and anxiety using techniques developed by Dr. Low. Open to the public for ages 18 years and older. No fee required.

For meeting times and locations visit:
www.lowselphelpsystems.org/meetings

Parent/Family Issues

Grandparents Advocating and Support Program (G.A.S.P.)

Open to all grandparents and relatives who are involved with the care of grandchildren or relative children. Meetings consist of a variety of discussion groups and informational speakers. All services are free and confidential. Childcare is provided.

Meetings located at: John A. Duke Senior Center
1201 Hyde Park Blvd.
Niagara Falls, NY 14301
1st and 3rd Friday of each month
from 10:30AM-12:30PM

For more information call Paula Smith at: **(716)-731-3235**
or e-mail: pmsgranny@msn.com

Mental/Emotional Issues

24-Hour Drop-In Center

Designed to provide 24-hour, face-to-face support to individuals experiencing emotional distress, that without supportive intervention, might result in emergency room treatment or hospitalization.

Office located at: 344 Walnut St.
Lockport, NY 14094

For more information call: **(716)-433-1086**

Depression/Anxiety Support Group

Provides support in a group setting to individuals with depression and anxiety disorders.

Meetings located at: Mental Health Association in Niagara County
36 Pine St.
Lockport, NY 14094
Every Thursday from 6:00PM-8:00PM

DeGraff Hospital
445 Tremont St.
North Tonawanda, NY 14120
2nd and 4th Wednesday of each month
from 6:00PM-7:30PM

For more information call: **(716)-433-3780**

National Alliance on Mental Illness

Provides support, education, and advocacy for family members of the mentally ill person. Currently meeting in homes every three months. There is a \$15 fee for this service.

To set up an appointment call Irene Tomaszewski at: **(716)-754-1151**
For more information visit: www.naminys.org

Anger Management, Domestic Violence, Sexual Abuse

Domestic Violence Program

Program offered by the YWCA of the Tonawandas. Provides individual counseling, support groups, advocacy, babysitting, legal clinic, community education, community referrals, shelter follow-up, career education, and parenting education. All services are free and confidential.

For more information call: **(716)-692-5643**

Domestic Violence Self-Help Support Group and Rape Crisis

“Battered Women” support group provides support and assistance to women affected by an abusive relationship. Other groups also available. Child care available. In addition to groups, the organization offers counseling and court advocacy. Provides a domestic violence safe house, with both residential and non-residential programs. Meeting locations are confidential, please call for location.

For the rape crisis hotline, meeting locations, and other information call: **(716)-433-6716**

Domestic Violence Services/Women’s and Children’s Support Groups

The PASSAGE program of Family and Children’s Services of Niagara, Inc. offers a 13-week support and educational group for women who have experienced domestic violence. The support group provides a safe place for women to learn from each other and to share and support each other in ways that help them grow and heal from an abusive relationship. Also offered are Children’s Support Group for children who have witnessed domestic violence AND whose parent is supportive and engaged in counseling as well. These groups are usually held at the same time for the convenience of the family.

For meeting times and locations call: **(716)-285-6984**

Anger Management, Domestic Violence, Sexual Abuse

Kidstrong

Support group for children that have been affected by family violence. Program serves three age groups; 3-5 years, 6-8 years, and 9-12 years old. Ten sessions total. Parent must attend a parent group to enroll their child.

Meetings are held Thursdays at 6:00PM.

For more information call the YWCA of the Tonawandas: **(716)-692-5580**

Offender Accountability Program

A 26-week batterers accountability program for men mandated by the courts or DSS. The program follows the guidelines set forth by New York State for batterers programs, and serves to provide a service to the courts for compliance issues. The group meets weekly. Those interested in enrolling should call to schedule an appointment.

Meetings held Mondays and Wednesdays from 6:30PM-8:30PM
Saturdays from 9:00AM-11:00AM

For more information call the YWCA of the Tonawandas: **(716)-692-5580**

PATHWAYS Program

Group education program for men who are physically and/or psychologically abusive in their intimate relationships. Through an emphasis on personal responsibility, participants examine their use of abusive behaviors and beliefs that underlie them. Men in the group are given the opportunity to learn and practice new interpersonal skills for developing more equitable and respectful relations. Any man can join the program. Although some men may be referred by the courts, legal representatives, family and friends, or by other counseling professionals, the initial call MUST be made by the individual himself. While a flat fee is charged for the initial orientation session, an income-adjusted fee is charged for the assessment interview and group sessions.

Meetings are held weekly in the evenings for 90 minutes.

Mondays: Lockport
Tuesdays: North Tonawanda
Wednesday: Niagara Falls

For more information call: **(716)-285-6984**

Health Issues

Parkinson's Support Group

Provides support for individuals with Parkinson's disease.

Meetings located at: Niagara Falls Memorial Medical Center Auditorium
621 10th St.
Niagara Falls, NY 14301

For meeting times and locations call Lynda at: **(716)-478-5569**

Prostate Cancer Support Group-"Us Too"

Provides support and information for patients and family members, round table discussions, and opportunities to speak with cancer survivors.

Meetings located at: Mt. St. Mary's Hospital
7th Floor Room 723-A
5300 Military Rd.
Lewiston, NY 14092
3rd Thursday of each month
from 7:00PM-9:00PM

For more information call Bob Weller at: **(716)-745-7749**
or visit: www.ustoo.org

Health Issues

Fibromyalgia Support Group

Provides information on the signs and symptoms of fibromyalgia to sufferers and their families.

Meetings located at: Mt. St. Mary's Hospital
Room 249
5300 Military Rd.
Lewiston, NY 14092
1st Saturday of each month
from 1:00PM-3:00PM

For more information call Lisa Batterson at: **(716)-298-5481**

Lupus Alliance of America

This group meets quarterly. Please call for meeting times.

Office located at: 3871 Harlem Rd.
Suite 5
Cheektowaga, NY 14215

For meeting times and locations call: **(800)-300-4198**
For more information visit: www.lupusupstateny.org

Niagara Frontier Ostomy Association

Helps people with ostomies lead full and productive lives, as well as provide information and emotional support to their families. Trained ostomy volunteers visit new ostomy patients upon request. Free monthly newsletter.

For meeting times and locations call Martin Quinn at: **(716)-839-4259**

Anger Management, Domestic Violence, Sexual Abuse

Rape Crisis Services

Provides emotional support and information for rape victims.

For more information and meeting schedules call the Niagara County Department of Mental Health Niagara Falls Clinic at: **(716)-278-1940**

24-Hour Crisis Services Hotline: **(716)-285-3515 or (716)-433-6716**

Bereavement Issues

Camp Hope

A free summer camp for children ages 7-13 years who have lost a loved one. Children are accepted on a first-come, first-serve basis.

For information call: **(716)-280-0777**
or visit: www.niagarahospice.org/grief-children

GriefShare

A support group for adults coping with the sudden traumatic loss of a loved one.

Meetings located at: Niagara Falls Memorial Medical Center
621 10th St.
6th Floor
Niagara Falls, NY 14301
1st and 3rd Thursday of each month
from 6:00PM-7:30PM

Mental Health Association in Niagara County
36 Pine St.
Lockport, NY 14094
2nd and 4th Wednesday of each month
from 6:00PM-7:30PM

For more information call: **(716)-433-3780**

Bereavement Issues

Niagara Hospice Bereavement Support Groups

Provides a supportive group environment to assist those grieving for a loved one. Several groups are available.

Bereavement Coffee Hour: A daytime support group.

Growing Through Grief: Bereavement support group held in the evenings.

Meetings for this group are located at:

Niagara Hospice
175 Walnut St.
Lockport, NY 14094

John Duke Center
1201 Hyde Park Blvd.
Niagara Falls, NY 14301

Newly Bereaved: A two-part workshop for people who have lost a loved one within the last one to three months.

For all meeting times and locations call: **(716)-280-0777**

For more information visit: www.niagarahospice.org

Widows Support Group

A group therapy session to help widows as they grieve for the loss of a loved one.

Meetings located at: YWCA of the Tonawandas
49 Tremont St.
North Tonawanda, NY 14120
1st Wednesday of each month
from 1:30PM- 3:00PM

For more information call: **(716)-692-5580**

Health Issues

Breast Cancer Support Group of the Tonawandas

Provides support and information about breast cancer for patients and family members.

Meetings located at: DeGraff Hospital Community Center
139 Division St.
North Tonawanda, NY 14120
1st Wednesday of each month at 7:00PM

For more information call: **(716)-845-4432**

DeGraff Family Caregiver Support Group

Support group for family caregivers to those who have Alzheimer's disease or a related disorder. Open to anyone who has interest in Alzheimer's disease or any chronic illness.

Meetings located at: DeGraff Adult Day Care
82 Mead St. (next to Budwey Plaza)
North Tonawanda, NY 14120
4th Wednesday of each month at 7:00PM

For more information call Marlene Marciniak at: **(716)-694-7662**

Diabetes Support Group

Provides a supportive group therapy environment for those with diabetes.

Meetings located at: Mt. St. Mary's Hospital
7th Floor Room 723-A
5300 Military Rd.
Lewiston, NY 14092
3rd Tuesday of each month at 6:30PM

For more information call Marie Spear-Howard at: **(716) 745-7149**

Health Issues

Alzheimer's Support Group

Offers support groups, information, respite services, advocacy, and care consultation.

Meetings located at: Mental Health Association in Niagara County
36 Pine St.
Lockport, NY 14094
1st and 3rd Thursdays at 1:00PM

For more information call Cheryl Blacklock at : **(716)-433-3780**

24-hour helpline available: **(800)-272-3900**
or: **(716)-626-0600**

For meeting times and locations visit: www.alzwny.org

Best Friends Support Group

Breast cancer support group open to all.

Meetings located at: The Dale Association
33 Ontario St.
Lockport, NY 14094

For more information call Carolyn at: **(716)-778-8131**

Breast Cancer Support Group

Provides one-on-one shared information and support about breast cancer for patients and family members.

Meetings located at: Mt. St. Mary's Hospital
7th Floor Room 723-A
5300 Military Rd.
Lewiston, NY 14092
4th Tuesday of each month at 7:30PM

For more information call Kathy Kifer at: **(716)-754-4719**

Eating Disorders/Weight Issues

Eating Disorders Association

Program offers a support group for people with eating disorders such as bulimia, anorexia, and compulsive overeating. Also offers case management, advocacy, information links, and referrals. It promotes recovery from eating disorders and provides community education including presentations to schools and other organizations. Open meetings for individuals and a Family and Friends Support and Information Group are held.

Meetings located at: Eating Disorders of WNY Association
5893 Main St.
Williamsville, NY 14221

For more information call: **(716)-819-1338**

Overeaters Anonymous

A support group for those struggling with compulsive overeating.

For meeting times and locations call the OA Hotline: **(716)-694-4848**
For more information visit: www.oawny.org

Weight Watchers

Teaches safe weight loss, and how to change behaviors to keep weight off.

For more information call: **(800)-651-6000**
or visit: www.weightwatchers.com

Education Issues

Literacy Volunteers

This group is for individuals over 18. Adults are taught to read, write, and speak English. Offers one-on-one tutoring with an instructor in a public place as close to you as possible, such as a library.

For appointments call: **(716)-433-7014**
For more information visit: www.niagarareads.org

Gay, Lesbian, Bisexual, Trans-Gendered

Gay and Lesbian Youth Services of WNY

Provides resources, referrals, advocacy, and more for gay, lesbian, bisexual, transgendered and questioning youth and their allies ages 14-21 years old. Provides staff training for agencies serving youth. Drop-in center for youth is available during after-school hours.

Located at: 371 Delaware Ave.
Buffalo, NY 14202

For more information call: **(716)-855-0221**

For exact hours and programming visit: www.glyswny.org

P-Flag: Parents, Families, and Friends of Lesbians and Gays

International organization with an active WNY chapter. Parents and family members, friends of gay, lesbian, bisexual, and trans-gendered individuals are welcome. Monthly meetings for parents and GLBT teens are also offered.

For information call: **(716)-866-0384**

or visit: www.pflag-buffalo-niagara.org

Pride Center of WNY

Provides a variety of information and resources for GLBT individuals, their families, friends, allies, and professionals working with GLBT clients.

Located at: Pride Center of WNY, Inc.
206 Elmwood Ave.
Buffalo, NY 14201

For more information call: **(716)-852-7743**

or visit: www.pricenterwny.org

Gay, Lesbian, Bisexual, Trans-Gendered

Spectrum Transgender Group of WNY

An organization for transsexuals and questioning trans-gendered individuals as well as their families, friends, and allies. Provides support, information, education, outreach, and advocacy. Meetings are held monthly.

For meeting times and locations e-mail: spectrumwny@yahoo.com
For more information visit: www.spectrumwny.org

The Trevor Project

24-hour, 7-day-a-week **HOTLINE** for the prevention of suicide of gays and lesbians.

HOTLINE: (866)-488-7386

For more information visit: www.thetrevorproject.org