The Support Group Directory is a resource for individuals with disabilities and their families, as well as service providers. This directory contains a wide variety of groups offering a range of supports. It can point you in the right direction, but it can’t answer all your questions. For the groups that interest you, please call or email the contact listed. It is not a directory of “self-help” groups. Check websites to learn how a specific group could support the needs of a family or individual. We encourage you to speak with the group’s contact person to ensure that you are comfortable with the group’s format and topics.

Every effort has been made to make sure that the information in this directory is current and accurate. Support Group information changes frequently, however, and users should always verify meeting dates and times.

If you would like to add, update or remove information for any group, please use the form in the back of the directory and mail to:

Parent Network of WNY
1000 Main Street
Buffalo, NY 14202

For the electronic version of this change form and the electronic version of this directory, please go to:

www.parentnetworkwny.org
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ADHD

Support Group for Adults with ADD or ADHD
Erie County
alana830@gmail.com
(716) 886-1242
Mental Health Association of Erie County, Inc., 999 Delaware Avenue, NY 14209
1:00 pm - 3:00 pm
First and Third Monday of each month
Is this group ongoing?: yes

ADOPTION/FOSTER CARE

Adoption Resource Center Support Group - Buffalo
Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.
Erie County
Karen Kelley
kkelley@hillside.com
(716) 848-6419
www.hillside.com
Denny’s on Delaware Avenue & Linden, Buffalo
11:00 am - 1:00 pm
Second Wednesday of every month
Is this group ongoing?: yes

Adoption Resource Center Support Group - Cheektowaga
Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.
Erie County
Karen Kelley
kkelley@hillside.com
(716) 848-6419
www.hillside.com
IHOP, 50 Thruway Court, Cheektowaga
6:30 pm - 8:30 pm
Last Monday of each month
Is this group ongoing?: yes
Adoption Resource Center Support Group - Holland
Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.
Erie County
Karen Kelley
kkelley@hillside.com
(716) 848-6419
www.hillside.com
Holland Willows, 177 Savage Road, Holland, NY
11:00 am - 1:00 pm
Third Tuesday of the month
Is this group ongoing?: yes

Adoption Resource Center Support Group - Lockport
Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.
Niagara County
Karen Kelley
kkelley@hillside.com
(716) 848-6419
www.hillside.com
Denny’s, 5699 Transit Road, Lockport
6:30 pm to 8:30 pm
Third Wednesday of every month
Is this group ongoing?: yes

Western New York Foster Adoptive Families Association
Membership is open to all Erie County foster/adoptive parents to discuss issues and concerns and to improve communication. Child care provided with one week notice.
Erie County
wnyfafa@gmail.com
(716) 858-1630
www.wnyfafa.org
60 Dingens Street, Buffalo, NY 14201
Second Tuesday of every month
Is this group ongoing?: Yes
Child & Family Support Group - Norhtowns
For families who have a family member living with an emotional, behavioral or mental health challenge
Erie County
Melissa Salamon
msalamon@eriemha.org
(716) 886-1242 ext. 346
www.eriemha.org
St. Mary’s School for the Deaf, 2253 Main Street, Buffalo NY 14214
6:00 pm - 7:30 pm
First Friday of each month
Bilingual co-facilitator in attendance
Is this group ongoing?: Yes

Child & Family Support Group - Southtowns
For families who have a family member living with an emotional, behavioral or mental health challenge
Erie County
Melissa Salamon
msalamon@eriemha.org
(716) 886-1242 ext. 346
www.eriemha.org
Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg NY 14075
6:00 pm - 7:30 pm
Second Friday of each month
Is this group ongoing?: Yes
Family Support Group
For families who have children with emotional or behavioral problems.
Erie County
Carolyn Vujnovic
(716) 677-7079
www.eriemha.org
WNYCPC Community Services Buffalo Outpatient Center, 575 Alberta Drive, Suite 2, Amherst, NY 14226
6:00 pm - 7:30 pm
Second and Fourth Thursday of each month
Is this group ongoing?: Yes

GLOW Family Support Program
GLOW offers support, respite, advocacy, information & referral, newsletters, a library, etc. For families of children birth to age 21 with an emotional and/or behavioral challenge.
Genesee; Livingston; Wyoming; Orleans County
info@hillside.com
(585) 256-7500
www.hillside.com
Hillside Children’s Center, 29 Liberty Street Suite 208, Batavia, NY 14020; 24 Main Street, Mt. Morris, NY 14150; 96 West Buffalo Street, Warsaw, NY 14569
24 hours a day
Is this group ongoing?: Yes

Niagara Frontier Family Network - Parent Support Coffees
Coffee hours are held two times a month to anyone with a child with a behavioral, emotional, or mental health challenge in Niagara County.
Niagara County
Laura Lloyd
familysupport@ndyfs.org
(716) 439-1179, ext. 493
www.fosteringgood.org
Call for times and locations
Two Fridays a month
Is this group ongoing?: Yes
**Niagara Frontier Family Network - Parent Support Group**

Family Support Services are provided free to parents/guardians of a child with a social, behavioral or mental health issue and who are residents of Niagara County.

Niagara County
Laura Lloyd
llloyd@ndyfs.org
(716) 439-1179 ext 493
www.facebook.com/Niagara-Frontier-Family-Network
Orleans Niagara BOCES Conference Center, 4124 Saunders Settlement Road, Sanborn, NY 14132
6:00 pm - 8:00 pm
Third Wednesday of every month
Is this group ongoing?: Yes

**Niagara Frontier Family Network Grandparent Support Group**

Supports are provided free to grandparents/parents of a child with a social, emotional or mental health challenge and are residents of Niagara County.

Niagara County
Laura Lloyd
llloyd@ndyfs.org
(716) 439-1179, ext. 493
Orleans Niagara BOCES Conference Center, 4124 Saunders Settlement Rd, Sanborn, NY 14132
10:00 am - 11:30 am
First Thursday of every month. Except July and August
Is this group ongoing?: Yes
Teen Peer Support Group - Northtowns
This youth & teen peer support group is run by the Mental Health Association of Erie County, Inc., and is open to youth between the ages of 13-18. This group gives teens the opportunity to connect with peers to discuss and explore pathways to recovery. The group offers a safe place for youth to receive support as well as to celebrate accomplishments and practice self-care skills under the facilitation of a Youth Peer Mentor.
Erie County
Melissa Salamon
msalamon@eriemha.org
(716) 886-1242 ext 346
www.eriemha.org
St. Mary’s School for the Deaf, 2253 Main St., Buffalo, NY 14214
6:00 pm - 7:30 pm
1st and 3rd Friday of each month
Is this group ongoing?: Yes

Teen Peer Support Group - Southtowns
This youth & teen peer support group is run by the Mental Health Association of Erie County, Inc., and is open to youth between the ages of 13-18. This group gives teens the opportunity to connect with peers to discuss and explore pathways to recovery. The group offers a safe place for youth to receive support as well as to celebrate accomplishments and practice self-care skills under the facilitation of a Youth Peer Mentor.
Erie County
Melissa Salamon
msalamon@eriemha.org
(716) 886-1242 ext 346
www.eriemha.org
Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg NY
140756:00 pm - 7:30 pm
Second Friday of each month
Is this group ongoing?: Yes
**Town of Tonawanda Concerned Parents Group**

A group for parents of children with behavioral or family issues. You don’t have to be a resident of the town to participate.

Erie County
(716) 879-6650
satellite office, located inside Lincoln Park. 299 Decatur Rd, Buffalo, NY 14223
7:00 PM
Thursday
Is this group ongoing?: Yes

**BEREAVEMENT**

**Caring Arms, Perinatal Bereavement**

For parents, grandparents & other family members.

Erie County
(716) 568-3777 or (716) 568-6653
St. Gregory Ministerial Building, 1540 Maple Road, Williamsville, NY 14221
7:00 pm - 9:00 pm
2nd Tuesday
Is this group ongoing?: Yes

**Community Bereavement Group**

Support for anyone who has experienced the death of a loved one.

Erie County
(716) 836-6460
www.wilsonsupportcenter.com
Wilson Support Center, 150 Bennett Road, Cheektowaga, NY 14227
Daytime Group: 11:30 am - 1:00 pm / 2 Evening Groups ( 6: 00 pm - 8:00 pm), 1st and 3rd Wednesday and (6:00 pm - 7:30 pm) 2nd Thursday
Daytime: 4th Tuesday of the month / Evenings: 1st and 3rd Wednesdays of the month and 2nd Thursday of the month
Is this group ongoing?: Yes
Footprints on the Heart  
For stillbirth and early infant death  
Erie County  
Amy Kramer  
(716) 862-1678  
Piver Center Conference Room, Sister’s Hospital Seton Building  
6:00 pm (Call to register)  
First Tuesday of every month  
Is this group ongoing?: Yes

Perinatal Bereavement Network  
Assist the community in meeting the needs of people facing perinatal death; the death of a baby due to miscarriage, ectopic pregnancy, stillbirth, or early infant death.  
Erie County  
Christine Scott  
christine@wnypbn.org  
(716) 626-6363  
www.wnypbn.org  
30 South Cayuga Road Lower, Williamsville, NY 14221  
Telephone support from a trained parent & link to area support groups.  
Is this group ongoing?: Yes

Pregnancy After Loss Support Group  
For stillbirth and early infant death  
Erie County  
Amy Kramer  
(716) 862-1678  
Piver Center Conference Room, Sister’s Hospital Seton Building  
6:00 pm (Call to register)  
Third Tuesday of the month  
Is this group ongoing?: Yes
Storm Clouds and Rainbows
Artistic based family support group for children, teens and their caregivers after the death of a loved one.
Erie County
(716) 836-6460
www.wilsonsupportcenter.com
Wilson Support Center, 150 Bennett Road, Cheektowaga, NY 14227
Please call for dates and times of the next available session (10 week sessions)
Is this group ongoing?: Yes

CAREGIVER

Akron Special Needs Support Group
This is a group of local parents, all with children who have special needs that come together to support each other re: the challenges they face on a daily basis.
Erie County
Nicole LaMonte-DeGolier
(716) 442-5056
Facebook: www.facebook.com/AkronParentsofChildrenwithSpecialNeeds
C. Dee Wright Center, 11 Church St., Akron, NY 14001
Call Nicole for times
2nd and 4th Tuesday of each month.
Is this group ongoing?: Yes

Bornhava Men’s Forum
For fathers & male caregivers of children with developmental delays.
Erie, Niagara County
Ellen Crawford
info@bornhava.org
(716) 839-1655
www.bornhava.org
25 Chateau Terrace, Amherst, NY 14226
7:30 pm one evening per month during the school year (Oct-May)
Please call for current dates
Is this group ongoing?: Yes
**Bornhava WOW MOMs**
For women who care for children with special needs
Erie County
Ann Lindmann-Czajka
info@bornhava.org
(716) 839-1655
www.bornhava.org
25 Chateau Terrace, Amherst, NY 14226
7:00 pm - please call for current meeting dates
One Thursday per month
Is this group ongoing?: Yes

**City Roundtable Support Group**
Open invitation to parents, caregivers, foster parents, grandparents and other family members raising children with special social, emotional or behavioral needs. Join us in developing a network of family support partners.
Erie County
Families Child Advocacy Network
(716) 884-2599
www.fcanwny.org
135 Delaware Avenue, Suite 307, Buffalo, NY 14202
6:30 pm - 8:00 pm
2nd Monday
Is this group ongoing?: Yes

**DDAWN (Developmental Disabilities Alliance of WNY) Family Committee**
Group meets to educate and inform people about the unmet needs of individuals with developmental disabilities and ensure quality homes and services are available.
Erie County
ddawny@ddawny.org
(716) 877-7007
7 Community Drive, Cheektowaga NY 14225
7:00 pm - 8:30 pm
3rd Tuesday
Is this group ongoing?: Yes
Door of Hope Support Group
We are a Christian based study and support group for moms and female caregivers of children with special needs (both young and adult). Come and connect with other moms on the same journey.
Allegany County
Robin and Mark
mark.yuly@houghton.edu
(585) 437-2609
Wellspring Ministries, 5993 Co Rd. 16, Belfast, NY 14711
7:00 pm - 9:00 pm
1st and 3rd Thursday of the month (Dates are sometimes subject to change, contact Robin or Mark to confirm).
Is this group ongoing?: Yes

Family Matters
Family Matters is an educational support group for parents facing the many issues that accompany a child’s chronic and/or life threatening illness.
Erie County
Joanne Lana
jlana@kaleidahealth.org
(716) 878-7272
www.stonesbuddies.org
Gilda’s Club, Kaleida Health, 1028 Main St., Buffalo, NY 14204
6:00 pm - 8:00 pm
Call Joanne for dates and times
Is this group ongoing?: Yes

Family Partners for Change
A group of parents with adult children in group homes & agency representatives come together to discuss issues.
Erie County
Angela Dubel
adubel@people-inc.org
(716) 880-3834
WNY DDRO, 1200 East & West Road, West Seneca, NY 14224
Please contact for date and time
Is this group ongoing?: Yes
Family Peer Support Group - Allegany
This support group is for anyone who wants to learn new parenting skills from other parents.
Allegany County
Angie and Jamie
(716) 307-8271 or (716) 790-9283
Location 1
Creekside Chapel, 2523 Five Mile Road, Allegany, NY
The last Wednesday of every month
1:00 pm - 2:00 pm
Location 2
Olean Rehabilitation Center, Allegany Building, 3799 South 9 Mile, Allegany, NY
6:00 pm - 7:30 pm
Last Friday of every month

Family Peer Support Group - Cattaraugus
This group is for anyone who wants to learn new parenting strategies and stress management.
Cattaraugus County
Jean Knapp
(716) 790-9277
Olean Family YMCA, 1101 Wayne Street, Olean, NY
6:00 pm - 7:30 pm
Last Friday of every month
Is this group ongoing?: yes

Family Support Group for Caregivers of Younger Children
Family families who have children ages 4-12, with emotional or behavioral challenges.
Erie County
Melissa Salamon
msalamon@eriemha.org
(716) 886-1242 ext 346
www.eriemha.org
Baker Hall School Cafeteria, 777 Ridge Road, Lackawanna NY 14218
(Enter parking lot from South Park Avenue)
10:00 am - 11:30 am
Fourth Saturday of each month
Is this group ongoing?: yes
Father’s Support Group - Involved Families. Empowered Families
Open to fathers, grandfathers, and other male caregivers raising a child with special behavioral challenges.
Erie County
Milton Williams
(716) 884-2599 Ext 303
www.fcanwny.org/meetings.html
135 Delaware Avenue, Suite 307, Buffalo NY 14202
6:30 pm - 8:30 pm
3rd Wednesday
Is this group ongoing?: YES

Kinship Family Support Group
Supports the growing number of families in Erie County that have stepped forward to care for their kin. The team works with each family to improve well-being and prepare for challenges that may arise when caring for family members.
Erie County
Heather
(716) 783-3100, ext. 3181
Gateway Longview Conference Room, 10 Symphony Circle, Buffalo, NY 14201
5:00 pm - 6:30 pm
3rd Wednesday of each month
Is this group ongoing?: yes

Parent to Parent
Connecting parents 1-to-1 with other parents of children of like disabilities.
Erie County
Shannon McCracken
Smccracken@ptopnys.org
(716) 675-0239
www.parenttoparentnys.org
WNY DDRO, 1200 East & West Road, West Seneca, NY 14224, Building 16, Room 1-173
Is this group ongoing?: Yes
Southtowns Roundtable Support Group
Open to all parents and caregivers raising children with special social, emotional or behavioral needs, this group will give you a chance to share your experiences and learn from others.
Erie County
Families Child Advocacy Network
(716) 884-2599
www.fcanwny.org
Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg NY 14075 (Door 5, Lower Level, Room 11)
6:00 pm - 8:00 pm
1st Tuesday of each month
Is this group ongoing?: Yes

DEVELOPMENTAL DISABILITY

Family Support/Education Group
To provide a welcoming environment for parents and other caregivers of children with developmental disabilities to meet, share experiences, ask questions and receive support. Free child care & activities are available - all children are welcome
Allegany County
Ashleigh Cline
ashleigh.cline@alleganyarc.org
(585) 808-4379 or (585) 593-5700 ext 514
Alfred State Wellsville Campus, Pioneer Student Union, 2540 River Road, Wellsville, NY 14895
5:30 pm - 7:00 pm
Fourth Mondays of each month
Is this group ongoing?: yes
Asperger's Group - Buffalo
For people with high-functioning Autism or Asperger’s and people who know them.
Erie County
Maureen
mcallanan@autism-services-inc.org
(716) 631-5777 ext 709
www.friendsofasi.org
Autism Services, Inc., 699 Hertel Avenue, Buffalo NY 14207
4:30 pm - 5:30 pm
1st Thursday of the Month
Is this group ongoing?: yes

Asperger's Group - Souhtowns
For people with high-functioning Autism or Asperger’s and people who know them.
Erie County
Aubrey Sedor
asedor@autism-services-inc.org
(716) 631-5777 ext 520
www.friendsofasi.org
Autism Services, Inc., 97 Main St., Hamburg, NY 14075
5:00 pm - 6:30 pm
1st Wednesday of each Month
Is this group ongoing?: yes

Autism Society of WNY Support Meeting - Northtowns
The Parent Support Coffees are designed so that parents can talk to other parents in a comfortable environment.
Erie County
Kathy or Ann
(716) 633-2275
www.autismwny.org
Sweet Charlottes, 10255 Main St., Suite 9, Clarence, NY
10:00 am - 12:00 pm
Call for dates
Is this group ongoing?: Yes
Autism Society of WNY Support Meeting - Southtowns
The Parent Support Coffees are designed so that parents can talk to other parents in a comfortable environment.
Erie County
Kathy or Ann
(716) 633-2275
www.autismwny.org
Sandy Crawford’s House, 204 Treehaven, East Aurora, NY
10:00 am - 12:00 pm
Call for dates
Is this group ongoing?: Yes

Buffalo Aspies Meetup Group
Group provides programming geared toward adults (18+) with Asperger’s.
Erie County
Cindi Mikulik
yadbyad@bjebuffalo.org
(716) 204-5380
Facebook: www.facebook.com/groups/BuffaloAspies/
contact for location
Please contact for date and time
once a month, alternating between Mondays and Thursdays
Is this group ongoing?: Yes

Grand Island Autism Support Group
Peer-Run Support Group. Come and meet other families that are affected by Autism. We want to share ideas and experiences, vent about the brick walls we’ve hit, and most importantly, realize that we are a growing community and that we are not alone.
Erie, Niagara County
Vienna
GrandIslandNYAutismGroup@gmail.com
(716) 430-5118
Facebook: www.facebook.com/GrandIslandNYSupportGroup
Realty USA,, 2139 Grand Island Blvd., Grand Island, NY 14072
6:30 pm - 8:00 pm
1st Tuesday of each month, September – June
Is this group ongoing?: Yes
**Group for Parents of Teenagers with Autism Spectrum Disorders**
Provides a welcoming environment for parents and caregivers of children with autism spectrum disorders to meet, share experiences, ask questions & receive support. All are welcome to attend but group is geared towards parents of children who are tweens and teens.
Erie County
Jana Mertz
jmertz@kaleidahealth.org
(716) 878-7600
Wegman’s Café, Back Conference Room, 601 Amherst Street, Buffalo NY 14207
6:00 pm - 7:30 pm
Thursdays on a monthly basis
Is this group ongoing?: Yes

**Iroquois Area Parent Support Group**
Open to all parents of special needs children, do not have to be in district. Currently most families have children with ASD. Please contact Jeanne for up-to-date meeting times as they change.
Erie County
Jeanne Kacprowicz
Jeanne@rochester.rr.com
(716) 652-8001
* Location to be determined. Call for information.
Daytime
During the school year
Is this group ongoing?: Yes

**Niagara County Parent Group for Parents of Children with Autism Spectrum Disorders**
Our purpose is to provide a welcoming environment for parents and other caregivers of children with autism spectrum disorders to meet, share experiences, ask questions and receive support.
Niagara County
info@parentnetworkwny.org
(716) 332-4170
Empower Children’s Academy, 9812 Lockport Road, Niagara Falls, NY 14304
6:30 pm - 8:00 pm
1st Monday
Is this group ongoing?: Yes
Orleans County Autism Support Group
This support group is intended for families of loved ones on the Autism Spectrum. Its mission is to provide support, training and education to families affected by Autism.
Orleans County
Kristen Ostrander
kostrander@arcoforleans.org
(585) 589-1750, ext. 2236
The Arc of Orleans County, 122 Caroline St., Albion, NY 14411
6:30 pm - 8:30 pm
Last Wednesday of each month
Is this group ongoing?: Yes

Parent Group for Parents of Children with Autism Spectrum Disorders
Provide a welcoming environment for parents and other caregivers of children with autism spectrum disorders to meet, share experiences, ask questions and receive support.
Erie County
Jana Mertz or Kathy Doody
Email to RSVP: jmertz@kaleidahealth.org
(716) 878-7600
http://www.tinyurl.com/ausomegroup
Aspire Building, 7 Community Drive, Cheektowaga, NY 14225
6:30 pm - 8:30 pm
Meets monthly on Wednesdays
Is this group ongoing?: Yes

Parent Group for Parents of Children with Autism Spectrum Disorders
To provide a welcoming environment for parents and other caregivers of children with autism spectrum disorders to meet, share experiences, ask questions and receive support.
Chautauqua County
Peg Kovach
info@parentnetworkwny.org
(716) 332-4170
www.parentnetworkwny.org
Prendergast Library, 509 Cherry Street, Jamestown, NY 14701
6:00 pm - 8:00 pm
Last Thursday of each month
Is this group ongoing?: yes
DISABILITY SPECIFIC - CEREBRAL PALSY

**Connected Parents**
Come join connected parents, a monthly support group for parents and caregivers of children of all ages with Cerebral Palsy.
Erie County
Stephanie
cconnectedparentsWNY@gmail.com
facebook.com/Connected Parents
Blue Fire Grill at the Marriott, 1340 Millersport Highway, Amherst NY
7:00 PM
Last Thursday of each month
Is this group ongoing?: yes

DISABILITY SPECIFIC - DOWN SYNDROME

**Down Syndrome Parent Group**
For families and caregivers of children with Down Syndrome; provides information, education, and creates awareness of Down syndrome throughout our community while improving the lives and supporting the families of those persons with Down syndrome.
Erie County
Amy Monson
dspg@dspgwny.org
716) 832-9334
www.dspgwny.org
Meeting times vary
Is this group ongoing?: Yes

**Down Syndrome Social and Support Group**
For parents and their children, ages birth to 5, with Down Syndrome
Erie and Niagara Counties
Emily Mondschein
(716) 946-0429
Location varies - please contact for more information
Every third Sunday
Is this group ongoing?: yes
DISABILITY SPECIFIC - FETAL ALCOHOL SYNDROME DISORDER

WNY Fetal Alcohol Syndrome Disorders Family Support Group
Meet with other families, share experiences, ideas and information.
Erie County
Teresa Harris
tharris@eccpasa.org
(716) 831-2298 ext. 122
www.eccpasa.org
Erie County Council on the Prevention of Alcohol & Substance Abuse (ECPASA)
1625 Hertel Ave., Buffalo, NY 14216
9:30 am - 11:00 am & 6:30 pm - 8:00 pm
Meet on Wednesdays, Call for confirmation of dates and times
Is this group ongoing?: Yes

DISABILITY SPECIFIC - FOOD

Greater Buffalo Food Allergy Alliance
To share information & give support to people who live with food allergies.
Erie County
Kim Pasierb
(716) 681-6506
www.gbfoodallergy.org
Cleveland Hill Fire Hall, 440 Cleveland Drive, Cheektowaga, NY 14215
7:00 pm-9:00 pm
3rd Monday
Is this group ongoing?: Yes

Spoonful of Love - Parent Support Group
Parents of children of all ages with feeding difficulties. Here you’ll find a safe, caring environment where parents are empowered by giving and receiving support as they share their concerns face-to-face.
Erie County
Teresa Marioles
tmarioles@hscwny.com
(716) 631-7503
www.facebook.com/SpoonfulofLoveWNY
Hearing & Speech of WNY, 2733 Wehrle Drive, Williamsville NY 14221
Call Teresa Marioles for dates and times
Is this group ongoing?: Yes
DISABILITY SPECIFIC - FRAGILE X

Fragile X Resource Group of WNY
Erie County
Janet Fisher
Janfish5@gmail.com
(716) 741-7192
8373 Black Walnut Drive, East Amherst, NY 14051
7:00 pm
Please call or email for current meeting dates
Is this group ongoing?:

DISABILITY SPECIFIC - NEONATAL ABSTINENCE SYNDROME

Neonatal Abstinence Syndrome Infants Support Group
The group is specifically for pregnant mothers to understand the issues children may encounter after birth because of exposure to opioid medication(s) and other drugs.
Erie County
Davina Moss-King, Ph.D.
supportgroups@pdawny.com
(716) 906-8118 ext. 701
www.pdawny.com
Location 1:
Sister’s Hospital, 2121 Main St., Seton Building, Suite 220, Buffalo, NY 14214
10:00 am - 11:00 am
Every 3rd Saturday of the month
Is this group ongoing?: Yes

Location 2:
Mercy Hospital of Buffalo, 565 Abbott Road, Room 4013, Maternity Conference Room, Buffalo, NY 14220
10:00 am - 11:00 am
Every 4th Saturday of the month
Is this group ongoing?: Yes
DISABILITY SPECIFIC - SPINAL CORD INJURY

Spinal Cord Injury Support Group
Rehabilitation for spinal injuries.
Erie County
Jack Trenchard and Lisa Keenan
jasutrench@hotmail.com
(716) 435-4218
ECMC Terraceview Long-Term Care Facility, 462 Grider Street, Buffalo, NY 14215
please contact for date and time
Is this group ongoing?: Yes

DISABILITY SPECIFIC - SPINAL MUSCULAR ATROPHY

WNY Chapter of Families of Spinal Muscular Atrophy (SMA)
To help cope with SMA through information & support.
Niagara County
Bonnie Shiesley
bonnie@wnyfsma.org
(716) 622-0804
www.wnyfsma.org or www.facebook.com/wnyfsma
P.O. Box 444, North Tonawanda, NY 14120
Please call for dates and times of the next available session
Is this group ongoing?: Yes

MENTAL HEALTH

20 Something Group - Northtowns
A social and support group for young adults 18 years and up. Parent Group meet at the same time in a separate room.
Erie County
Melissa Salamon
(716) 886-1242, ext. 346
www.eriemha.org
St. Mary’s School for the Deaf, 2253 Main St., Buffalo, NY 14214
6:00 pm - 7:30 pm
3rd Friday of the month
Is this group ongoing?: Yes
**20 Something Group - Southtowns**
A social and support group for young adults 18 years and up. Parent Group meet at the same time in a separate room.
Erie County
Melissa Salamon
(716) 886-1242, ext. 346
Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg, NY 14075
6:00 pm - 7:30 pm
Second Friday of each month
Is this group ongoing?: yes

**Coping Through Christ Anxiety & Depression “All are Welcome”**
For those with a mental health diagnosis, their families, caregivers, supporters & friends.
Erie County
St. Joseph University Parish
(716) 833-0298
St. Joseph Parish Center Library, 3269 Main Street, Buffalo, NY 14214
7:00 pm - 8:30 pm
Every Tuesday
Is this group ongoing?: Yes

**Family Support**
For caregivers of teens and transition-age youth ages 13-26 struggling with addiction and mental health challenges. Embrace hope, support, and the fact that you are not alone! Information provided on community resources for teens and young adults.
Erie County
Nancy Mariani
nmariani@eriemha.org
(716) 886-1242 ext 345
The Genesis Center, 2161 Seneca Street, South Buffalo, NY 14210
1:00 pm to 2:30 pm
Second and Fourth Saturdays of the month
Is this group ongoing?: yes
National Alliance for the Mentally Ill (NAMI) - Buffalo
Mutual support for families of the mentally ill.
Erie County
namibuffalo@aol.com
(716) 226-6264
www.namibuffalony.org
St. Paul’s Lutheran Church, 4007 Main Street, Amherst, NY 14226
7:00 pm
3rd Wednesday
Is this group ongoing?: Yes

National Alliance for the Mentally Ill (NAMI) - Buffalo
Family Education Meeting
Erie County
namibuffalo@aol.com
(716) 226-6264
www.namibuffalony.org
St. Paul’s Lutheran Church, 4007 Main Street, Amherst, NY 14226
7:00 PM
2nd Wednesday
Is this group ongoing?: Yes

National Alliance for the Mentally Ill (NAMI) - Orchard Park
Mutual support for families of the mentally ill.
Erie County
namibuffalo@aol.com
(716) 226-6264
www.namibuffalony.org
Lakeshore Behavioral Health, 3176 Abbot Road, Orchard Park, NY 14217
7:00 PM
3rd Wednesday
Is this group ongoing?: Yes

Over Eaters Anonymous
Erie County
(716-226-6264
7:00 pm-8:00 pm
Every Wednesday
Is this group ongoing?: Yes
We Can
For teens and transition-age youth struggling with mental health and addiction.
Erie County
Youth peer mentor phone line
hrandolph@eriemha.org
(716) 886-1242 ext 345
The Genesis Center, 2161 Seneca Street, South Buffalo, NY 14210
1:00 pm to 2:30 pm
Second and Fourth Saturdays of the month
Is this group ongoing?: yes

MILITARY

Operation C.O.M. (Children of the Military)
A free interactive program to support children of the military & to establish positive coping skills to deal with the stress of deployment, to express feelings & strengthen self-confidence.
Erie County
Mary or Jess
jesslafalce@yahoo.com
Mary at (716) 548-6606 or Jess at (716) 640-3258
www.eriemha.org
Veterans One-Stop Center of WNY, 1280 Main St., 2nd Floor, Buffalo, NY 14209
5:30 pm - 7:30 pm
Friday Evenings
Is this group ongoing?: Yes

S.A.F.E. (Support and Family Education)
Mental health support and workshops for family members of veterans (Free daycare provided)
Erie County
Dr. Elizabeth Wahlig
(716) 862-7473
VA WNY Healthcare System at Buffalo, Room 1022 B, 3495 Bailey Avenue, Buffalo, NY 14215
10:00 am - 12:00 pm
1st and 3rd Friday of the month.
Is this group ongoing?: Yes
NEUROLOGICAL IMPAIRMENT - BRAIN INJURY

Headway of Western New York, Inc.
Several support groups are available for survivors of brain injury & their families.
Erie County
headway@headwayofwny.org
(716) 408-3100
www.headwayofwny.org
2635 Delaware Avenue, Buffalo, NY 14216 (enter through suite B)
6:30 pm - 8:00 pm (peer support and caregivers)  6:30 pm - 8:00 pm (caregivers support) 6:30 pm - 8:00 pm
1st & 3rd Tuesday (peer) 1st Tuesday (caregivers) 1st & 3rd Thursday (Veteran’s)
Is this group ongoing?: Yes

NEUROLOGICAL IMPAIRMENT - HYDROCEPHALUS

Hydrocephalus Association
Support and information for families affected by hydrocephaly.
WNY Counties
Toddie Rogers
(716) 381-2709
Dates and times vary
Is this group ongoing?: Yes

NEUROLOGICAL IMPAIRMENT - TOURETTE SYNDROME

Tourette Assn. of America, Greater NY State Chapter
Adult rap group & children’s rap group; support for families
Erie County
Sue Conners
Conners@roadrunner.com
(716) 839-4430
www.tsa-gnys.org
Kenmore Library on Delaware Road
7:00 pm
3rd Wednesday of each month
Is this group ongoing?: Yes
Niagara Frontier Sibshops
Sibshops are lively, action packed, 3 hour workshops and support for siblings. Sibshops celebrate the many contributions made by brothers & sisters of kids with special needs.
Niagara County
Robin Stevens
rstevens@empower-wny.org
(716) 478-9528
Empower Children’s Academy, 9812 Lockport Road, Niagara Falls, NY 14304
10:00 am - 2:00 pm
Meets Bi-monthly
Is this group ongoing?: Yes

Sibshops at Canisius College
These support groups are designed to meet the needs of brothers & sisters of children diagnosed with a special needs.
Erie County
Dr. Susan Putnam
putnams@canisius.edu
(716) 888-2895
www.canisius.edu/sibshop
Delevan Community Center at Canisius College, 2001 Main Street, Buffalo, NY 14208
1:00 pm - 5:00 pm
Saturdays
Is this group ongoing?: Yes
**SPECIAL EDUCATION**

**Clarence SEPTSA (Special Education Parent Teacher Student Association)**
Supporting families by providing opportunities for education and information regarding the needs of exceptional children.
Erie County
Karen Conway or Lou Ann Nowicki
Snowicki66@verizon.net
(716) 741-3691 (Karen) or (716) 741-7065 (Lou Ann)
www.clarenceschools.org
Clarence District Office, East Annex Conference Room, 9625 Main St.,
Clarence, NY 14031
Days and times vary
Is this group ongoing?: Yes

**Foundation for Inclusive Catholic Education (FICE)**
To support those children who receive special education services in
Catholic schools located in the Diocese of Buffalo.
Erie County
Kathryn Schultz
ficeprogram@yahoo.com
(716) 824-3819
www.fice-program.org
FICE, 38 Dudley Avenue, Hamburg, NY 14075
Days and times vary
Is this group ongoing?: Yes

**Special Education Parents Advisory Committee (SEPAC)**
All meetings are open to parents of children receiving special education services in the Buffalo Public School District.
Erie County
Rosemary Arnone, Coordinator of Parent Services
rarnone@buffaloschools.org
(716) 816-4747 or (716) 878-9706
www.buffaloschools.org
School #12 Central CSE, 33 Ash Street, Buffalo, NY 14204
Please visit website for meeting dates and times as they change regularly
Is this group ongoing?: Yes
Williamsville SEPTSA (Special Education Parent Teacher Student Association)
Supporting education by providing opportunities for education and information regarding the needs of exceptional children.
Erie County
Dave Whalen
davidwhalen@yahoo.com
(716) 565-9338
www.williamsvillesepta.org
105 Casey Road, East Amherst, NY 14051
Times and dates vary
Is this group ongoing?: Yes

VISUAL IMPAIRMENT

Peer Support Group for Visually Impaired at Olmsted
Erie County
Linda Kaminiski or Christopher Hock
Linda (716) 856-2821; Christopher (716) 381-3751
www.olmstedcenter.org
1170 Main Street, Buffalo NY
2:00 pm - 3:30 pm
Second Thursday of each month
Is this group ongoing?: yes
Parent Network specializes in empowering families to learn about services, communicate effectively with professionals, and to successfully advocate for their children. Parent Network also works with professionals by providing continuing education opportunities, resources and referral services.

The ECDC provides free information, referral, technical assistance and support to families, professionals, and community agencies concerned with children birth to five with suspected or diagnosed delays or disabilities. They provide ongoing community training programs for both the parents and professionals.
WNY SUPPORT GROUP
DIRECTORY CHANGE FORM

The form below is used to update information about any changes to support groups. Please complete the information requested below for all changes.

Please circle one option for the information provided on this form:

ADD       UPDATE       REMOVE

Name of Group: _______________________________________
Description: __________________________________________
_____________________________________________________
_____________________________________________________
Contact Person: _______________________________________
Address: _____________________________________________
_____________________________________________________
_____________________________________________________
Support Group Phone Number: __________________________
Email: ______________________________________________
Website: _____________________________________________
Meeting Times: _______________________________________
_____________________________________________________
_____________________________________________________
Meeting Day of Each Month: ____________________________
_____________________________________________________
_____________________________________________________
Category: ____________________________________________

Please send to plk@parentnetworkwny.org or mail to:
Parent Network of WNY
1000 Main Street
Buffalo, NY 14202
Attention: Peg
USEFUL WEBSITES

www.parentnetworkwny.org  Parent Network of Western New York
www.wchob.org/ecdc       Early Childhood Direction Center
www2.erie.gov/ecod        Erie County Office for the Disabled
www.buffaloplace.com      The Buffalo Place
www.beenews.com           The Bee News
www.ddawny.org            The Developmental Disabilities Alliance of Western New York

Central Referral Services website for locating services for people with developmental disabilities: www.ddinfolink.org
Parent Network of WNY is now a part of Reeds Jenss Embrace the Difference program.

The program was created by Robyn Zimmer, a mother of a child with developmental differences. She was motivated by the many challenges faced each day by people with chronic illness, physical, emotional and developmental disabilities.

She in turn designed the Embrace The Difference symbol to show support, acceptance and kindness no matter what differences we may have, which is now developed into a successful jewelry line. $10 of every piece of jewelry sold, is then donated back to the charity of the purchase’s choice.

www.embracethedifference.org

Amazon Smile is a way for anyone who shops at Amazon.com to give back to the charity of their choice at no cost to them!

For every purchase that you make, Amazon donates .5% back to Parent Network of WNY.

It’s easy to do:
Visit: smile.amazon.com
(It is the exact same website as amazon.com and still has all of your account information, the smile in front of it just notifies Amazon that the percentage goes to a charity)

Select Parent Network of New York State 1 Inc. from the list

Shop away!