

2018 WESTERN NEW YORK
**SUPPORT
GROUP**

DIRECTORY



 (716) 332-4170

 info@parentnetworkwny.org

 www.parentnetworkwny.org

 @ParentNetwork

 @PNWNY

WNY SUPPORT GROUP DIRECTORY 2018

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 versions of the directory and change form, please go to:

www.parentnetworkwny.org/resource-library/printable-materials/

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ADHD

Buffalo CHADD Community Group

County: Erie

Parents of children with ADHD, adults with ADHD, and community members working with individuals with ADHD who want to raise awareness and share outcomes around a hidden disability, while getting support from each other.

Elizabeth Bittar

elizabethbittar@ymail.com

(716) 725-3966

6:30pm - 8:00pm

Third Wednesday of the month

Location varies - please contact for more information

Support Group for Adults with ADD or ADHD

County: Erie

Alana Chazen

alana830@gmail.com

(716) 886-1242

5:00 pm - 6:30 pm

First and Third Tuesday of each month

Mental Health Association of Erie County, Inc., 999 Delaware Avenue, Buffalo

ADOPTION/FOSTER CARE

Adoption Resource Center Support Group - Buffalo

County: Erie

Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.

Karen Kelley

kkelley@hillside.com

(716) 848-6419

www.hillside.com

11:00 am - 1:00 pm

Second Wednesday of every month

Denny's on Delaware Avenue & Linden, Buffalo

Adoption Resource Center Support Group - Cheektowaga

County: Erie

Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.

Karen Kelley

kkelley@hillside.com

(716) 848-6419

www.hillside.com

6:30 pm - 8:30 pm

Last Monday of each month

Olive Branch 2343 Union Road, Cheektowaga

Adoption Resource Center Support Group - Holland

County: Erie

Meet others who share the daily challenges & rewards of parenting adopted children & teens. Pre & post adoptive parents welcome.

Karen Kelley

kkelley@hillside.com

(716) 848-6419

www.hillside.com

11:00 am - 1:00 pm

Third Thursday of the month

Holland Willows, 177 Savage Road, Holland, NY

Western New York Foster Adoptive Families Association

County: Erie

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.

wnyfafa@gmail.com

(716) 858-1630

www.wnyfafa.org

Second Tuesday of every month

60 Dingens Street, Buffalo, NY 14201

BEHAVIORAL/EMOTIONAL

Child & Family Support Group - Northtowns

County: Erie

This is an open invitation to parents, caregivers, foster, grandparents and other family members raising children with special social, emotional, or behavioral needs to join us at our monthly family support group. There is a bilingual facilitator for those who speak Spanish. Share your experiences to help create a better system for children and families. Learn what resources are available to get the help you need.

msalamon@eriemha.org

(716) 886-1242 ext. 346

www.eriemha.org

6:00 pm - 7:30 pm

First Friday of each month

St. Mary's School for the Deaf, 2253 Main St., Buffalo, NY 14214

Child & Family Support Group - Southtowns

County: Erie

For families who have a family member living with an emotional, behavioral or mental health challenge

Melissa Salamon

msalamon@eriemha.org

(716) 886-1242 ext. 346

www.eriemha.org

6:00 pm - 7:30 pm

Second Friday of each month

Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg

Family Support Group

County: Erie

For families who have children with emotional or behavioral problems.

Carolyn Vujnovic

(716) 677-7079

www.eriemha.org

6:00 pm - 7:30 pm

Second and Fourth Thursday of each month

WNYCPC Community Services Buffalo Outpatient Center, 575 Alberta Drive, Suite 2, Amherst, NY 14226

GLOW Family Support Program

County: Genesee; Livingston; Wyoming; Orleans

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.

Kathy Holmes (Director) or Megan Henry (Manager)

kholmes@hillside.com

(585)362-0466 Kathy Holmes or (716)220-6906

www.hillside.com

24 hours a day

Hillside Children's Center 96 West Buffalo Street, Warsaw, NY 14569

Niagara Frontier Family Network - Parent Support Coffees

County: Niagara

Coffee hours are held two times a month to anyone with a child with a behavioral, emotional, or mental health challenge in Niagara County.

Laura Lloyd

familysupport@ndyfs.org

(716) 439-1179, ext. 493

www.fosteringgood.org

Call for times and locations

Two Fridays a month

Niagara Frontier Family Network - Parent Support Group

County: Niagara

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.

Laura Lloyd

llloyd@ndyfs.org

(716) 439-1179 ext 493

www.facebook.com/Niagara-Frontier-Family-Network

6:00 pm - 8:00 pm

Third Wednesday of every month

Orleans Niagara BOCES Conference Center, 4124 Saunders Settlement Road, Sanborn, NY 14132

Niagara Frontier Family Network- Kinship Connections

County: Niagara

Supports are provided free to anyone raising a family member with a social, emotional or mental health challenge and are residents of Niagara County.

Laura Lloyd

llloyd@ndyfs.org

(716) 439-1179, ext. 493

10:00 am - 11:30 am

First Thursday of every month. Except July and August

Orleans Niagara BOCES Conference Center, 4124 Saunders Settlement Rd, Sanborn, NY 14132

Teen Peer Support Group - Northtowns

County: Erie

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.

Melissa Salamon

msalamon@eriemha.org

(716) 886-1242 ext 346

www.eriemha.org

6:00 pm - 7:30 pm

1st and 3rd Friday of each month

St. Mary's School for the Deaf, 2253 Main St., Buffalo, NY 14214

Teen Peer Support Group -Southtowns

County: Erie

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.

Melissa Salamon

msalamon@eriemha.org

(716) 886-1242 ext 346

www.eriemha.org

6:00 pm - 7:30 pm

Second Friday of each month

Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg, Ny 14075

Town of Tonawanda Concerned Parents Group

County: Erie

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

(716) 879-6650

7:00 PM

Thursday

satellite office, located inside Lincoln Park. 299 Decatur Rd, Buffalo, NY 14223

BEREAVEMENT

Caring Arms, Perinatal Bereavement

County: Erie

For parents, grandparents & other family members.

Grace Jaworski

gracejaworski@roadrunner.com

(716) 568-3777 or (716) 568-6653

7:00 pm - 9:00 pm

2nd Tuesday

St. Gregory Ministerial Building, 1540 Maple Road, Williamsville, NY 14221

Community Bereavement Group

County: Erie

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

griefsupport@palliative.org

(716) 901-0289

www.wilsonsupportcenter.com

Daytime Group: 11:30 am - 1:00 pm / Evening Groups (6:00 pm - 8:00 pm)

Daytime: 4th Tuesday of the month / Evenings: 1st and 3rd

Wednesdays of the month

Wilson Support Center, 150 Bennett Road, Cheektowaga, NY 14227

Footprints on the Heart

County: Erie

For stillbirth and early infant death

Amy Creamer

acreamer@chsbuffalo.org

(716) 862-1678

6:00 pm (Call to register)

First Tuesday of every month

Piver Center Conference Room, Sister's Hospital Seton Building

Perinatal Bereavement Network

County: Erie

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.

Christine Scott

christine@wnypbn.org

(716) 626-6363

www.wnypbn.org

Telephone support from a trained parent & link to area support groups.

150 Bennett Road, Cheektowaga, New York 14227

Storm Clouds and Rainbows

County: Erie

Artistic based family support group for children, teens and their caregivers after the death of a loved one.

griefsupport@palliative.org

(716) 901-0289

www.wilsonsupportcenter.com

Please call for dates and times of the next available session (8 week sessions)

Wilson Support Center, 150 Bennett Road, Cheektowaga, NY 14227

CAREGIVER

Akron Special Needs Support Group

County: Erie

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.

Nicole LaMonte-DeGolier

(716) 442-5056

Facebook: www.facebook.com/

AkronParentsofChildrenwithSpecialNeeds

Call Nicole for times

2nd and 4th Tuesday of each month.

C. Dee Wright Center, 11 Church St., Akron, NY 14001

Bornhava Men's Forum

County: Erie, Niagara

For fathers & male caregivers of children with developmental delays.

Ellen Crawford

ecrawford@bornhava.org

(716) 839-1655

www.bornhava.org

7:30 pm one evening per month during the school year (Oct-May)

Please call for current dates

25 Chateau Terrace, Amherst, NY 14226

Bornhava WOW MOMs

County: Erie

For women who care for children with special needs

Ann Lindeman-Czajka

info@bornhava.org

(716) 839-1655

www.bornhava.org

7:00 pm - please call for current meeting dates

One Thursday per month during the school year

25 Chateau Terrace, Amherst, NY 14226

City Roundtable Support Group

County: Erie

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.

Nichole Gibson

n.gibson@fcanwny.org

(716) 884-2599 ext. 300

www.fcanwny.org

6:30 pm - 8:00 pm

2nd Monday; respite care is available with 1-week prior notice to Roundtable meeting.

135 Delaware Avenue, Suite 307, Buffalo, NY 14202

Door of Hope Support Group

County: Allegany

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.

Robin

mark.yuly@houghton.edu

(585) 437-2609

6:30 pm - 8:30 pm

1st and 3rd Thursday of the month except July and August (Dates are sometimes subject to change, contact Robin to confirm).

Wellspring Ministries, 5993 Co Rd. 16, Belfast, NY 14711

Faith-Based Special Needs Parent Support Group

County: Erie

Gather with other moms and dads who understand what you're experiencing, regardless of your child's diagnosis. This group supports and encourages one another as they pray together and share resources. They also look at what the Bible has to say about our kids and our role in their lives.

Phil & Shannon Welty

smwelty@gmail.com, (716) 417-3042 (text or call)

6:15 pm - 7:45 pm, Second Thursday of each month

Kenmore Alliance Church, Room 303, 175 Bonnett Avenue, Tonawanda

Family Matters

County: Erie

Family Matters is an educational support group for parents facing the many issues that accompany a child's chronic and/or life threatening illness.

McKenzie Mattison

mmattison@kaleidahealth.org

(716) 323-2422

www.stonesbuddies.org

6:00 pm - 8:00 pm

Call McKenzie for dates and times.

Gilda's Club, Kaleida Health, 1028 Main St., Buffalo, NY 14204

Family Partners for Change

County: Erie

A group of parents with adult children in group homes & agency representatives come together to discuss issues.

Angela Dubel

adubel@people-inc.org

(716) 880-3834

Please contact for date and time

WNY DDRO, 1200 East & West Road, West Seneca, NY 14224

Family Peer Support Group - Allegany

County: Allegany

This support group is for anyone who wants to learn new parenting skills from other parents.

Angie and Jamie

(716) 307-8271 or (716) 790-9283

1. 1:00 pm - 2:00 pm (Wednesday) 2. 6:00 pm - 7:30 pm (Friday)

1. The last Wednesday of every month / 2. The last Friday of every month

Location 1 Address: Creekside Chapel, 2523 Five Mile Road,

Allegany, NY (On Wednesday) Location 2 Address: Olean

Rehabilitation Center, Allegany Building, 3799 South 9 Mile, Allegany

Family Peer Support Group - Cattaraugus

County: Cattaraugus

This group is for anyone who wants to learn new parenting strategies and stress management.

Jean Knapp

(716) 790-9277

6:30 pm - 7:30 pm

Last Friday of every month

Olean Family YMCA, 1101 Wayne Street, Olean, NY

Family Peer Support Group - Cattaraugus (Machias)

County: Cattaraugus

Jean Knapp

(716) 790-9277

6:30 pm - 7:30 pm

Second Monday of the month

King Memorial Library, 9538 Main Street, Machias, NY 14101

Family Peer Support Group - Cattaraugus (Randolph)

County: Cattaraugus

Jean Knapp

(716) 790-9277

6:00 pm - 7:00 pm

Third Tuesday of each month

Randolph Public Library, 26 Jamestown Street, Randolph NY 14772

Family Support Group for Caregivers of Younger Children

County: Erie

For families who have children ages 4-12, with emotional or behavioral challenges.

Melissa Salamon

msalamon@eriemha.org

(716) 886-1242 ext 346

www.eriemha.org

Location 1:

10:00 am - 11:30 am - fourth Saturday of each month

Baker Hall School Cafeteria, 777 Ridge Road, Lackawanna NY 14218

(Enter parking lot from South Park Avenue)

Location 2:

6:00 pm - 7:30 pm, first Friday of each month

St. Mary's School for the Deaf, 2253 Main St., Buffalo, NY 14214

Father's Support Group - Involved Families. Empowered Families

County: Erie

Open to fathers, grandfathers, and other male caregivers raising a child with special behavioral challenges.

Milton Williams

m.williams@fcanwny.org

(716) 884-2599 Ext 303

www.fcanwny.org/meetings.html

6:30 pm - 8:00 pm

3rd Wednesday

135 Delaware Avenue, Suite 307, Buffalo NY 14202

Kinship Family Support Group

County: Erie

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.

Heather

(716) 783-3100, ext. 3181

5:00 pm - 7:00 pm (RSVP 1 week before for childcare. We asked that families call before coming.)

3rd Tuesday of each month

Gateway Longview Conference Room, 10 Symphony Circle, Buffalo

No Mother Left Behind

County: Erie

A support group for new mothers. Catholic Health is here for you after the birth of your baby. Come and meet other new mothers, discuss the difficulties of adjusting to motherhood, and problem solve together. New babies welcome!

Amy

(716) 862-1678

facebook.com/nomotherleftbehind

6:00 PM

Fourth Thursday of the month

M. Steven Piver Center for Women's Health (adjacent to Sister's of Charity Hospital), 2121 Main Street, Suite 100, Buffalo NY 14214

Parent to Parent

County: Erie

Connecting parents 1-to-1 with other parents of children of like disabilities.

Shannon McCracken

(716) 675-0239

Smccracken@ptopnys.org

www.parenttoparentnys.org

WNY DDRO, 1200 East & West Road, West Seneca, NY 14224,
Building 16, Room 1-173

Southtowns Roundtable Support Group

County: Erie

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.

Families Child Advocacy Network

(716) 884-2599

www.fcanwny.org

6:00 pm - 8:00 pm

1st Tuesday of each month

Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg NY 14075 (Door 5, Lower Level, Room 11)

DEVELOPMENTAL DISABILITY

Family & Caregiver Group - Allegany County

County: Allegany

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

Melanie Ryan

607-587-4506

ryanma@alfredstate.edu

5:00 pm - 7:00 pm

Fourth Monday of each month

Alfred State Wellsville Campus, Pioneer Student Union, 2540 River Road, Wellsville, NY 14895

Family & Caregiver Group - DDAWNY Group

County: Erie

Group provides a welcoming environment for parents, family members, and other caregivers of individuals with developmental disabilities to meet, share experiences, ask questions and receive support. DDAWNY Family Committee meeting follows the support group meeting for anyone who wishes to attend.

(716) 332-4170

info@parentnetworkwny.org

www.parentnetworkwny.org

5:30 pm - 6:45 pm

3rd Tuesday

7 Community Drive, Cheektowaga NY 14225

DISABILITY SPECIFIC - AUTISM

Asperger's Group - Buffalo

County: Erie

For people with high-functioning Autism or Asperger's and people who know them.

Maureen

(716) 631-5777 ext 109

mcallanan@autism-services-inc.org

www.friendsofasi.org

4:30 pm - 5:30 pm

1st Thursday of the Month

Autism Services, Inc., 699 Hertel Avenue, Buffalo NY 14207

Asperger's Group - Southtowns

County: Erie

For people with high-functioning Autism or Asperger's and people who know them.

Aubrey Sedor

(716) 631-5777 ext 520

asedor@autism-services-inc.org

www.friendsofasi.org

5:00 pm - 6:30 pm

1st Wednesday of each Month

Autism Services, Inc., 97 Main St., Hamburg, NY 14075

Autism Society of WNY Support Meeting - Northtowns

County: Erie

The Parent Support Coffees are designed so that parents can talk to other parents in a comfortable environment. This location has a play area for toddlers. Watch them while you talk with other moms.

Kathy or Ann

(716) 633-2275 or (716) 352-1512

info@autismwny.org

www.autismwny.org

10:00 am - 12:00 pm

Call for dates. No meetings in July, August and December.

Sweet Charlottes, 10255 Main St., Suite 9, Clarence, NY

Buffalo Aspies Meetup Group

County: Erie

Group provides programming geared toward adults (18+) with Asperger's.

Cindi Mikulik

(716) 204-5380

yadbyad@bjebuffalo.org

Facebook: www.facebook.com/groups/BuffaloAspies/

Please contact for date and time

once a month, alternating between Mondays and Thursdays

Jewish Community Center, 2640 North Forest Rd., Getzville, NY

Family & Caregiver Group - Buffalo Autism Group

County: Erie

Provide a welcoming environment for parents and other caregivers of children with autism spectrum disorders to meet, share experiences, ask questions and receive support.

Jana Mertz or Kathy Doody

(716) 323-6435

Email to RSVP: jmertz@kaleidahealth.org

<http://www.tinyurl.com/ausomegroup2018>

6:30 pm - 8:30 pm

Meets monthly on Wednesdays

Aspire Building, 7 Community Drive, Cheektowaga, NY 14225

Family & Caregiver Group - Niagara Autism Group

County: Niagara

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.

(716) 332-4170

info@parentnetworkwny.org

6:30 pm - 8:30 pm

1st Monday

Empower Children's Academy, 9812 Lockport Road, Niagara Falls, NY 14304

Family & Caregiver Group - Parents with Teenagers with Autism Spectrum Disorders

County: Erie

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 transitioning - 12 years old and up.

Jana Mertz

(716) 323-6435

jmertz@kaleidahealth.org

6:00 pm - 7:30 pm

Thursdays on a monthly basis

Wegman's Café, Back Conference Room, 601 Amherst Street, Buffalo NY 14207

Genesee County Autism Support Group

County: Genesee

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.

Bethany Willis

(585) 344-1678, ext. 229

bwillis@arcoforleans.org

6:30 pm - 8:30 pm

Last Thursday of the month

38 Woodrow Rd., Batavia, NY 14020

Grand Island Autism Support Group

County: Erie, Niagara

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.

Vienna

(716) 430-5118

GrandIslandNYAutismGroup@gmail.com

Facebook: www.facebook.com/GrandIslandNYSupportGroup

6:30 pm - 8:00 pm

1st Tuesday of each month, September - June

Realty USA, 2139 Grand Island Blvd., Grand Island, NY 14072

Iroquois Area Parent Support Group

County: Erie

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.

Jeanne Kacprowicz

(716) 652-8001

Jeanne@rochester.rr.com

Daytime

During the school year

Iroquois School District (Call for information)

Orleans County Autism Support Group

County: Orleans

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.

Bethany Willis

(585) 344-1678, ext. 229

bwillis@arcoforleans.org

6:30 pm - 8:30 pm

Last Wednesday of each month; webinar option is also available

The Arc of Genesee Orleans, 122 Caroline St., Albion, NY 14411

Orleans County Autism Support Group

County: Orleans

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.

Bethany Willis

bwillis@arcoforleans.org

(585) 344-1678, ext. 229

6:30 pm - 8:30 pm

Last Wednesday of each month; webinar option is also available

The Arc of Genesee Orleans, 122 Caroline St., Albion, NY 14411

DISABILITY SPECIFIC - CEREBRAL PALSY

Connected Parents

County: Erie

Come join connected parents, a monthly support group for parents and caregivers of children of all ages with Cerebral Palsy.

Stephanie

connectedparentsWNY@gmail.com

[facebook.com/Connected Parents](https://www.facebook.com/ConnectedParents)

7:00 PM on the last Thursday of each month

Blue Fire Grill at the Marriott, 1340 Millersport Highway, Amherst NY

DISABILITY SPECIFIC - DOWN SYNDROME

Down Syndrome Parent Group

County: Erie

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

Amy Monson

dspg@dspgwny.org

716) 832-9334

www.dspgwny.org

Meeting times vary

Down Syndrome Social and Support Group

County: Erie, Niagara

For parents and their children, ages birth to 5, with Down Syndrome

Emily Mondschein

(716) 946-0429

once a month

Location varies - please contact for more information

The Family & Friends Down Syndrome Association of Niagara, Inc.

County: Niagara

Group serves as a resource and support group for parents, individuals living with Down Syndrome, and affiliate local organizations.

Christine Sirianni

dsaniagara@gmail.com

(716) 870-4904

www.dsaniagara.org

Call or check website for times and location.

DISABILITY SPECIFIC - FETAL ALCOHOL SYNDROME DISORDER

FADE (Fetal Alcohol and Drug Effects)

County: Erie

Meet with other families, share experiences, ideas and information.

Jennifer Loft

jenniferloft@eccpasa.org

(716) 831-2298 ext. 122

www.eccpasa.org

9:30 am - 11:00 am & 6:30 pm - 8:00 pm

Meet on Wednesdays, Call for confirmation of dates and times.

Erie County Council on the Prevention of Alcohol & Substance Abuse
(ECPASA)1625 Hertel Ave., Buffalo, NY 14216

DISABILITY SPECIFIC - FOOD

Greater Buffalo Food Allergy Alliance

County: Erie

To share information and give support to people who live with food allergies.

Kim Pasierb

(716) 681-6506

www.gbfoodallergy.org

7:00 pm-9:00 pm

3rd Monday (every other month) (Jan, Mar, May, July, Sept, and Nov)

Cleveland Hill Fire Hall, 440 Cleveland Drive, Cheektowaga, NY 14215

Spoonful of Love - Parent Support Group

County: Erie

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.

Teresa Marioles

tmarioles@hscwnypllc.com

(716) 892-2060

www.facebook.com/SpoonfulofLoveWNY

Please call Teresa as dates and times vary

Hearing & Speech of WNY, 2980 William Street, Cheektowaga

DISABILITY SPECIFIC - NEONATAL ABSTINENCE SYNDROME

Neonatal Abstinence Syndrome Infants Support Group

County: Erie

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.

Davina Moss-King, Ph.D.

davina.moss-king@pdawny.com

(716) 961-3434

<http://www.pdawny.com>

Location times and dates vary.

DISABILITY SPECIFIC - SPINAL CORD INJURY

Spinal Cord Injury Support Group

County: Erie

Rehabilitation for spinal injuries.

Jack Trenchard and Lisa Keenan

jasutrench@hotmail.com

(716) 435-4218

please contact for date and time

ECMC Terraceview Long-Term Care Facility, 462 Grider Street, Buffalo, NY 14215

DISABILITY SPECIFIC - SPINAL MUSCULAR ATROPHY

WNY Chapter of Families of Spinal Muscular Atrophy (SMA)

County: Niagara

To help cope with SMA through information & support.

Bonnie Shiesley

bonnie@wnyfsma.org

(716) 622-0804

www.wnyfsma.org or www.facebook.com/wnyfsma

Please call for dates and times of the next available session.

P.O. Box 444, North Tonawanda, NY 14120

MENTAL HEALTH

20 Something Group - Northtowns

County: Erie

A social and support group for young adults 18 years and up. Parent Group meets at the same time in a separate room.

Melissa Salamon

(716) 886-1242, ext. 346

www.eriemha.org

6:00 pm - 7:30 pm

3rd Friday of the month

St. Mary's School for the Deaf, 2253 Main St., Buffalo, NY 14214

20 Something Group - Southtowns

County: Erie

A social and support group for young adults 18 years and up. Parent Group meets at the same time in a separate room.

Melissa Salamon

(716) 886-1242, ext. 346

www.eriamha.org

6:00 pm - 7:30 pm

Second Friday of each month

Wesleyan Church of Hamburg, 4999 McKinley Parkway, Hamburg, NY 14075

National Alliance for the Mentally Ill (NAMI) - Buffalo

County: Erie

Mutual support for families of the mentally ill.

namibuffalo@aol.com

(716) 226-6264

www.namibuffalony.org

7:00 pm

3rd Wednesday

St. Paul's Lutheran Church, 4007 Main Street, Amherst, NY 14226

National Alliance for the Mentally Ill (NAMI) - Buffalo

County: Erie

Family Education Meeting

namibuffalo@aol.com

(716) 226-6264

www.namibuffalony.org

7:00 PM

2nd Thursday

St. Paul's Lutheran Church, 4007 Main Street, Amherst, NY 14226

National Alliance for the Mentally Ill (NAMI) - Orchard Park

County: Erie

Mutual support for families of the mentally ill.

namibuffalo@aol.com

(716) 226-6264

www.namibuffalony.org

7:00 PM

3rd Wednesday

Best Self Behavioral Health, 3176 Abbot Road, Orchard Park

MILITARY

Operation C.O.M. (Children of the Military)

County: Erie

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.

Mary or Jess

jesslafalce@yahoo.com

Mary at (716) 548-6606 or Jess at (716) 640-3258

www.eriemha.org

5:30 pm - 7:30 pm

Friday Evenings

Veterans One-Stop Center of WNY, 1280 Main St., 2nd Floor, Buffalo, NY 14209

S.A.F.E. (Support and Family Education)

County: Erie

Mental health support and workshops for family members of veterans (Free daycare provided)

Dr. Elizabeth Wahlig

(716) 862-7473

10:00 am - 11:30 am

Every other Friday until September (Starting 4/6/18)

VA WNY Healthcare System at Buffalo, Room 1022 B, 3495 Bailey Avenue, Buffalo, NY 14215

NEUROLOGICAL IMPAIRMENT - BRAIN INJURY

Headway of Western New York, Inc.

County: Erie

Several support groups are available for survivors of brain injury & their families.

headway@headwayofwny.org

(716) 408-3100

www.headwayofwny.org

6:30 pm - 8:00 pm (peer support and caregivers) 6:30 pm - 8:00 pm (caregivers support)

1st & 3rd Tuesday (peer) 1st Tuesday (caregivers)

2635 Delaware Avenue suite E, Buffalo, NY 14216 (enter through suite B)

NEUROLOGICAL IMPAIRMENT - HYDROCEPHALUS

Hydrocephalus Association

County: WNY

Support and information for families affected by hydrocephaly.

Toddie Rogers

(716) 381-2709

Dates and times vary

NEUROLOGICAL IMPAIRMENT - TOURETTE SYNDROME

Tourette Assn. of America, Greater NY State Chapter

County: Erie and 52 other counties in NY State

Adult support group & children's activities group; support for families. School Advocacy, Employment Advocacy, Children's Overnight Camp, Biennial State Conference, Many family activities throughout the year, and Workshops

Sue Conners

Conners@roadrunner.com

(716) 839-4430

www.tsa-gnys.org

7:00 pm

4th Tuesday of each month

Kenmore Library on Delaware Road

SIBLINGS

Niagara Frontier Sibshops

County: Niagara

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.

Robin Stevens

rstevens@empower-wny.org

(716) 478-9528

12 pm- 4pm

Meets Bi-monthly

Empower Children's Academy, 9812 Lockport Road, Niagara Falls,

Sibshops at Canisius College

County: Erie

These support groups are designed to meet the needs of brothers & sisters of children diagnosed with special needs.

Dr. Susan Putnam

putnams@canisius.edu

(716) 888-2895

<https://www.sibshopwny.com>

1:00 pm - 5:00 pm

Saturdays

Delevan Community Center at Canisius College, 2001 Main Street, Buffalo, NY 14208

SPECIAL EDUCATION

Clarence SEPTSA (Special Education Parent Teacher Student Association)

County: Erie

Supporting families by providing opportunities for education and information regarding the needs of exceptional children.

Lou Ann Nowicki

lnowicki66@verizon.net, (716) 741-7065

www.clarenceschools.org

Days and times vary

Clarence District Office, East Annex Conference Room, 9625 Main St.

Foundation for Inclusive Catholic Education (FICE)

County: Erie

To support those children who receive special education services in Catholic schools located in the Diocese of Buffalo.

Bridget O'Brien

ficeprogram@yahoo.com

(716) 536-3887

www.fice-program.org

Days and times vary

FICE, 38 Dudley Avenue, Hamburg, NY 14075

ONE SEPTA

County: Orleans/Niagara/Erie

To create a community of education, collaboration and networking for special education. Membership is open to all families, caregivers and professionals involved with education in the Orleans, Niagara and Erie Counties. Membership registration fee of just \$8 per year.

OrleansNiagaraErieSEPTA@gmail.com

facebook.com/septaniagara/ or onesepta.org

6:30 pm - 8:30 pm; 8:30 pm to 9 pm reserved for Networking Time/
Round Table Discussion

Meets once a month, check website for dates

Orleans Niagara BOCES Conference Center, 4124 Saunders
Settlement Road, Sanborn, NY 14132

Special Education Parents Advisory Committee (SEPAC)

County: Erie

All meetings are open to parents of children receiving special education services in the Buffalo Public School District.

Rosemary Arnone, Coordinator of Parent Services

rarnone@buffaloschools.org

(716) 816-4747 or (716) 878-9706

www.buffaloschools.org

Please visit website for meeting dates and times as they change regularly

School #12 Central CSE, 33 Ash Street, Buffalo, NY 14204

Williamsville SEPTSA (Special Education Parent Teacher Student Association)

County: Erie

Supporting education by providing opportunities for education and information regarding the needs of exceptional children.

Dave Whalen

davidwhalen@yahoo.com

(716) 565-9338

www.williamsvillesepta.org

Times and dates vary

105 Casey Road, East Amherst, NY 14051

VISUAL IMPAIRMENT

Peer Support Group for Visually Impaired at Olmsted

County: Erie

Linda Kaminiski or Christopher Hock

Linda (716) 856-2821; Christopher (716) 381-3751

www.olmstedcenter.org

2:00 pm - 3:30 pm

Second Thursday of each month

1170 Main Street, Buffalo NY

ADDITIONAL RESOURCES



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.ddinfoink.org

Notes

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Support Parent Network of WNY



EMBRACE THE DIFFERENCE™

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

Support Parent Network Of New York State 1 Inc.

When you shop at smile.amazon.com,
Amazon donates.

[Go to smile.amazon.com](https://smile.amazon.com)

The Amazon Smile logo, featuring the word "amazon" in its signature font with a curved arrow underneath, followed by the word "smile" in a sans-serif font.

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!