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 - Southerntowns**  
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.wilsontonawanda.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
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  
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@ecpasa.org
(716) 831-2298 ext. 122
www.ecpasa.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.eriemha.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
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.
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.buffaloplac.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
Support Parent Network of WNY

Parent Network of WNY is now a part of Reeds Jenss Embrace the Difference program.

The program was created by Robyn Zimmerman, 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

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!