

## **GRIEF SUPPORT GROUPS**

*The following is a list of organizations that offer information, counseling or support services to all persons of different ages and needs who are grieving the loss of a loved one. Feel free to call these groups and ask for additional information.*

**Crisis Services 716-834-3131**

## **Catholic Cemeteries Programs**

4000 Elmwood Ave., Kenmore

### **Hope After Heartache: Tools for Living with Loss**

This grief support group is designed to provide the support you need **and** the tools to help you cope.

#### **First and Third Monday 4:00 - 5:30 p.m.**

St. Aloysius Gonzaga Church  
157 Cleveland Dr., Cheektowaga

#### **First and Third Tuesday 7:00 - 8:30 p.m.**

Mount Olivet Cemetery  
4000 Elmwood Ave., Kenmore

### **Bereavement Lecture Series**

The Lazarus Center for the Bereaved offers monthly topics in the spring and fall to educate and comfort those who grieve. Call for schedule and topics

### **Monthly Masses**

Held at 9 a.m. the last Saturday of each month at Holy Cross Cemetery and Mount Olivet Cemetery

### **B.O.N.D. – Bridging Out in New Directions**

#### **•Calm Mind, Calm You**

Held one hour prior to grief support groups. Take a break and soothe your soul during a guided meditation class.

#### **•Inspired Western New York Field Trips**

#### **•Fifth Tuesday Potluck Dinners**

### **Remembrance Services - call for dates & details**

*For more information on any of these programs, contact  
Director of Bereavement Support Nancy Weil at  
**873-6500***

## **Catholic Parish Programs**

### **St. Martha Parish**

Grief Support Group – Guest speaker each month  
Meets monthly, except July, Aug. & Dec.  
7:00 p.m.  
10 French Rd., Depew  
For information call 684-6342

### **St. Bonaventure**

Grief Support Group  
Monthly meeting on Wednesday  
6:00 – 7:30 p.m.  
95 E. Main St., Allegany  
For information call Peg Reitz 373-1330 x. 12

### **St. Gregory the Great**

Grief Support Group – Guest speaker each month  
First Wednesday of each month  
6:30 – 8:00 p.m.  
100 St. Gregory Court, Williamsville  
For information call 688-5678

### **St. Christopher's Church**

Second Wednesday of each month  
6:30 - 7:15 p.m. Lecture Series  
7:30 - 8:30 p.m. Grief Support Group  
(grouped by type of loss)  
Meets at St. Edmund Campus  
530 Ellicott Creek Rd., Tonawanda  
For information call the Parish office 692-2660

### **St. John the Baptist**

Grief Support Group  
Meets monthly – Monday  
7:00 – 8:30 p.m.  
2028 Sandridge Rd., Alden  
For information call Sr. Ellen McCarthy 937-6959

### **G.O.A.L.S. Going On After Loss Successfully**

1st Monday of each month  
6:30 p.m.  
Meets at St. Casimir's Social Center  
1833 Clinton St., Buffalo  
Sponsored by: Kevin Mason Funeral Home  
For information call 408-0495

### **St. Jude Center**

Adult Bereavement Support Group  
First Tuesday of each month  
2:00 – 3:30 p.m.  
Msgr. Edward J. Ulaszewski Hall, 760 Ellicott St., Bflo  
For information 859-2864.

### **Queen of Heaven**

Grief Support Group  
Meets once or twice a year for 8 weeks  
7:00 – 8:30 p.m.  
4220 Seneca St., West Seneca  
For information call 674-3468

### **Our Lady of Pompeii**

GriefShare - DVD and discussion  
Meets 2 Wednesdays per month Sept. - April  
6:30– 8:00 p.m.  
158 Laverack Ave., Lancaster  
For information call Sr. Joyce King 683-6522 x. 103

### **Diocese of Buffalo Office of Family Life**

Bereavement Packet available  
Call 847-2210 to have your free packet mailed to you.

*Your parish may offer additional grief support services*

## **Community Programs**

### **Mary & Ralph Wilson, Jr. Support Center**

Provides emotional and social support for individuals and families coping with bereavement or caregiver responsibilities.  
150 Bennett Rd., Cheektowaga  
Call for support groups schedule 836-6460

### **Suicide Bereavement Group**

Second Tuesday of each month  
6:30 – 8:30 p.m. No fee  
Mary & Ralph Wilson, Jr. Support Center  
150 Bennett Rd., Cheektowaga  
For more information call 836-6460

### Helpers Along The Way

Grief Support  
Third Wednesday of each month  
7:00 p.m.  
Held at Millard Fillmore Suburban Hospital  
1540 Maple Rd., Williamsville  
For information, call Pastoral Care Services 568-3777

### Grief Share Support Groups

Second & Fourth Tuesday of each month  
6:00 - 7:30 p.m.  
Mental Health Assoc. Office  
36 Pine St., Lockport

First & Third Monday of each month  
6:00 - 7:30 p.m. Peer led group  
Niagara Falls Memorial Medical Center  
For information call 433-3780

### Baker Memorial United Methodist Church

Second & Fourth Wednesday of each month  
4:00 - 5:30 p.m.  
345 Main St., East Aurora  
For information call Sue Toft 652-9549

### Adult Sibling Support Group

Ages 18 and up  
Every Fourth Monday of each month  
6:30 - 8:00 p.m.  
Mary & Ralph Wilson, Jr. Support Center  
150 Bennett Rd., Cheektowaga  
For information call Shauna Nealon, 984-5867

### Widows Grief Support Group

YWCA of the Tonawandas  
49 Tremont St., North Tonawanda  
First Wednesday of each month 1:30 - 3:00 p.m.  
For information call 692-5580

### Roswell Park Cancer Institute

Call for exact dates & topics 845-8051  
Sponsored by Department of Pastoral Care

### Calvary Episcopal Church Good Grief Group

Usually meets last Saturday of the month  
9:30 a.m.  
20 Milton St. (corner of S. Cayuga), Williamsville  
Call to confirm next meeting date 633-7800

### P.E.A.C.E

Peer support group for anyone who has lost a family member or friend to homicide  
First Saturday of each month  
1:00-2:30 p.m.

### Youth and Young Adults Living with Grief & Trauma

11 - 18 years old  
First Saturday of each month  
1:00-2:30 p.m.

608 William Street, Buffalo  
For information call Teresa Evans 842-8700

### Buffalo Vet Center

Bereavement Counseling Services for War Zone Veterans and parents, spouses, siblings and children of Armed Forces Personnel who die on active duty.

2372 Sweet Home Rd., Amherst  
For more information call 862-7350

### Seneca Health Care Center Grief Support

2987 Seneca St. West Seneca  
Third Wednesday of each month 5:00 - 6:00 p.m.  
For information call Erin Wiedemann 828-0500

### First Trinity Lutheran Church Grief Support

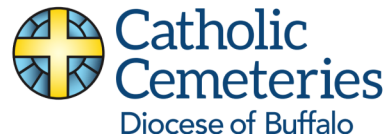
1570 Niagara Falls Blvd. Tonawanda  
Third Wednesday of each month 7:00 - 8:15 p.m.  
For information call 835-2220

### St. Vincent DePaul Coping with Loss Group

2748 Military Rd., Niagara Falls  
Meets monthly  
For information call Maria Stevenson 297-1816

**A list of NYS licensed grief therapists is available upon request. Please call 873-6500**

*NOTE: All programs are subject to change. Please call to confirm program information.*



You Don't Have to Grieve  
**Alone** 

*Your resource for  
Grief Support Groups &  
Remembrance Services.*

