

Action for Mental Health, Inc. (AMH) *Sponsored Self-Help Groups*

Sunday

Sunday Mental Health Support Group
1:00-3:00 pm at AMH

Monday

Depression Support Group 1:00-3:00 pm at AMH

ADHD Support Group 6-8 pm at AMH

SOS-ACTION 6:30 -7:30 pm at AMH
(General meeting)

Tuesday

Women Trauma Survivors 1-3 pm at AMH
(Please call Diane E. Johnson 871-0581 ext. 14
Before attending this group or for information.)

Creative Art Workshop 6-8 PM At AMH

Pain Management Group (3rd Tuesday of the month)
6-8 pm at AMH

Wednesday

Pain Management Group (1st Wednesday of the
Month)
1-3 pm At AMH

Self Esteem Group 4-5:30 pm , at AMH

Growing with Words, Poetry Group Crane Library,
633 Elmwood Ave, Bflo., NY 14222 3:30-4:15 pm

Facilitator Training is offered on a regular basis.
Call 871-0581 for information.

Wednesday Cont.

Bipolar Disorder "RUSH" Support Group

6-8:00 pm at AMH

TriView Support Group 7:00 pm meets in the 2nd Floor
Conference Rm. at Lakeshore HealthCare Center Mental
Health Unit, Rts. 5 & 20, Irving, NY, call Wally 934-1272
or Pat 549-4316 for information.

Thursday

**FACILITATOR SUPPORT GROUP-3RD THURS OF THE
MONTH AT 3:15 PM (must be facilitating a group or have
taken the Facilitator Training.**

Depression Support Group at AMH 5:30-7:00 PM

Nicotine Anonymous at AMH 7:30 pm-8:30 pm

Men's Trauma/PTSD Support Group 6:00 PM 1st
Thursday of the month.
280 Spindrift Drive, Williamsville, NY 14221
(Call Diane E. Johnson 871-0581 ext. 14 for information)

Friday

Panic and Anxiety/OCD Support Group 1:00-3:00pm
at AMH

**Southtowns Group- Anxiety, Depression, Panic
Disorder & Social Phobia** 6:30-8:30pm at St. Marks
Episcopal Church, 6595 E. Quaker Rd., Orchard Park NY
Call: Mark 803-5765

This Self Help guide is updated regularly,
please call the office for the latest information

871-0581