



Online and Phone Support Now Available for Youth, 20-Somethings, Parents and Caregivers

This is a stressful time for everyone with young and old struggling to cope with the changes we are all facing. In times like these, maintaining mental well-being and self-care for yourself and family is paramount. MHA certified youth and family peer advocates are now available to offer support through online video chats and phone appointments.

Youth Peer Support

**Teen Peer Online Video Chat
for ages 13-18**

**Wednesdays, April 8, 15, 22 & 29
3:00pm - 4:30pm.**

The peer-led support group offers a safe place for youth to connect, receive support as well as celebrate accomplishments and practice self-care skills in this new era of social distancing.

**20-Something Online Video Chat
for ages 18-28**

**Fridays, April 10, 17 & 24
6:00pm-7:30pm**

This strength-based and recovery centered group provides validation and support to emerging adults facing mental health and/or substance use struggles.

For more information or to sign-up:

RSVP to peersupport@mhawny.org

or call 716-886-1242 x345, or

Text 716-245-5339

**Please specify which youth group and date
you wish to attend.**

Once registered, you will receive confirmation with log-in information

Individual Youth Peer Support

Monday - Friday, noon-5:00pm

One-on-one phone support with a certified youth peer advocate is also available by appointment

To request a time:

email peersupport@mhawny.org

Family Support

**Video Chat Support Group for
Caregivers of Children, Teens and Young
Adults ages 18-26**

**Wednesdays, April 8, 15, 22 & 29
1:00pm-2:00pm**

To sign-up:

RSVP to sdziwulski@mhawny.org

You will receive a confirmation email with log-in information

**Video Chat Support Group for
Caregivers of Children, Teens and Young
Adults ages 18-26**

**Thursdays, April 9, 16, 23 & 30
6:00pm-7:30pm**

To sign-up:

RSVP to lanev@mhawny.org

You will receive a confirmation email with log-in information

Individual Family Peer Support

One-on-one phone or email support with a family peer advocate.

Contact: Stacie Dziwulski 716-886-1242 x337,

sdziwulski@mhawny.org

or Dawn Tisdale 716-886-1242 x321,

dtisdale@mhawny.org

Child & Family Support Program

is a program of Mental Health Advocates of WNY, 999 Delaware Avenue, Buffalo,

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