



# Get Support Through Mental Health Peer Connection



## People Who Need People

Hosted by Leslie Saunders

Mondays, Wednesdays, and Fridays from 10 until 11 AM

RSVP at [lsaunders@wnyil.org](mailto:lsaunders@wnyil.org) or call 716-416-2522

“People who need People” is a support group designed for individuals who are new in the recovery process and are asking “what should I do now”?

## Addict to Addict Virtual Support Group

Join us through phone, web or app for a support group of peers helping peers through the obstacles of addiction and recovery.

**Tuesdays and Thursdays  
at 5:00PM**

RSVP:  
[gvinson@wnyil.org](mailto:gvinson@wnyil.org) or 716-398-3907

Mental Health Peer Connection  
Western New York Independent Living Family of Agencies

## A2A Support Group

Hosted by Megan Green

Tuesdays and Thursdays from 5 until 6 PM

RSVP at: [gvinson@wnyil.org](mailto:gvinson@wnyil.org) or call 716-398-3907

A group for peers to help peers through the obstacles of addiction and recovery. This group is a judgment free zone to help one another recover.



## PEER 2 PEER Wellness Wisdom

Hosted by Johanna Andujar & Cathie Campbell

Wednesdays and Fridays 2 until 3PM

RSVP at [ccampbell@wnyil.org](mailto:ccampbell@wnyil.org) or call 716 328-3640

This is a group that not only offers support, it will assist in the development of coping skills so that we can learn to become more tolerant and resilient. In this time period, where we are facing constant changes daily to our personal and work lives developing tolerance of others

and the world, we live in will help us to increase our personal resilience. Becoming resilient will assist us in being able to improve how we respond and deal with these constant changes. We will focus on developing our own personal WRAP (Wellness Recovery Action Plans) where we can keep track of what our stressors are and what tools work best for those stressors.



## Hope for Families

Hosted by Naomi Taylor

Mondays, Wednesdays, and Fridays 4 until 5 pm

RSVP at [ntaylor@wnyil.org](mailto:ntaylor@wnyil.org) or call 716-563-0078

While the pandemic is active, families are in their homes without activities to keep their thinking moving towards recovery. The peer support group will provide support similar to the face to face groups to enable family members to voice their concerns and struggles. This is a peer run family support group for family members in a time of crisis.

WEDNESDAYS AT 3:00 PM

## PEER CONNECTION

A virtual support group for anyone seeking help with a mental health. Explore emotion regulation, healthy coping strategies, mindfulness, and self-empowerment.

RSVP to 716-322-9264

## Peer Connection

Hosted by Kelly Hauser

Wednesdays 3 until 4PM

RSVP at [khauser@wnyl.org](mailto:khauser@wnyl.org) or call 716-322-9264

This group is about connecting with fellow peers in a supportive, topic-oriented format that provides peers a safe platform to explore emotion regulation, healthy coping strategies, mindfulness, and self-empowerment for anyone seeking help with a mental health disorder.

**An important note about the RSVP process and privacy:**

## For Your Privacy



To maintain your privacy we do not publicly share the phone numbers and links to our virtual meetings. Please call to RSVP. We will respect people's wishes to remain anonymous.