


SUPPORT GROUPS

Hosted by Life Transitions Center



The following support groups are offered by Life Transitions Center, 150 Bennett Road, Cheektowaga. These groups are facilitated by licensed master level professionals. For more information or to register, call 836-6460. Unless otherwise noted, the meetings are held at Life Transitions Center. **Financial assistance is available for those who qualify.**

THESE GROUPS ARE FACILITATED BY PROFESSIONAL, LICENSED SOCIAL WORKERS AND COUNSELORS

Metastatic Breast Cancer Networking Group	5:30 p.m. – 7:30 p.m. 1st Wednesday of each month	This is an evening of conversation and social networking for women who have experienced metastatic breast cancer. NO FEE. Call Joanne Janicki at 845-4432 for more info.
Suicide Bereavement Support Group	7:00 p.m. – 8:30 p.m. 1st Tuesday of each month	Support group for adults who have experienced the death of a loved one as a result of a suicide. NO FEE. Call 836-6460 for more info.
General Grief Support Group	6:30 p.m.- 8:00 p.m. 2nd Thursday of each month	Support group for adults who have experienced the death of a loved one. Monthly topics will be discussed. Fee \$5.00 per session.
Planet Kid/Teen	6:00 p.m. – 9:00 p.m. 1st Friday of each month for 5 months	A comfort program for children ages 5-11 and teens ages 12-18 who have lost a loved one. Movies, pizza, creative activities, and an opportunity to share feelings and loss. \$50 fee for 5 sessions. Call Jim Grande at LTC at 836-6460, ext. 103 for more info.
Voyagers... Help on the Journey	6:00 p.m. – 7:00 p.m. Meets on the 2nd & 4th Wednesday of each month	NEW! Children’s support group for ages 6-13 who have a loved one with a serious illness. The group meets at Life Transitions Center. There is a fee of \$5 per child for each session. Call Jim Grande at LTC at 836-6460, ext. 103 for more info.
 Camp Blue Skies	Sept. 25 - 26	Overnight camp held each Fall at Cradle Beach Camp in Angola for children ages 7-16 who have experienced the death of a loved one. Cost: \$25 per camper. Contact Jim Grande at LTC at 836-6460, ext. 103
After a Parent Dies	6:30 p.m. – 8:00 p.m. Meets for 8 weeks on Mondays	Support for adults who have experienced the death of a parent. \$80 fee for 8 weeks. Call LTC at 836-6460 for more info. Start Date: Sept. 13, 2010
Widowed Persons Over 50	6:30 p.m. - 8:00 p.m. Meets for 8 weeks on Thursdays	Support for those who have experienced the death of a spouse within the past 18 months. \$80 fee for 8 weeks. Call LTC at 836-6460 for more info. Start Date: Sept. 9, 2010
Widowed Persons Under 50	6:30 p.m. - 8:00 p.m. Meets for 8 weeks on Tuesdays	Support for those who have experienced the death of a spouse within the past 18 months. Participants must be 50 years of age or younger, or have children under the age of 18 years. \$80 fee for 8 weeks. Call LTC at 836-6460 for more info. Start Date: Sept. 21, 2010

THESE SUPPORT GROUPS ARE FACILITATED BY PEERS

Bereaved Parents of the USA	7:30 p.m. – 9:30 p.m. 2nd Friday of each month	Together we journey with understanding, love and compassion, to help ease the pain of the death of our beloved children. For more info, contact Tony & Bernie Misita at 675-3844.
Compassionate Friends	7:30 p.m. – 9:00 p.m. 1st Friday of each month	Assists families toward the positive resolution of grief following the death of a child of any age. Our vision is that who ever needs us finds us, and who ever finds us will be helped. NO FEE. For more info, contact Andy Thomasula at 626-9463.
The FRAT (Father’s Rallying Against Tragedy)	7:00 p.m. – 8:30 p.m. 3rd Tuesday of each month	This group is for MEN only whom have lost a child of any age at any time. NO FEE. For more info, contact Joe at 213-3277 or jdjqin5@verizon.net.
Empty Leash	5:30 p.m. – 7:30 p.m. every Thursday	Pet loss support group. NO FEE. For more info, contact Kim at 668-2446. Website: www.emptyleash.com.
Footprints on the Heart	7:00 p.m. – 9:00 p.m. 4th Thursday of each month	Support for parents who have experienced the death of a baby as a result of miscarriage, ectopic (tubal) pregnancy, stillbirth, early infant death or Sudden Infant Death Syndrome SIDS. NO FEE. For more info, contact Fran Kane at 862-1678.
Hopeful Hearts	Meets on an as needed basis	Support for women who are considering pregnancy, or are pregnant, after a miscarriage or infant death. NO FEE. For more info, contact Fran Kane at 862-1678.