



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

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

<b>After a Parent Dies</b>	8 weeks on Wednesday 6:30 pm - 8:00 pm	Support for adults who have experienced the death of a parent. Repeats 2-3 times a year. Fee: \$80. Call LTC at 836-6460. <b>Session begins March 7.</b>
<b>Metastatic Breast Cancer Networking Group</b>	1st Wednesday of each month 5:30 pm - 7:30 pm	This is an evening of conversation and social networking for women who have experienced metastatic breast cancer. Call Joanne Janicki at 845-4432.
<b>General Grief Support Group</b>	2nd Thursday of each month 6:30 pm - 8:00 pm	This is a support group for adults who have experienced the death of a loved one. Monthly topics will be discussed. Fee: Call LTC at 836-6460.
<b>Suicide Bereavement Support Group</b>	1st Tuesday of each month 7:00 pm - 9:00 pm	Support group for adults who have experienced the death of a loved one as a result of suicide. No fee. Call LTC at 836-6460.
<b>Widowed Persons Over 50</b>	8 weeks on Thursday 6:30 pm - 8:00 pm	Support for those who have experienced the death of a spouse within the past 18 months. Repeats 3-4 times a year. Fee: \$80 Call LTC at 836-6460.
<b>Widowed Persons Under 50</b>	8 weeks on Tuesday 6:30 pm - 8:00 pm	Support for those who have experienced the death of a spouse within the past 18 months. Participants must be 50 yrs. of age or younger, or have children under the age of 18 yrs. Repeats 2-3 times a year. Fee: \$80 Call LTC at 836-6460. <b>Session begins March 6.</b>
<b>Storm Clouds and Rainbows</b>	6 weeks on Monday 6:30 pm - 8:00 pm Meets at Gilda's Club WNY 1140 Delaware Avenue Buffalo, NY 14209	Support group for children and teens, ages 5-17, and their caregivers after the death of a loved one. Presented by LTC in conjunction with Gilda's Club WNY. Cost: \$99. Includes 6 week session for one adult & one child. Additional fee for additional child and/or caregiver. Call 332-5900 ext. 204 for more info. <b>Session begins February 27 &amp; April 23.</b>
<b>Camp Blue Skies</b>	TBA	A bereavement camp held each Fall at Cradle Beach Camp in Angola for children (7-16) who have experienced the death of a loved one. Call LTC at 836-6460.



**THESE GROUPS ARE FACILITATED BY PEERS.**

<b>Bereaved Parents of the USA</b>	2nd Friday of each Month 7:30 pm - 9:30 pm	Together we journey with understanding, love, and compassion, to help ease the pain of the death of our beloved children. For more information contact Tony & Bernie Misita 675-3844.
<b>Compassionate Friends</b>	1st Friday of each Month 7:30 pm	Assists families toward the positive resolution of grief following the death of a child of any age. Our vision is that whoever needs us finds us, and that whoever finds us will be helped. For more information contact Andy Thomasula at 908-3538.
<b>The FRAT (Father's Rallying Against Tragedy)</b>	3rd Tuesday of each Month 7:00 pm - 8:30 pm	This group is for MEN only who have lost a child of any age at any time. For more information contact Joe at 213-3277 or jdjquin5@verizon.net
<b>Empty Leash</b>	1st & 3rd Thursday 6:00 pm - 7:30 pm	Pet loss support group. Contact Kim at 714-5785 or www.emptyleash.com
<b>Footprints on the Heart</b>	4th Wednesday of each Month 7:00 pm - 9:00 pm	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). Fran Kane at 862-1678.
<b>Tiniest Angels</b>	2nd Wednesday of each Month 7:00 pm	Support group for parents who have experienced the loss of a child through miscarriage, ectopic pregnancy, stillbirth and early infant death. Contact Christine Scott at 626-6363.
<b>Hopeful Hearts</b>	As Needed	Support for women who are considering pregnancy, or are pregnant, after a miscarriage or infant death. Contact Fran Kane at 862-1678.