

GRIEF SUPPORT GROUPS

The following is a list of organizations that offer information, counseling or support services to all persons of different ages and needs who are grieving the loss of a loved one. Feel free to call these groups and ask for additional information.

Crisis Services 716-834-3131

Catholic Cemeteries

4000 Elmwood Ave., Kenmore

Hope After Heartache: Tools for Living with Loss

This grief support group is designed to provide the support you need **and** the tools to help you cope.

First and Third Monday 4:00—5:30 p.m.

St. Aloysius Gonzaga Church
157 Cleveland Dr., Cheektowaga

First and Third Tuesday 7:00—8:30 p.m.

Mount Olivet Cemetery
4000 Elmwood Ave., Kenmore

Lazarus Lecture Series

The Lazarus Center for the Bereaved offers monthly topics to educate and comfort those who grieve.
Call for schedule and topics

BOND – Bridging Out in New Directions

•Drum4Health Drum Circle

Drumming has been shown to be a great way to release pent up emotions from the pain of grief.
Open to all ages.

•Heavenly Hearts Grief Choir

Singing lifts us to a place where we feel better.
The socialization, laughter and spending a night out helps us heal.

•Inspired Western New York Field Trips

•Fifth Tuesday Potluck Dinners

Remembrance Services—call for dates & details

*For more information on any of these programs, contact
Director of Bereavement Support Nancy Weil at
873-6500*

Church

St. Martha Parish

Grief Support Group – Guest speaker each month
Third Tuesday each month except July, Aug. & Dec.
7:00 p.m.
10 French Rd., Depew
For information call 684-6342

St. Bonaventure

Grief Support Group
Monthly meeting on Wednesday
6:00 – 7:30 p.m.
95 E. Main St., Allegany
For information call Peg Reitz 373-1330 x. 12

St. Gregory the Great

Grief Support Group – Guest speaker each month
First Wednesday of each month
7:00 – 8:30 p.m.
100 St. Gregory Court, Williamsville
For information call Eileen Warner 688-5678

St. Christopher’s Church

Second Wednesday of each month
6:30— 7:15 p.m. Lecture Series
7:30— 8:30 p.m. Grief Support Group
(grouped by type of loss)
Meets at St. Edmund Campus
530 Ellicott Creek Rd., Tonawanda
For information call the Parish office 692-2660

St. John the Baptist

Grief Support Group
Meets monthly – Monday
7:00 – 8:30 p.m.
2028 Sandridge Rd., Alden
For information call Sr. Ellen McCarthy 937-6959

Christ the King

Call for program information
Renee Villa – pastoral associate 839-1430 ext. 221

G.O.A.L.S. Going On After Loss Successfully

Meets monthly
Kevin Mason Funeral Home
154 Weimer St., Buffalo
For information call 362-0199

St. Jude Center

Adult Bereavement Support Group
First Tuesday of each month
2:00 – 3:30 p.m.
Msgr. Edward J. Ulaszewski Hall, 760 Ellicott St., Bflo
For information 859-2864.

Queen of Heaven

Grief Support Group
Meets once or twice a year for 8 weeks —Tuesdays
7:00 – 8:30 p.m.
4220 Seneca St., West Seneca
For information call 674-3468

Your parish may offer additional grief support services

Non-Diocesan

Life Transitions Center

Provides emotional and social support for individuals and families coping with serious illness, caregiver responsibilities and/or bereavement. Support groups, wellness and social networking groups, and referrals to individual counseling.
1140 Delaware Ave., Buffalo
For information call 836-6460

Suicide Bereavement Group

First Tuesday of each month
7:00 – 8:30 p.m. No fee
Life Transitions Center
150 Bennett Rd., Cheektowaga
For more information call 836-6460

Helpers Along The Way

Grief Support
Third Wednesday of each month
7:00 p.m.
Held at Millard Fillmore Suburban Hospital
1540 Maple Rd., Williamsville
Christine Stry—Pastoral Care Director 568-3777

Grief Share Support Groups

Second & Fourth Wednesday of each month
6:00—7:30 p.m.
Mental Health Assoc. Office
36 Pine St., Lockport

First & Third Tuesday of each month
6:00—7:30 p.m. Peer led group
Niagara Falls Memorial Medical Center
For information call 433-3780

Baker Memorial United Methodist Church

Second & Fourth Wednesday of each month
4:00—5:30 p.m.
Main & Center Roads, East Aurora
For information call Sue Toft 652-9549

Adult Sibling Support Group

Ages 18 and up
Every Fourth Monday of each month
6:30—8:00 p.m.
Life Transitions Center
150 Bennett Rd., Cheektowaga
For information call Shauna Nealon, 984-5867

Widows Grief Support Group

YWCA of the Tonawandas
49 Tremont St., North Tonawanda
First Wednesday of each month 1:30—3:00 p.m.
692-5580

Roswell Park Cancer Institute

Quarterly grief educational evenings
Call for exact dates & topics 845-8051
Programs held at LTC City Campus
1149 Delaware Ave., Buffalo
Sponsored by Department of Pastoral Care

Calvary Episcopal Church

Usually meets last Saturday of the month
9:30 a.m.
20 Milton St. (corner of S. Cayuga), Williamsville
Call church office to confirm next meeting date 633-7800

P.E.A.C.E

Peer support group for anyone who has lost a family member or friend to homicide
First Saturday of each month
1:00-2:30 p.m.

Youth and Young Adults Living with Grief & Trauma 11 - 18 years old

First Saturday of each month
1:00-2:30 p.m.

608 William Street, Buffalo
For information call Teresa Evans 218-5596

A list of licensed grief therapists is available upon request.

Together Serving Families in
Western New York

**Catholic
Cemeteries**

4000 Elmwood Avenue
Kenmore, NY 14217
716.873.6500

**You Don't Have to Grieve
Alone** 

*Your resource for
Grief Support Groups &
Remembrance Services.*

