

## HELLO Peer Family Support Groups

- ◆ WNY Independent Living Inc.  
3108 Main St. Buffalo 14214  
1<sup>st</sup> Saturday of Month 12-1pm
- ◆ C. Dee Wright Community Center  
11 Church St. Akron 14001  
2<sup>nd</sup> Saturday of Month 2-4pm
- ◆ Hamburg Community Center  
107 Prospect St. Hamburg 14075  
2<sup>nd</sup> Monday of Month 6:30-8:30pm
- ◆ Cheektowaga Senior Center  
3349 Broadway  
Cheektowaga 14227  
4<sup>th</sup> Wednesday of Month 6:30-8:30pm

## Resources

New York State Office of Alcohol & Substance Abuse (OASAS)  
[www.oasas.ny.gov](http://www.oasas.ny.gov)

- ◆ *Patient Advocacy Brochure*
- ◆ *Opioid Overdose Prevention Facts*
- ◆ *Different Treatment Options*

Substance Abuse & Mental Health Services Administration (SAMHSA)  
[store.samhsa.gov](http://store.samhsa.gov)

- ◆ *Addiction Happens in the Best of Families*
- ◆ *Medication Assisted Treatment for Opiate Addiction*

## Addiction Family Support & Education Groups

- ◆ BryLin Behavioral Health Center  
531 Farber Lakes Dr.  
Williamsville 14221  
Monday 6-7pm; Open to All  
716-633-1927
- ◆ Because I Love You (BILY)  
North Buffalo Community Center  
203 Sanders Rd. Buffalo 14216  
Monday 7:30pm; Open to All  
Mandatory: confirm attendance with Rick by 3pm Monday 716-990-2452
- ◆ Horizon Health Services  
1370 Niagara Falls Blvd.  
Tonawanda 14150  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday: 6:30-8:30pm  
Open to those who have lost a child to substance abuse  
Avi Israel 716-984-8375
- ◆ First Trinity Lutheran Church  
1570 Niagara Falls Blvd.  
Tonawanda 14150  
2<sup>nd</sup> Tuesday of Month 6:30-8:00pm  
Colleen Babcock 716-907-2985
- ◆ Horizon Village Campus Wellness Ctr.  
6301 Inducon Dr. E., Sanborn 14132  
3<sup>rd</sup> Tuesday of Month 6:30-8:00pm  
Colleen Babcock 716-907-2985
- ◆ Holy Mother of the Rosary Cathedral  
6298 Broadway, Lancaster 14086  
1<sup>st</sup> Wednesday of Month 6:30-8:00pm  
Colleen Babcock 716-907-2985



Erie County  
Department of  
Health



Public Health  
Prevent. Promote. Protect.

REV 02/03/2017



Erie County  
Opiate Epidemic  
Task Force

## Things to Know

When a Loved One  
Has an Addiction

hope

Addiction Hotline 716-831-7007

[www.oasas.ny.gov](http://www.oasas.ny.gov)

[www.combatheroin.ny.gov](http://www.combatheroin.ny.gov)

## Addiction is a Disease

- It is **NOT** a moral failing or personality defect.

**Addiction is a lifelong, chronic DISEASE of the brain.**

Addiction often involves cycles of relapse & remission. Without treatment or recovery efforts, it is often progressive & can lead to disability or premature death.

There are treatment options available for you & your loved one. Just as each person is unique, it may take patience & persistence to determine which treatment option(s) will be most effective in your situation.

*Examples include:*

- ◆ **Self-Help Meetings:**
  - ◆ Alcoholics Anonymous (AA)
  - ◆ Narcotics Anonymous (NA)
- ◆ Treatment by a medical professional
- ◆ Medication Assisted Treatment (MAT)
  - ◆ Buprenorphine/Suboxone/ Zubsolv (daily strip)
  - ◆ Campral (daily pill)
  - ◆ Methadone (daily dose)
  - ◆ Naltrexone (daily pill)
  - ◆ Vivitrol (monthly injection)

## Support for Family & Friends

- **You are not alone.**

Although it feels like you are the only one going through this, many other families are also dealing with the disease of addiction.

- **Participate in Support Group**

Al-Anon and Nar-Anon are self-help groups for people affected by addiction.

Al-Anon 716-856-2320 [www.aiswny.org](http://www.aiswny.org)

Nar-Anon [www.nar-anon.org](http://www.nar-anon.org)

- **Counseling**

Friends & families can receive counseling to deal with feelings caused by caring about an individual with an addiction. Focus will often be on developing coping skills & setting appropriate boundaries.

- **Naloxone/Narcan®**

Get trained and carry naloxone—a nasal spray that temporarily reverses opioid overdoses.

Naloxone has saved thousands of lives & is available at drug stores without a prescription.

Minutes count when an individual is overdosing—be prepared.

Free training—including a free nasal naloxone kit is available from the Erie County Department of Health.

## Narcotics Anonymous Meetings

**Monday 6:30pm**

**St. Andrew's Church-Loyola Room**  
1525 Sheridan Dr. Tonawanda 14217

**Monday 6:30pm**

**St. Mary's School**  
6919 Transit Rd. E. Amherst 14051

*Park behind school, use red door on right*

**Monday 6:45pm**

**Lord of Life Lutheran Church**  
1025 Borden Rd. Depew 14043

**Wednesday 6:30-8:00pm**

**St. John's Outreach**  
160 Chestnut St. Lockport 14094

**Wednesday 7:00pm**

**St. John's Grace Episcopal Church**  
496 Lafayette Ave. Buffalo 14222

*Use Courtyard door on Lafayette  
to Walter Lord Room downstairs*

**Thursday 6:30pm**

**Central Park United Methodist Church**  
216 Beard Ave. Buffalo 14214