

REACHING OUT

Community Grief Resources

Here is an overview of resources available to explore the common physical and emotional aspects of grief.

There are many more available in the community. Please speak to your family medical provider for a referral.

Mary & Ralph Wilson Jr. Support Center

Grief Support Groups

Offers many forms of support

150 Bennett Rd, Cheektowaga NY
(716) 901-0289

Thriveworks

Counseling & Mental Health Services
1120 Youngs Rd. St. 300, Buffalo NY
(716) 453-2877

Good Grief Resources

A comprehensive list of grief resources
www.goodgriefresources.com

Catholic Cemeteries

Marianne Hubert,
Director of Grief Resources
Call (716) 427-7684 for
ongoing support & programs
www.BuffaloCatholicCemeteries.org

WNY Holistic Counseling Center

4242 Ridge Lea Rd. St. 11b, Buffalo NY
(716) 435-3546

GriefShare

Recovery Support Groups
throughout Buffalo, NY
www.griefshare.org

Grief Support Services

No one should grieve alone.

Indoor Bereavement Programs are offered year-round to help you navigate your grief. The variety of programs allows you to select the ones that fit you best. All programs are offered as part of our community outreach, and are open to anyone in need. Unless otherwise indicated, there is no charge.

Hope After Heartache - Tools for Living with Loss General Bereavement Support Group

ALL ARE WELCOME
(Holiday & winter weather exceptions may apply)
(RSVP helpful for communication)

St. Aloysius Gonzaga Parish Hall/Cafeteria

157 Cleveland Dr, Cheektowaga NY
(Use Door G, some steps to access location)
1st Monday each Month 3rd Monday each Month
5:15PM-6:30PM 4:00PM-5:30PM

St. John the Baptist Reina Community Center

1085 Englewood Ave, Tonawanda NY*
(near Highland Pkwy)
1st Tuesday each Month
7:00PM-8:30PM

St. Paul's Community Center

33 Victoria Blvd, Kenmore NY*
(Off Delaware Ave.)
3rd Wednesday each Month
7:00PM-8:30PM

*Location has disabled access

Bond: Bridging out in New Directions

A social support group for those who are grieving
Take part in various activities with men & women
who share similar thoughts & experiences.

Call to find out the next available "BOND" event

Marianne Hubert, Director of Grief Support
mhubert@buffalocatholiccemeteries.org

Phone: (716) 873-6500

Fax: (716) 873-3747