

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

Mount Calvary & Catholic Diocese Cemeteries

Hope After Heartache: Tools for Living with Loss

A new approach to grief support. This program is designed to provide the support you need **and** the tools to help you cope.

BOND – Bridging Out in New Directions

Social support group for those who are grieving. At BOND you will become part of a support network composed of men and women who share similar thoughts and experiences.

Lazarus Lecture Series

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

Laugh for the Health of It! Laughter Club

Third Wednesday of each month
7:00 – 8:30 p.m.
Pine Lawn Chapel

Therapeutic laughter helps to reduce stress, boost the immune system, balance the emotions and improve memory function.

Stepping Out Walking Club

Saturdays beginning June 5th

8:30 – 9:30 a.m. at Pine Lawn Cemetery

Enjoying fresh air, camaraderie, emotional support and the fun of walking with others who have experienced a loss. Bring the entire family.

Remembrance Services—call for details

For more information on any of these programs, contact Director of Bereavement Support Nancy Weil at 892-6600 or 873-6500.

Church

St. Barnabas & Our Lady of the Blessed Sacrament

Grief Support Group – Guest speaker each month
Third Tuesday each month except July, Aug. & Dec.
7:30 – 9:00 p.m.
St. Barnabas, 2049 George Urban Blvd. Depew
For information call Sister M.C. Schubert 685-1109

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 the Parish office 688-5678 or
Connie Perna 688-5060

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. Andrew’s – facilitated with St John the Baptist

Grief Support featuring DVD series “Grief Share”
Spring session: Weds. April 14 – May 19
10:00 – 11:30 a.m.
For information call Jude 873-7386

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

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 859-1890.

St. Stephen’s

Second Wednesday each month except July & August
7:00 – 9:00 p.m.
2100 Baseline Rd., Grand Island
For information call the Parish office 773-7647

Queen of Heaven

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

Bridges

Widowed, separated and divorce grief support
Third Wednesday of each month
7:00 – 9:00 p.m.
Held at St. Bernadette’s Church
5930 S. Abbott Rd. Orchard Park
For information call Pat 677-9375

Circle of Daughters

Bereavement Services and support groups
Counseling available – sliding scale fee structure

Motherless daughters grief support group
First Wednesday of each month
7:00 – 9:00 p.m.

Journey Towards Hope grief support group
Third Sunday of each month
1:00 – 3:00 p.m.

Healing Tender Hearts
For ages 5 – 18 years old
Third Friday of each month
6:30 – 8:30 p.m.

All services offered at: 4263 St. Francis Dr. Hamburg
For information call Day Cummings 627-4934

Msgr. Carr Clinic

Individual grief counseling – accepts insurance, if not insured, sliding scale fee available
76 W. Humboldt Buffalo
For information call 835-9745

Your parish may offer additional grief support services

Non-Diocesan

Life Transitions Center

Specializes in issues related to serious illness, dying, death, and grief. Offers many grief support groups, individual and family counseling.
150 Bennett Rd. Cheektowaga
For information call 836-6460

Niagara Hospice – Circle of Hope

Bereavement counseling – no charge
Support groups, Women’s Breakfast,
Monthly Journaling Class
For information call Outreach Services 280-0777

Gilda’s Club

Grief Support for deaths caused by cancer
First and Third Wednesday of each month
6:00 – 8:00 p.m.
1149 Delaware Ave. Buffalo
For information call 332-5900

Perna, Dengler, Roberts Funeral Home

Grief Support Group
First Tuesday of each month (except December)
5:00—6:30 p.m.
Held at Faith United Methodist Church
1300 Maple Rd. Williamsville

Wood Funeral Home

Second Tuesday of each month (except December)
10:30 a.m.—noon
East Aurora Senior Center
101 King St. East Aurora
For information call Beth Gerrish 632-8200

P.E.A.C.E.

Grief support for parents of murdered children
Second Tuesday of each month
5:00 – 6:30 p.m.
Human Service Center Community Room
608 William St. Buffalo
For information call Teresa at 400-9762

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 or visit

Millard Fillmore Hospital

Grief Support
2nd 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

2nd & 4th Wednesday of each month
6:00—7:30 p.m.
Mental Health Assoc. Office
36 Pine St Lockport
1st & 3rd Tuesday of each month
6:00 –7:30 p.m.
Niagara Falls Memorial Medical Ctr 6th Floor
For information call Maggie Campbell 433.3780

Together Serving Families in Western New York

Catholic Cemeteries

Diocese of Buffalo
4000 Elmwood Avenue
Kenmore, NY 14217
716.873.6500

Mount Calvary Cemeteries

800 Pine Ridge Heritage Blvd
Cheektowaga, NY 14225
716.892.6600

**You Don’t Have to Grieve
Alone** 

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

