

# COUNSELING SERVICES & HELPFUL RESOURCES

## Recommended Counseling Groups

### CCM- Christian Counseling Ministries of WNY

Equipping individuals, couples, and families to establish firm foundations upon which to preserve, achieve, and sustain mental, emotional, relational, and spiritual health.

#### SERVICES OFFERED

- > Individual Counseling
- > Marriage Counseling
- > Family Counseling
- > Group Counseling
- > Child-Centered Counseling
- > Pre-Marital Counseling
- > Testing & Evaluation
- > Career Planning

#### CONTACT INFO

Phone: 716.632.3200

<https://ccmwny.org>

### Brightside Counseling Services

Provides counseling for individuals age 10 years and older and couples. Some areas of practice are marital counseling, grief/loss, parent/teen/child relationships, eldercare, PTSD, Adult ADHD, family counseling, Christian counseling, employee assistance (EAP) counseling, cognitive behavioral, solution-focused and motivational psychotherapy.

#### SERVICES OFFERED

- > Individual, Marital/Couples Relationship Counseling
- > Help for Teens & Families
- > Grief/Loss & Trauma Counseling
- > Anxiety/Depression/  
Bi-Polar Disorder

#### CONTACT INFO

Phone: 716.783.0407

<https://brightsidecounselingservices.com>

### IHNO- In His Name Outreach

Igniting Hope and Nurturing Opportunities- Counseling & Recovery Services

Our Mission: At IHNO, we believe in Transforming our community through offering integrated approaches and Faith-based solutions for everyday Life Challenges

Our Vision: At IHNO, we believe in Healing our community in Mind, Body, Spirit, and Soul

#### SERVICES OFFERED

- > Christian Counseling
- > Recovery Services
- > Recovery Training

#### CONTACT INFO

Phone: 716.434.3681

<https://www.ihno.org>

# COUNSELING SERVICES & HELPFUL RESOURCES

## Helpful Resources

### Books

- › “The Love Dare” by Alex Kendrick—marital assistance
- › “Who Switched Off My Brain?” by Dr. Caroline Leaf—mental health
- › “Boundaries” by Dr. Henry Cloud & Dr. John Townsend—relational health

### Financial Help

*We encourage you to reach out to Pastor Loren Sperrey for additional information & resources  
Email: [loren@lifechurchbuffalo.com](mailto:loren@lifechurchbuffalo.com)*

- › **Dave Ramsey**—Financial Peace University—Our focus on behavior change has led us to a different view of personal finance. We realize most folks know what to do with money but not how to do it.
- › **Joe Sangl**—I Was Broke, Now I’m Not—Helping you accomplish far more than you ever thought possible with your personal finances

### National Suicide Prevention Lifeline

1.800.273.8255 (24-hour hotline)

1.800.799.4889 (For deaf and hard of hearing)

### Crisis Text Line

Text HOME to 741741 for free, 24/7 crisis support in the U.S.

### Local Hotlines from Crisis Services

- › **Buffalo & Erie County**  
716.834.3131
- › **Family Justice Center**  
716.558.SAFE (7233)
- › **24 Hour Addiction Hotline**  
716.831.7007
- › **Kids Helpline**  
716-834-1144  
1.877.KIDS (5437).400
- › **24 Hour Erie County Domestic Violence Hotline**  
716.862.HELP (4357)  
For Shelter: 716.884.6000
- › **24 Hour NYS Domestic & Sexual Violence Hotline**  
1.800.942.6906
- › **Chautauqua County Hotline**  
1.800.724.0461

### Resources for Homelessness

- › **Buffalo City Mission** (homeless shelter and services)  
100 East Tupper | Buffalo, NY | 14203  
716.854.8181
- › **Compass House** (emergency shelter and resource center for youth)  
370 Linwood Avenue | Buffalo, NY | 14209  
716.886.0935 (24-hour crisis line)
- › **Salvation Army** (emergency shelter and services)  
960 Main Street | Buffalo, NY | 14202  
716.888.6203

# COUNSELING SERVICES & HELPFUL RESOURCES

## Support Groups

### Alcoholism & Other Addictions

- › Alcoholics Anonymous (AA)
  - For those struggling with **alcoholism**
  - Open to **men & women**
  - <https://aa.org>
- › Alcoholics Victorious
  - For those struggling with **alcoholism & drug addiction**
  - Open to **men & women**
  - <https://www.alcoholicsvictorious.org>
- › Addiction Support
  - For those struggling with **any addiction**
  - Open to **men & women**
  - Hosted by The Chapel – (716) 631-2636 x230
- › Freedom Group
  - For those struggling with **sexual addiction**
  - Open to **men**
  - <https://revivewesleyan.com/support-groups/>
- › Gamblers Anonymous
  - For those struggling with a **gambling addiction**
  - Open to **men and women**
  - <http://www.gamblersanonymous.org/ga/hotlines>

### Family Support

- › Al-Anon and Alateen
  - For those **affected by** someone else's **drinking**
  - Open to **men and women** (Al-Anon)
  - Open to **teens** (Alateen)
  - <https://al-anon.org>
- › Families Victorious
  - For those being **affected by** the **addiction** of a family member
  - Open to **men and women**
  - <https://revivewesleyan.com/support-groups/>
- › Gam-Anon
  - For those being **affected by** the **gambling** addiction of another
  - Open to **men and women**
  - <https://gam-anon.org>



# COUNSELING SERVICES & HELPFUL RESOURCES

## Life Support

- › CancerCare
  - For those who are living **cancer** free, in remission, or with disease
  - Open to **men** and **women**
  - Hosted by The Chapel – (716) 631-2636 x230
  
- › GriefShare
  - For those **grieving** the death of a family member or friend
  - Open to **men** and **women**
  - Hosted by Life Church Buffalo – groups page
  
- › DivorceCare
  - For those going through **separation** or **divorce**
  - Open to **men** and **women**
  - <https://divorcecare.org>
  
- › Divorce Care for Kids (DC4K)
  - For **children whose parents** are divorced or separated
  - Open to **children**
  - Hosted by The Chapel – (716) 631-2636 x230
  
- › A Time for Hope
  - For people suffering from **mental illness**
  - Open to **men** and **women** diagnosed with a mental illness
  - <https://revivewesleyan.com/support-groups/>