**Support Groups**

 ***\*\*For more information regarding SILO support groups, call (631) 880-7929\*\****

***www.siloinc.org/supportgroups***

**Barrier Busters – 2nd Monday of Every Month @ 1PM (Virtual)**

Everyone is invited to join this group helping to make our communities accessible and safe for all people.

**Facilitator: Justin Ainsworth, LMSW**

**Man Cave – Every Other Monday @ 1-2:30PM (Virtual)**

This Group is for men, 18+ to meet and discuss common problems/issues and how to resolve them through confidential support and shared experiences.

**Facilitators: Erick Dreher, LMSW; Justin Ainsworth, LMSW**

**Mending Mindsets – Every other** **Friday, 11AM-12PM (Virtual)**

Everyone is invited to join & learn interactive ways to cope with Anxiety and Depression.

**Facilitators: Kim Bjorklund, LCSW; Erick Dreher, LMSW; Kelsey Kalafut, LMSW**

**Mindfulness Group – Every Other Wednesday @ 12PM (Virtual)**

Come join us and experience ways to live a more peaceful, happier, and empowered life.

**Facilitators: Steven Karris-Peer Specialist; Alberta Galdi, FDC**

**Peer Support Group – Every Wednesday & Thursday via Conference Call 1-2PM**

Through peer support, people with disabilities can find a safe place to get together & share their concerns and solve problems.

**Facilitator: Marilyn Tucci**

**Start the Conversation – Every other Tuesday @ 1:30PM (Virtual)**

Our Goal is to empower one another and find a “Deeper Sense” of ourselves. We will explore ways that increase our own self-expression, our confidence, and expand our personal awareness.

**Facilitators: Erick Dreher, LMSW; Alberta Galdi, FDC; Kelsey Kalafut, LMSW**

**Caregiver Support Group**

**Second Tuesday of the Month - ​10:00am-11:00am (in-person at SILO)**

This Alzheimer’s Association® support group is conducted by a trained facilitator from SILO. A safe place for people living with dementia and their care partners to develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, and learn about community resources.

**Facilitators: Kiersten Falcone, MSW**