**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, MSW**

**Mindfulness Group – Every Other Wednesday @ 1PM (Virtual)**

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

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

**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 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, MSW**

**Campfire Poetry Workshop –** **Every Third Monday of the Month, 1:00PM-2:00PM (Virtual)**

Calling all writers! Exercise your creative expression within this safe space.

**Facilitators: Alberta Galdi, FDC; Kelsey Kalafut, MSW**

**OUT at SILO**- **Every other Thursday, 1:00PM-2:00PM (Virtual)**

Mission: For LGBTQ+ individuals to come together and feel validated and empowered.

**Facilitators: Alberta Galdi, FDC, Lelaina Brandt, MSW**

**Peer Integration Program- Stepping Stones Social Group- Third Thursday of the Month**

**​2:30pm-3:30pm (Virtual)**

Mission: To allow our PIP participants to socialize through activities that appeal to their interests, and integrate their experiences in postsecondary education, and trade school.

**Facilitators: Kim Bjorklund, LCSW; Kelsey Kalafut, MSW**

**International Students Support Group (Virtual)**

To assist international students with feelings of separation from family and friends, how to deal with peers, schoolwork stress, negative emotions caused by discrimination. This group can help you form friendships and stay connected.  
**Facilitators: Greyson Fu, Amy Menditto, LMSW**