**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 @ 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**

**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, LMSW**

**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**

**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, LMSW**