

Support Groups

*****For more information regarding SILO support groups, call (631) 880-7929*****
www.siloinc.org/supportgroups

Barrier Busters – 2nd Monday of the Month @ 2:30PM-3:30PM (Virtual)

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

Facilitator: Justin Ainsworth, 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.

Facilitator: Casey Lewis

Man Cave – Second Monday of the Month @ 1:00PM-2:00PM (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*

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

Facilitator: Erick Dreher, LMSW

Peer Support Group – Last Thursday of the Month, 1PM-3PM (In-Person at SILO)

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 – First and Third Tuesday of the month @ 1:30PM-3:00PM (Virtual)

*****Effective 9/1, First Tuesday- in-person; Third Tuesday-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.

Facilitator: Erick Dreher, LMSW

Women's Empowerment Gathering- Fridays, 11:00AM-12:00PM (Virtual)*

You are invited to join us as we explore the diversity of our individual journeys and shared experiences.

****Please note, Women's Empowerment Gathering, Caregiver Support Group, and Mending Mindsets are currently on hiatus.***