Contact us: safer@resourcecenter.org
Talk or Text: Allied 716-397-1823
TRC 716-640-5151





Winter is here!

Are you prepared with cold weather clothing? If you need assistance with finding warm clothes, Catholic Charities can help.

Please call them to make an appointment at 716.484-9188.

Additionally, The Rural
Outreach Center Winter
Prep Program can assist
anyone who needs adult
coats at no cost. Just
head down to 29
Lakeshore Drive W.
Dunkirk, from 9:00 –
12:00 on Tuesdays,
Wednesdays and
Thursdays.







A PEER SUPPORT CENTER

Phone: 716-661-9044 Fax: 716-661-9045 http://mhachautauqua.org info@mhachautauqua.org



MHA offers support groups and individual coaching for people looking to improve their lives in recovery.

Various Support Groups A
variety of groups take place at the
MHA supporting multiple pathways of
recovery. Including 12-step based
mutual aid groups like Alcoholics
Anonymous, Narcotics Anonymous, &
Crystal Meth Anonymous; Faith-based
recovery supports such as We Believe;
SMART Recovery, a science-based
recovery support group; Meditation
based Recovery Dharma; and MHA
created peer support groups that focus
on education, guidance for recovery,
life skills, mental health, health, and
many more useful topics.

MHA in Chautauqua County -North County Services located inside Grace Lutheran Church at 601 Eagle Street in Dunkirk, MHA offers support groups and individual coaching for people looking to improve their lives in recovery. For more information,

Please go to https://www.mhachautauqua.org/dunkirk for a full calendar of events and for updates and changes.

