

Are you interested
in sharing your tal-
ents and
expertise?

Sign up to be a guest
speaker, tell your
story, or to teach a
class!

Contact:

Kathy Lynch
816-2142

Kathy.Lynch@omh.ny.gov



Director
Kathy Lynch
816-2142
Kathy.Lynch
@omh.ny.gov



You are welcome
to participate:
if you are currently
receiving or have re-
ceived mental health
services.

Peer Specialists on Staff

Sharon Ward
Assistant Director
816-2913
Sharon.Ward
@omh.ny.gov

Ritchie Frelock
816-2984
Ritchie.Frelock
@omh.ny.gov

Diane Johnson
816-2142
Diane.Johnson@
omh.ny.gov

Maxine Redlawski
816-2948
Maxine.Redlawski
@omh.ny.gov

Sandy Tolkacz
816-2270
Sandy.Tolkacz
@omh.ny.gov



A Facility of the
Office of Mental Health



BPC's

Center for SELF DISCOVERY

Our vision:

A purposeful life in the
community reflecting your
PERSONAL CHOICE!

Dedicated to partnerships in hope and recovery

Our Mission

Peers sharing their lived experience in support of others in their journey of recovery and self discovery for physical, emotional, and spiritual wellbeing. This journey leads to a meaningful and purposeful life in the community reflecting personal choice.

What is the Self-Discovery Center?

The Self-Discovery Center is a **Peer-Run** service where people can participate and obtain information, support, and skills for their individual recovery journey.

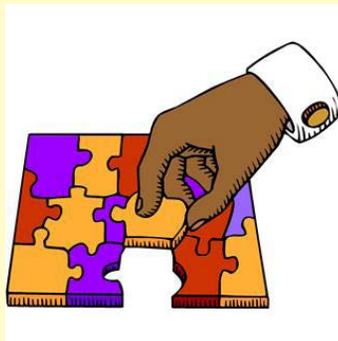
Links to the greater community will be identified to help people find their place in the larger world, both as a citizen AND as an active participant in defining their life.



Ongoing Services

- ◆ Basic computer skills
- ◆ Double Trouble & AA groups
- ◆ Self-help & Support groups
- ◆ Holistic health information
- ◆ Career and education exploration
- ◆ Social & Recreational opportunities
- ◆ WRAP
- ◆ Access to community resources
- ◆ Individualized services offered as needed
- ◆ Benefits Counseling
- ◆ Community guest speakers
- ◆ Self and Systems Advocacy
- ◆ Educational trainings
- ◆ Scheduled community activities
- ◆ A yearly Peer Specialist Conference

AND MUCH MORE!



Location

You can find our Self Discovery Center in its own wing of the Butler Rehabilitation Center on the campus of the Buffalo Psychiatric Center, 400 Forest Ave., Buffalo, NY.

Hours

Mondays, Tuesdays, and Wednesdays

9-11:30 a.m. and 1-3 p.m.

Wednesday: Chat 'N Chew
BYO lunch group
11:30 a.m.-12:30 p.m.

Many of the Peer Services are provided by Buffalo Psychiatric Center's own Recipient Associate Managers--peers who willingly share their own life experiences to promote hope and recovery. For further information, contact Robin Alwine, 816-2494.

The Center for Self Discovery is part of Buffalo Psychiatric Center's comprehensive network of services.