



FOR OUR COMMUNITY UNITY & SUPPORT

**ARE YOU ADDICTED TO LIFE?**

**CHANGE MAKERS WANTED**

**WANT TO LEAVE A LEGACY?**

**SEEKING PARTNERS FOR FOUNDATION**

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**Lancaster/Depew Addiction Prevention Coalition**

Reducing Substance Use Among Youth Ages 13-18.

Creating Community Collaboration.

Data-Driven. Evidence-Based.

Youth Led. Adult Supported.

Funded by: White House Office of Drug Control Policy

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**Contact Us**

Phone: 716-710-9966

Website: [ForOurCommunityToday.org](http://ForOurCommunityToday.org)

**Follow Us**

Instagram: [focusforourcommunity](https://www.instagram.com/focusforourcommunity)

Twitter: [FOCUS93552368](https://twitter.com/FOCUS93552368)

**Facebook: [FOCUSAddictionPreventionCoalition](https://www.facebook.com/FOCUSAddictionPreventionCoalition)**



FOR OUR COMMUNITY UNITY & SUPPORT

Lancaster/Depew NY  
Addiction Prevention Coalition

**2020-2021**

**PARENT  
RESOURCE  
GUIDE**

This years Guide consists of Contributors/Partners of the  
“Virtual Vitality: Hope for the High-Risk-Health & Wellness Fair”  
Visit our Website, [ForOurCommunityToday.org](http://ForOurCommunityToday.org)  
For more information on the topics presented.

# Virtual Vitality Health & Wellness Resource Guide

## Mental & Emotional Health

### **American Foundation for Suicide Prevention**

Phone: 585-202-2783

Website: [www.afsp.org/get-help](http://www.afsp.org/get-help)

### **Spectrum Health and Human Services**

Phone: 716-662-2040

Website: [www.shswny.org](http://www.shswny.org)

### **Crisis Services**

Phone: 716-834-3131

Website: [www.crisisservices.org](http://www.crisisservices.org)

### **EPIC (Every Person Influences Children)**

Phone: 716-332-4100

Website: [www.epicforchildren.org](http://www.epicforchildren.org)

### **Alden Counseling and Wellness**

Phone: 716-937-3300

Website: [www.aldecounseling.com](http://www.aldecounseling.com)

## Physical Health

### **Do It Right Sports & Fitness Solutions**

Phone: 716-391-2135

Address: 2700 commerce parkway unit 1, Lancaster Ny 14086

Website: [www.wny-fitness.com](http://www.wny-fitness.com)

### **One on One Physical Therapy & Pilates**

Phone: 716-473-1300

Address: 4917 William Street , Lancaster NY 14086

Website: [www.oneononeptofwny.com](http://www.oneononeptofwny.com)

### **Body & Soul Wellness**

Phone: 716-491-7416

Address: 3391 Transit Rd., Depew NY 14086

### **Acupuncture Works**

Phone: 716-276-8866

Address: 1961 Wehrle Dr #7, Williamsville, NY 14221

Website: [www.wnyacupuncture.com](http://www.wnyacupuncture.com)

### **Living Roots Health & Wellness/Terra House**

Phone: 716-418-6836

Website: [www.livingrootshealth.com](http://www.livingrootshealth.com)

# Virtual Vitality Health & Wellness Resource Guide

## Spiritual Health

### **Centerpointe Community Church**

Address: 56 Burlington Ave., Depew NY 14043

Phone: 716-391-1023

Website: [www.centerpointecommunitychurch.com](http://www.centerpointecommunitychurch.com)

### **Lord of Life**

Address: 1025 Borden Rd, Depew, New York 14043

Phone: 716-668-8000

## Youth Vaping, Drugs and Alcohol Resources

### **Kids Escaping Drugs**

Phone: 716 827-9462

Website: [www.ked.org](http://www.ked.org)

### **Erie County Council for Prevention of Alcohol & Substance Use**

Phone: 716-882-435

Website: [www.eccpasa.org](http://www.eccpasa.org)

### **Best Self**

Phone: 716-822-2117

Website: [www.bestselfwny.org](http://www.bestselfwny.org)

### **NYS Dept. of Health Vaping Hotline**

Phone: 1-888-364-3046

Website: [www.smokefree.gov](http://www.smokefree.gov)

### **Truth Initiative This Is Quitting Program**

Youth Text: DITCHJUUL to 88709

Parents Text: QUIT to 202-899-7550

## Food Assistance

### **Tri-Community Food Pantry**

Phone: 716-949-0498

Address: 722 Terrace Blvd., Depew NY 14086

Website: [www.tri-communityfood.org](http://www.tri-communityfood.org)

### **Trinity Food Pantry**

Phone: 716-683-1111

Address: 5448 Broadway Ave., Lancaster NY 14086

Website: [www.trinity-lancaster.org](http://www.trinity-lancaster.org)