

Compeer®

March and April 2025 Compeer Gazette



In This Edition of the Compeer Gazette You Will Find:

- Updates from the Compeer office
- Welcoming New Matches
- Volunteer Spotlight
- March/ April Social Activities and Events
- A Look at All The Fun We Had!
- Article: Becoming Your Own Best Friend: The Power of Self-Compassion
- Peer Perspectives
- Community Events and Partnerships
- Mental Health Education and Resources
- Getting Involved at Compeer
- Client and Volunteer Advisory Board Information

- Friendiversary Celebrations
- Birthday Shout Outs

Spring into Friendship

- We're headed to the [Botanical Gardens](#) on **Saturday, March 8th** at 9:30am. We have 20 spots reserved at no cost to you! RSVP by March 3rd. Sign up early to claim your spot! You may bring one guest.
- [Craft Night](#) is happening once again at the Compeer office, **Wednesday, March 19th** at 6pm. We will be learning about worry/affirmation stones and making our own to keep!
- [Movie Night](#) is happening once again at the Compeer office, **Wednesday, April 9th** at 6pm. We'll be watching a family-friendly movie and enjoying some popcorn, other snacks, and good vibes!
- We hope you're ready for another [Game Night](#) on **Tuesday, April 22nd** at 6pm. Bring your best game face and join us! We will have fun card games, board games, and even Mario Kart, Tournament Style to determine who is the ultimate speed racer!
- Looking for a boost of positive energy and a supportive community? Our [Pizza and Positivity Group](#) is here for you! Each month, we gather to share uplifting conversations, encourage one another, and spread good vibes! Whether you're seeking new connections, a little motivation, or just a place to recharge, our group offers a warm and welcoming space. On **March 4th** join us for Positive Memories, sharing the memories that mean the most to us, and **April 1st** for Our Positive Playlist, when we'll build a playlist of uplifting songs. Don't forget to bring your appetite!
- Join us on Zoom for [Compeer Together](#) on **March 25th** for a Virtual Escape Room, and **April 29th** for Price Is Right – Odd Object Edition at 6pm!!

Whether you're a client, volunteer, or intern, Compeer would not be the same without your friendship and support. Thank you for being part of the Compeer family. Your friendship means the world to us!



Do you know someone who is ready to make a difference in their community? Encourage them to learn more about Compeer by attending an information session and to submit a Volunteer Application on



our [website](#)! Your personal recommendations can inspire others to get involved and make a difference in our community.

This session will share insights into our programs, the vital role volunteers play, and how they can support our clients.

Let's work together to welcome new faces and expand our Compeer family!

Upcoming Volunteer Information Session Date

Friday, March 7th

11AM-12PM

This session will be held virtually

Please share this link with anyone you know who is interested in learning more about getting involved at Compeer!

[SIGN UP: Volunteer Information Session](#)



Sorry we're
CLOSED

Our office will be closed for the following observances:
April 18th, 2025 - Good Friday



Connect
with
Compeer.



Connecting with Compeer

There are many ways to connect with Compeer. You can learn about and sign up for activities, catch up on our latest social media posts, and stay informed on everything happening at Compeer! It all starts with our website [Compeer Buffalo](http://www.compeerbuffalo.org) (www.compeerbuffalo.org), where you can learn more about our organization, history, values, and other important information.

Our bimonthly newsletter, which you're reading now, keeps you updated with the latest news, activities, and events at Compeer. If you're not following us on social media, now's

the time! Stay connected with us on [Facebook](#), [Instagram](#), and [LinkedIn](#) for updates and more. Stay connected with us and never miss out on exciting events and updates!

Did You Know We Have a Social Activities Phone Line?

We're excited to introduce our Social Activities Phone Line, where you can learn about upcoming activities and sign up for them directly over the phone. Call 24/7 to hear a list available activities and leave a message with the ones you'd like to join. To access the line, call 716-883-3331 and select option 3 when prompted.

Give it a try today!

The Newsletter is Now on Our [Website!](#)



Volunteers, Submit your Mentoring Hours

Your submissions allows Compeer staff be able to stay up to date on the time that your are spending with your Friend. It also allows us to provide support and shows that you are meeting your expectations as a volunteer.

Mentoring hours should be submitted by the 5th of Each month. If you don't have a mentor portal link, lost access or need assistance navigating the Mentor Portal contact Ebony Townes at volunteer@compeerbuffalo.org

***Mentoring Hours can also be submitted by phone or email, contact your case manager or Ebony Townes. Photos and detailed accounts of meetings are strongly encouraged!**

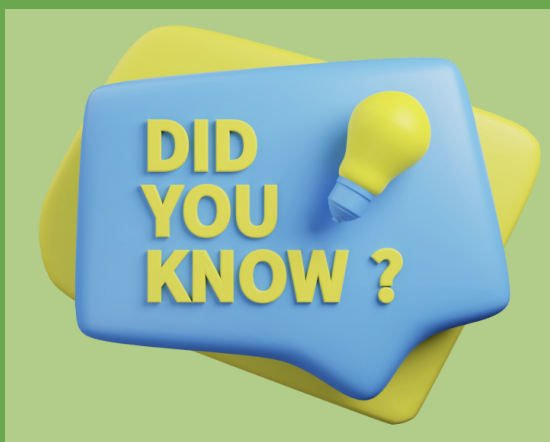
**Click Here to
Access the
Mentor Portal**

Staff Updates



Hayley Kasprzycki, Mark Gatti

We're thrilled to share some updates about our team! Mark, who has been leading our social activities, is transitioning into a full-time Peer Support Specialist role. His dedication and passion for supporting clients will continue to make a meaningful impact in this new capacity. Stepping into the role of overseeing social activities is Hayley, who will continue to lead client intake while bringing fresh energy and enthusiasm to our community events. We're so grateful for their hard work and can't wait to see all they accomplish in their new roles!



Compeer Buffalo served over 468 people across our programs in 2024!



Welcoming New Compeer Matches!

We are excited to introduce our newest Compeer matches!

Celestine S & Sharieff P

Alex F & Issac W

Bottle and Can-tributions!

COMPEER AMBASSADORS BOTTLE AND CAN FUNDRAISER



Bottle & Can
RETRIEVAL CENTERS



The Compeer Ambassadors are raising funds to create a platform for clients and volunteers share their feedback, experiences and ideas.

Take your Bottles and Cans to any of the locations listed by clicking the link below
Ask to: Donate your proceeds to Compeer!



Keep The Bottles & Cans Coming!

\$226.00 Raised

Thank you for your generous donations of bottles and cans to our fundraiser for the Compeer Ambassadors. These contributions help further create meaningful experiences for our members.

[Click Me to Find your Nearest Bottle & Can Retrieval Center Location](#)

Springing into Action: Celebrating Our Amazing Volunteers at Compeer Buffalo

This spring, we're excited to shine a light on the compassionate individuals who generously donate their time and talents to make a meaningful difference. From forging new friendships to lending a listening ear, our volunteers are the heart of our organization. Their unwavering commitment and infectious enthusiasm inspire us all.

Join us in celebrating these exceptional community champions as they blossom into the lives of those they serve.



Paulette Turner

Current Volunteer Role:

Phone Buddy

Time at Compeer: 4.5
Years

Q: What inspired you to become a mentor at Compeer?

A: I was looking to find meaningful volunteer experiences for myself. I signed up to become an adult phone buddy. During this time we all were dealing with the pandemic and found the phone buddy program to be a key asset. By showing their clientele how important they were by seeking out ways to ensure they wouldn't have to face the various changes everyone was adjusting too by themselves.

Q: Can you share a story about a meaningful friendship that has developed through your mentoring experience?

A: Over the 4 years with volunteering in this program. I have been able to experience the growth my mentee has expressed verbally during our weekly talks, she shares how she was able to grow through all the services and resources that Compeer of Buffalo had provided her. As a mentor in this phone buddy program. I have been blessed to gain a great friend who has overcome many obstacles by partaking in services you provide. To witness how she has made use of your services and resources to improve and change her life is awesome. She has also shared how she recently become a Peer Support Specialist at Compeer. How awesome is this!! She expressed how having someone she can consistently speak to once a week has encouraged her to want to give back and provide a peer with this same support.

Q: Can you describe a memorable experience you've had as a mentor or volunteer?

A: During my experience as a mentor my mentee has been very helpful to me. As she had provided me with needed information to incorporate in my recent recovery from neck surgery back in July. When I got out of the hospital she helped with my adjustments at home which was very useful in some of my daily living skills. She was also able to relate and provide support with some of the up's and downs I would experience due to her sharing her own experience with having neck surgery in her past. Another example, of friendship and how it is two sided. We help each other!!

Q: What advice would you give to someone considering becoming a mentor?

A: I would give anyone encouragement to become a mentor. To be mindful that opening up to become a friend can be a great opportunity, accelerating your own growth and widening your circle of friends in life. Let's open up by extending our hands in friendship to everyone. Keep doing what you do Compeer Of Buffalo !!!

DID YOU KNOW?

Did you know that when your match has ended, or you are waiting to be matched with a volunteer, that you are still part of the Compeer family? You're encouraged to attend any activities and events, where you can meet new people and make new friends. This is all FREE for you and your household!

Compeer

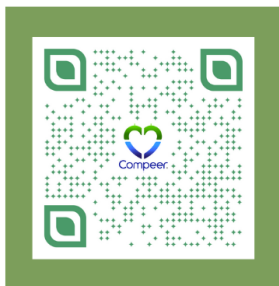
YOU'RE
INVITED

March and April Social Activities

- **Pizza and Positivity | Tuesday, March 4th | 6-7pm**
 - Join us at the Compeer office, 1179 Kenmore Ave Kenmore 14217 for our monthly group!
- **Botanical Gardens | Saturday, March 8th | 9:30-11:30am**
 - Meet us at 2655 South Park Ave Buffalo 14218 for a chance to Feed the Fish!
- **Craft Night | Wednesday, March 19th | 6-7pm**
 - Come to the Compeer office to paint and learn about Worry/Affirmation Stones.
- **Compeer Together (Zoom) | Tuesday, March 25th | 6-7pm**
- **Pizza and Positivity | Tuesday, April 1st | 6-7pm**
 - Join us at the Compeer office, 1179 Kenmore Ave Kenmore 14217 for our monthly group!
- **Movie Night | Wednesday, April 9th | 6-8pm**
 - Join us for a family friendly movie at the Compeer office!
- **Herschell Carrousel Factory Museum | Saturday, April 12th | 9-10am**
 - Meet us at 180 Thompson St North Tonawanda 14120 for a guided tour of the carrousel factory and a chance to ride "The Big Carrousel."
- **Game Night | Tuesday, April 22nd | 6-7:30pm**
- **Compeer Together (Zoom) | Tuesday, April 29th | 6-7pm**



RSVP
Here



Scan our code, or contact Hayley Kasprzycki, our Client Engagement Coordinator:
(716) 883 - 3331 x322
hayley@compeerbuffalo.org



RSVP to cast your vote and help us pick the film we watch!

Options Include:

Flow

Spellbound

If

Harold and the Purple Crayon

To RSVP Click Here

YMCA Connection Night



Join us for a night of fun on March 25th at the Independent Health YMCA!
There will be open swimming and Adventure Room access available for all who attend.



March 25th: 6-7:30pm
150 Tech Dr, Amherst, NY 14221

RSVP Here, or contact Hayley, our Client Engagement Coordinator:
hayley@compeerbuffalo.org
(716)883-3331 x322

To RSVP Click Here

A Look at All the Fun We Had!

We are grateful for the wonderful experiences we shared over the last couple months.

We love seeing familiar faces as well as meeting new friends. If you are new to Compeer, haven't been to an activity in a while, or have never been to one, please consider joining us. 😊



An engaging discussion at our

Volunteer Alex giving a virtual reality demonstration at Pizza and Positivity!



latest Pizza and Positivity Group!

Family time at Pizza and Positivity!



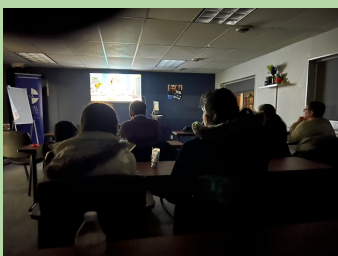
We had an extraordinary experience at the Buffalo Museum of Science!



Mindful coloring at Pizza and Positivity 😊



Music Night at our monthly virtual group Compeer Together!



We had a great time gathering to watch the Garfield Movie!

Just look at all these smiling faces for Movie Night!

Three friends hanging out at the Buffalo Museum of Science



January Volunteer Orientation!

Welcome Angie, Shannon and Courtney!

Compeer Insights on Mental Wellness!

We're excited to share a collection of thought-provoking articles penned by our dedicated Compeer staff, focusing on mental wellness and self-care. Included are, personal stories and practical tips designed to inspire and support you on your journey. Don't miss out—click the link below to explore these valuable resources!

Peer Perspectives



by Mark Gatti

Peer Perspectives: Gratitude is
a Building Block of Mental
Wellbeing



Becoming Your Own Best
Friend: The Power of Self-
Compassion



Community Events and Partnerships

Free Tickets and Events for Volunteers and Clients

**TICKETS TO
FRIENDSHIP**



To Obtain Tickets Contact
Volunteer@compeerbuffalo.com

*Tickets are available on a first
Come First Served Basis *



Compeer

Tickets Available:

Classic Lanes: 1 Free Game and Shoe Rental

Grand Island Fun Center: 1 Game of Mini Golf

Penn Dixie Fossil Park: General Admission

ComedySportz: General Admission to 1 Show



Community Partnerships

Rise of WNY Community Coffeehouse

Enjoy coffee and other drinks for a suggested price of \$1.00, or enjoy food such as bagels and muffins for the suggested price of \$2.00. If you don't have enough funds to cover the suggested purchase, you may pay what you can afford, with no judgment. Rise of WNY offers educational resources and community events, such as concerts and guest speakers. This is great place for Compeer matches to spend quality time together

Explore Buffalo Walking and Biking Tours

Matches have FREE access to any Explore Buffalo Walking or Biking Tour.

Featured Tours in March:

Inside Downtown: South Walking Tour

Inside Downtown: North Walking Tour

Featured Tour in April:

City Hall Tour

To view dates, times and obtain tickets please use the information linked on the below



[Rise of WNY Community Coffeehouse- Website](#)



View Explore Buffalos' [Walking Tours](#) and [Biking Tours](#)

[March](#) and [April](#) Featured Tours

[Instructions on How to Get your Passes](#)

Explore Buffalo Tour [FAQ'S](#)

Mental Health Resources and Training Opportunities



MENTAL HEALTH FIRST AID TRAINING



As a valued part of our Compeer community, we want to provide you with the opportunity to learn the skills to recognize & respond to signs & symptoms of mental health challenges.

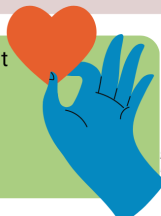
TRAINING INCLUDES

- 5-step action plan
- Risk factors and warning signs of mental health challenges
- Signs of Depression, Anxiety, Trauma, Psychosis, and Substance Misuse
- Importance of early intervention
- How to connect with professionals and offer support strategies
- Increase confidence & likelihood to help someone in distress

- Virtual trainings require you to complete a 2-hour online self-paced pre-work prior to attending a session.
- You will have up to one week to complete the pre-work.
- Virtual Trainings will be held on Zoom.
- In-Person trainings will take place at Compeer Buffalo.

If you have any questions please reach out below:

Katie Walsh, Director of Mental Health Education
katie@compeerbuffalo.org



Upcoming Training Dates (Virtual)

March 11th, 2025 |
9:00am-1:30pm

To RSVP to attend a MHFA Training please send an email to Katie Walsh at Katie@compeerbuffalo.org or Ebony Townes at Volunteer@compeerbuffalo.org

Mental Health Observances

March is

Self Harm Awareness Month

Disability Awareness Month

April is

National Counseling Awareness Month

Sexual Assault Awareness Month

Getting Involved at Compeer

Take a look at some of the volunteer and client opportunities we have available for you!

Compeer Ambassadors

Are you eager to make a positive impact at Compeer? Compeer Ambassadors is a dedicated group of clients and volunteers focused on:

1. **Social Activity Planning:** Brainstorming and organizing new and engaging events that foster connections and support.
2. **Volunteer Recruitment and Community Outreach:** Attracting enthusiastic individuals to join our mission and building relationships and raising awareness about mental health.
3. **Fundraising:** Supporting our initiatives to enhance our programs and activities offered to clients and volunteers.

**Meetings are Hybrid; In person at Compeer- Virtually on Zoom
Meeting occur on the last Tuesday of each month.**

Join us at an upcoming meeting!

**March 25th
5:30PM-
7:00PM**



**April 29th
5:30-
7:00PM**





March

Maureen D & Delaney B. 1 Year
Braden D & Ethan T. 2 Years
Grace D & Jessica G. 2 Years
Kataleya H & Morgan B. 2 Years
Miracal L & Michelle D. 2 Years
Marek H & David G. 3 Years
Becky S & Madelynn T. 3 Years
Kimberly C & Maithili R. 5 Years
Elizabeth B & Judith G. 9 Years

April

Zachary C. & Mark B. 1 Year
Frank A Jr. & Nuuh S. 3 Years
Makayla O. & Natalie P. 4 Years
Envy C. & Sarah W. 5 Years
Ryiley J. & Megan V. 5 Years
Luis R. & William W. 8 Years
Keira D. & Karen P. 9 Years



March Birthdays

Alex F, Arianna R, Ava L, Bassam C, Belinda A, Ben S, Beth W, Elizabeth A, Eva J, Geoffrey B, Jessica G, Jillian S, Kryslinn H, Laura B, Leslie J, Madison S, Maria O, Mariano G, Marielaina M, Michael S, Michelle D, Michelle W, Mitchell H, Nikolas M, Piper F, Robert S, Scott P, Scotty B., Sharon L, Theresa P

April Birthdays

Aiden H, Amber G, Andrew S, AnnTonia G, Barb T, Christopher Z, Ciara H, Clara D, Diana E, Elizabeth O, Erin G, Gene K, Jadiel M, Jamar W, Julie G, Karen P, Kathryn L, Kimberly J, Leslie K, Lilia T, Lucas B, Lynn T, Makhiyah J, Michelle M, Montana T, Randy B, Shamsor N, Thomas V, Tyriq S, Violet R



988 | SUICIDE & CRISIS
LIFELINE

Need Support?

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress and judgment-free support for mental health, substance use, and more. **Text, call, or chat 988.**



Get Connected. Get Help.™

**Get Help.
Dial 2-1-1**

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

—Leo Buscaglia

Staff Directory

To contact us, call (716)883-3331 & dial one of the following extensions:

Ashleigh Cieri: Director of Programs | Ashleigh@compeerbuffalo.org | Ext: 311

Alana Holm: Peer Support Program Coordinator | Alana@compeerbuffalo.org | Ext: 309

Brittany Cope: Lead Program Coordinator | Brittany@compeerbuffalo.org | Ext: 315

Christopher Batty: School Based Program Coordinator | Christopher@compeerbuffalo.org | Ext 319

Ebony Townes: Volunteer Engagement Coordinator | Volunteer@compeerbuffalo.org | Ext 310

Hayley Kasprzycki: Client Engagement Coordinator | Hayley@compeerbuffalo.org | Ext 322

Kelsey Burch: Older Adult Engagement Coordinator | Kelsey@compeerbuffalo.org | Ext 324

Mark Gatti: Peer Support Specialist | Mark@compeerbuffalo.org | Ext 325

Raymond Wasielewski: Adult Engagement Coordinator | Raymond@compeerbuffalo.org | Ext 314

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Share



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Website



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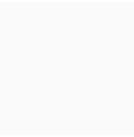
1179 Kenmore Avenue

Buffalo

New York

United States

14217



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