

## YOUTH MATCH

Ages 7-18



Youth are referred by their Mental Health Professional to be matched with an adult role model in a trusted friendship if and when a volunteer becomes available.



## THE COUCH

Tweens & Teens  
Lockport Wednesdays 2:30-6:30pm



Free, Safe, Fun Space to spend time with friends & make friends. Hang out, play video games, board games, watch movies, read, do homework, have snacks, etc.

Community Outings  
Days at the Park  
Bowling, Skating,  
Ice Cream, Etc.

## PAM

PHYSICAL, ART, MUSIC

Ages 12-18

Lockport

2nd Friday of Month 5-7pm

**Physical: Jan. April, July, Oct.**

Fun in the gym, play or watch & cheer

**Art: Feb. May, Aug. Nov.**

All levels of creativity for art activities

**Music: March, June, Sept. Dec.**

OPEN MIC- perform- jam, sing, rap, etc.  
or come listen hoot and holler



**FIND THE BEST WAY FOR  
YOU TO VOLUNTEER WITH  
COMPEER NIAGARA...  
VOLUNTEER 1:1  
CARPOOL TO EVENTS  
SHARE A TALENT  
COMPLETE AN  
APPLICATION  
ON OUR WEBSITE  
WWW.MHANG.COM**



## ADULT MATCH

Ages 18 and older



Adults are referred by their Mental Health Professional to be matched with a volunteer in a trusted friendship if and when a volunteer becomes available.

## GROUP ACTIVITIES

Ages 18 and older



Compeer Niagara offers monthly small group activities that take place in Lockport and Niagara Falls. Members spend time socializing, playing games, crafting, etc.



Ages 18 and older

## MONTHLY EVENTS

Compeer Niagara offers monthly large group outings that take place throughout Niagara County. Events vary in day, time, location, and type of activity. Such as, bowling, festivals, tourist attractions, private events, etc.



# Friendship LIBRARY



Friendship Libraries  
can be found at:  
418 3rd St. NF  
36 Pine St. Lkpt  
315 East Ave. Lkpt

Enjoy books & pass  
them along.  
The QR Sticker  
in each book allows  
fellow readers to  
learn about  
Compeer Niagara!



Have a spot for a  
Friendship Library?  
Be sure to tell us!

Have extra books?  
Please donate!

## Community Awareness

Are you part of an organization or group  
that should learn about  
Compeer Niagara?  
Have us come present!

Compeer Niagara  
is a program of the  
Mental Health Association  
in Niagara County.  
Everyone needs social  
connection to live.

**YOU can GET help &  
BE the help  
in the fight against  
loneliness.**

Become a Member

Become a Volunteer

Be a Referral Source

Contact Us:  
Mental Health Association in  
Niagara County  
36 Pine Street  
Lockport, NY 14094  
(716) 433-3780  
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# Compeer Niagara

Mental Wellness  
Starts With  
Friendship



Making Life  
Better

through social inclusion