



FOR IMMEDIATE RELEASE

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Contact:

Michael Baggerman
Communications Director
YMCA BUFFALO NIAGARA
Office: (716) 565-6000 ext. 112
Cell: (607) 761-2705
mbaggerman@ymcabn.org

YMCA and Child and Family Services Partner to Bring Mental Health Resources to East Buffalo

(Buffalo, NY) – YMCA Buffalo Niagara and Child and Family Services have partnered to provide critical mental health services to City of Buffalo residents, with C+FS opening a new office inside the William-Emslie YMCA in East Buffalo. Counselors there will focus on helping members of the local community solve personal, family, and work-related challenges including trauma, depression, anxiety, stress management, and school difficulties.

“Our mission is to help people live their lives to the fullest potential,” said Nicole Holloway, Director of Clinical Services for C+FS. “This partnership is a perfect match for Western New York. The YMCA has been a pillar of the community for many years, and with the addition of counseling at the William-Emslie YMCA it’s even more of a one-stop shop.”

“As part of our mission to build a healthy spirit, mind, and body for all, we’re excited about this opportunity to provide valuable mental health services to the community, said YMCA Buffalo Niagara CEO John Ehrbar. “With this partnership, we can help ensure that families in Buffalo have the support they need to thrive.”

The office opens on Wednesday, April 17 and is located in the William-Emslie YMCA at 585 William Street in Buffalo. Counseling sessions are 30-45 minutes and by appointment only. Services are available to all in the Western New York community. For more information, please visit the C+FS website cfsbny.org/counseling or call 716-842-2750.

About YMCA Buffalo Niagara: Locally founded in 1852, YMCA Buffalo Niagara is a charitable, community based organization committed to providing programs designed to build a healthy spirit, mind, and body for all. The YMCA's focus on youth development, healthy living and social responsibility is reflected in the variety of programs that are offered to all ages and abilities. A not for profit organization, YMCA Buffalo Niagara serves over 100,000 people annually through six membership branches and four camps throughout Western New York, as well as at over 50 community based program sites. For more information please visit [YMCABN.org](https://ymcabn.org).

About C+FS: Founded in 1873, Child and Family Services relies on its generations of expertise and multi-faceted programs to provide the people of its region with essential resources. C+FS is a not-for-profit organization accredited by the Council on Accreditation and a member agency of the United Way. It serves children, adults, and families in the eight counties of Western New York without regard to race, creed, national origin or economic status.