

New Jersey Self-Help Group Clearinghouse

For phone contacts and more details on any of the groups listed below, as well as national & online groups, call **1-800-367-6274** or **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help) or 973-989-1122.

Sample of Support Group Meetings in Atlantic County

Addictions

Alcoholics Anonymous (English & Spanish) *recovery from alcoholism* (various) * **Al-Anon families & friends of alcoholics** * **Dual Recovery Anonymous** *for psychiatric illness & alcohol/drug addiction* (various) * **Family Support Group** *for families of those with both mental illness & chemical addiction* (Absecon) * **Gamblers Anonymous** (various) * **Lawyers Concerned for Lawyers** *recovery from addictions for lawyers, judges, law students* (Northfield) * **Nar-Anon families & friends of drug abusers** (various) * **Narcotics Anonymous** (various) * **Nicotine Anonymous** *stop smoking* (Somers Point & Galloway) * **Overeaters Anonymous** *compulsive overeating* (various locations) * **Sexaholics Anonymous** *sexual/pornography addiction* (Somers Point) * **Double Trouble** *addiction & mental illness* (Atlantic City) * **Nurses in Recovery** (Various)

Parenting / Family

Holistic Moms Network *natural health & mindful parenting* (Linwood) * **Parents Anonymous** *for parents under stress desiring to improve relationship with their kids* (Northfield) * **Mothers in Charge** *moms working to reduce acts of violence in their communities* (Atlantic City & Pleasantville) * **MOPS** *Christian faith-based for mothers of preschoolers* (Egg Harbor) * **DivorceCare** *Christian-based divorce group* (Linwood) * **Grandparents & Kin Support Group** (Bilingual) *raising relatives children* (Atlantic City) * *Group starting for single mothers.*

Health / Illnesses

Adult Diabetes (Pomona) * **AIDS/HIV support** *for persons & families & friends* (Somers Point & Atlantic City) * **ALS Resource Group** *for patients with amyotrophic lateral sclerosis (Lou Gehrig's disease) & families* (Egg Harbor) * **Alzheimer's** *for families & caregivers* (various) * **Chronic Pain** (Pomona) * **Epilepsy Support Group** (Somers Point) * **Stroke Club** *for stroke survivors and their families* (Pomona) * **Breast Cancer Support Group** (Egg Harbor) * **Gilda's Club South Jersey** *for anyone touched by cancer* (Linwood) * **Living with Lymphedema** (Somers Point) * **Man to Man Support Group** *for men with prostate cancer and their partners* (Linwood) * **Post-Polio Support Group** (Mays Landing) * **Tourette Family Support Group** *for families of children with Tourette syndrome* (Pomona) * **TOPS** *weight loss* (Egg Harbor) * **Parkinson's Disease** (Absecon) * **Reflex Sympathetic Dystrophy & Chronic Pain** (Mays Landing) * **Gastric Bypass** (Egg Harbor) * **Prostate Cancer** (Somers Point)

Disabilities

Amputee Support Group (Pomona) * **Brain Injury Support Group** *for persons with head injuries, their families & friends* (Pomona) * **"21 Down" Down Syndrome Awareness Group** *for families of loved one with developmental disability* * (Galloway & Tuckahoe) * **FACES** *parents of children with Asperger Syndrome, PDD-NOS, high functioning autism* (Hammonton/Pleasantville) * **New Beginnings** *visually impaired* (Absecon) * **Spinal Cord Injury** (Pomona) * **Group forming for persons with Mild Brain Injuries.**

Mental Health

Depression Support Groups (various) * **Persons with Depression or Bipolar Disorder** (Galloway) * **Bipolar Support** *for persons with bipolar disorder* (Atlantic City) * **Post Partum Wellness** (Pomona) * **Family Support Organization** (English & Spanish) *families of children with emotional and/or behavioral challenges* (Northfield) * **ICE** (Individuals In Concerted Effort) **Self-Help Center** *run by and for mental health consumers* (Pleasantville) * **NAMI** *for families of persons with mental illness* (Absecon) * **Family Support Group** *families of persons with both a mental illness and an addiction* (Absecon) * **Women's Wellness** *support, advocacy, & networking* (Atlantic City) * **Work & Wellness Forum** *for mental health consumers* (Absecon) * **NAMI Connection** *for persons with any type of mental illness & families* (Absecon) * **Parents Support Parents** *families of children with emotional and behavioral problems* (Atlantic City)

(over for more groups)

Bereavement

Atlantic City Grief Support Group *general bereavement (Atlantic City)* * **Compassionate Friends** *parents, grandparents, & siblings grieving death of a child (Somers Point)* * **Coping with Loss** *six-week group run four times a year (various)* * **HOPE (Helping Other People Evolve)** *widows & widowers (Smithville & Linwood)* * **Living with Loss** *death of loved one to cancer (Linwood)* * **Grieving Parents** (Linwood) * **Perinatal Loss** *(miscarriage, still birth, infant loss) (Egg Harbor)* * *Group starting for general bereavement (various)*

Other Groups

Women's Center Job Club *women who are seeking jobs (Linwood)* * **Families & Friends of Gay, Lesbian & Transgendered** (Pomona) * **Transgender Support Group** *support & education (Pomona)* * **Gay, Lesbian, Bisexual, Transgendered Persons** (Pomona) * **Toastmasters** *for those hesitant to speak in front of a crowd (various)* * **Group forming for Iraqi & Afghanistan Vets** (Absecon) * **Group forming for Victims of Domestic Violence, Sexual Assault, Rape or Stalking** – call the Clearinghouse if you are interested in helping a co-founder in starting any of these groups.

Sample of NJ Statewide Support Groups & Networks

These include groups that rotate meetings around NJ; have an alternative mutual support network because the problem they face is rare; or prefer people contact their state contact person for information on their local groups.

NJ Tenants Organization *statewide membership organization* * **ALDA-NJ (Assn of Late Deafened Adults)** *hearing loss later in life.* * **Acoustic Neuroma Assn of NJ** *pre- and post-operative patients* * **Cult Information Service Group** *for families and friends of cult members* * **FACE-NJ (Father's And Children's Equality)** *non-custodial parents seeking equal visitation rights* * **Shingles Telephone Support Group** *support* * **Hemophilia Assn of NJ** *for persons and families with hemophilia* * **Little People of America NJ** *for short-statured adults & parents of short-statured children* * **MOPS (Mothers of Preschoolers)** *Christian mothers of preschoolers* * **Resolve of NJ** *infertility* * **American Liver Foundation** *hepatitis or liver disease* * **NJ Chronic Fatigue Syndrome Assn** *support* * **NJ Self-Advocacy Project** *for people with developmental disabilities* * **ARC of NJ** *for parents of children with developmental disabilities* * **Parents of Blind Children** *peer support* * **Parents of Prader-Willi Syndrome Children** * **Scleroderma Foundation Tri-State Chapter** (various) * **Tourette Syndrome Assn of NJ** *for adults and families* * **Monday Morning** *advocacy for persons with developmental disabilities* * **Rainbow Families** *gay & lesbian parents* * **Mothers and More** *mothers who altered career path to become stay-at-home moms* * **Overcomers Outreach** *Christ-centered addiction group* * **COPS** *bereaving loss of police officer in the line of duty* * **Rainbows** *for children bereaving loss of parent through death, divorce or abandonment* * **SPAN** *parents of children with disabilities* * **Quad-List** *for quadra- and tetraplegics and many more groups...*

Just a Small Sample of Online Support Networks Available. . . .

NJ Quitnet *online group to stop smoking* * **Totally Hip** *online group for those anticipating or who have had hip replacement surgery* * **Young Widows – Chapter Two** *young widows & widowers* * **BPD World** *persons with Borderline Personality Disorder* * **Fear of Dentists** * **ACOR.org** *over 150 mutual support mailing lists for most any type of cancer* * **GROWW** *for persons grieving the loss of a loved one, many specialty message boards and chat rooms for specific types of death* * **Group Loop** *for teens with cancer and their parents* * **Self-Injury Information & Support** *offers web board & e-mail list for self-injurers, family & friends* * **Abused Guys** *male victims of domestic violence* * **Gamer Widow** *partners of persons addicted to online games* * **Power Surge** *menopause issues* * and many more.

For professionals, who would like to have a handy guide to all the NJ, national, online & model groups, and more, our new 704-page May, 2011 Directory is available for \$15 postpaid. Call or visit www.NJgroups.org website for details. But understand that you or your clients can always call us toll-free for the most up-to-date info on any support group.

No Group for Your Issue in Your Community? Then Consider Joining with Others to Start One!

Our Clearinghouse provides free literature and ideas on how to join with others to start one. Just phone us for details. As just one example, if you are unemployed and seeking a job, while there is no ongoing job seekers support group yet meeting within the County, you can phone the Clearinghouse for free guides on how to join with others to start one.

Know of any new, no-fee community support group meeting in Atlantic County? Please let us know.

Call us at **1-800-367-6274**. Remember it as **1-800-FOR-M.A.S.H.** for **Mutual Aid Self-Help** groups.