

NEW JERSEY SELF-HELP GROUP CLEARINGHOUSE

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * 375 E. McFarlan St., Dover, NJ 07801 * www.NJgroups.org

Sample of Support Groups in New Jersey for Those Dealing with Any PHYSICAL DISABILITY

Call the Clearinghouse at **1-800-367-6274** for contacts, meeting days and locations for any of these and other groups.

AMPUTATION / LIMB DEFICIENCY

Amputee Support Group (Atlantic County) * **Kessler Leg Amputee Support Group** (Bergen) * **Amputee Support Group** (Burlington) * **SHAG** (Essex) * **James F. Gorman Amputee Support Group of NJ** (Ocean) * **Amputees on the Move** (Monmouth).

AUTISM / ASPERGER SYNDROME

ASPEN parents of children/adults with Asperger, PDD, high functioning autism (Statewide) * **FACES** parent discussions & play groups (South Jersey) * **A.N.S.W.E.R. (Autism Needs Support Where Everyone's Real)** parents of children with autism * **PACT** Support & activities for autistic (Burlington) * **Group S.P.I.R.I.T** parents of children with autism (Union) * **GRASP** for adults with Asperger Syndrome (Camden).

BRAIN INJURY

Brain Injury Association of NJ patients & families (Statewide) * **Brain Injury Support Group** patients & families (Gloucester) * **Voices that Count** patients & families (Bergen) * **Brain Injury Support Group** illnesses & injuries (Bergen) * **COPSA Spouse** memory loss (Piscataway) * **Burlington/Camden County Support Group** patients & families (Camden).

CAREGIVERS – see our separate handout just for **Caregiver Support Groups**: www.mededfund.org/NJgroups/CaregiverGroups.pdf

DEVELOPMENTAL DISABILITIES / DOWN SYNDROME

NJ Self-Advocacy Project Advocacy (Statewide) * **The Arc of NJ** Cognitive disabilities (Statewide) * **21 Down - Down Syndrome Awareness Group** Families (Atlantic) * **Family Support Group** (Hudson) * **Down Syndrome Parent Support Group** * (Monmouth) * **Central NJ Down Syndrome Parent Advocacy Group** (Union) * **Go-Getters** Self-advocacy (Warren) * **Down Syndrome Association of Central NJ** (Mercer) * **Fragile-X Association** parents (Statewide).

DISABILITIES (GENERAL)

Monday Morning Project grassroots advocacy groups (Statewide) * **Heightened Independence & Progress** (Bergen) * **Post Stroke & Disabled Adult Program** (Bergen) * **Women With Disabilities Support Group** (Bergen) * **NJ Coalition on Women & Disabilities** (Essex) * **Disability Support Group** (Mercer/Monmouth) * **Alliance For Disabled in Action** (Central NJ) * **Spinal Cord Injury** (Essex) * **FOCAS Peer Support Group** (Union) * **Advancing Opportunities** Advocacy, employment, respite, assistive technology, etc. for all disabilities (Statewide) * **Disabled Persons** (Middlesex) * **Telephone Group** young adults (ages 18-33) with any type of disability.

FAMILIES / PARENTS OF CHILDREN WITH DISABILITIES

SPAN (Statewide Parents Advocacy Network) helps support, network & educate parents of special needs children, to include linking them with school district support groups and other parents in similar situations (Statewide) * **Hearts & Hands** mothers (Morris) * **Mount Olive Special Kids Group** (Morris) * **Care to Share Support Network** (Somerset) * **Parents Place/Club de Padres Catholic Family & Community Ser Bilingual** (Passaic) * **Dads Only** fathers of children with special needs (Passaic) * **South Asian Parents of Children with Disabilities** (Ridgewood area) * **North Warren Special Needs Advocacy** (Warren) * **STEPS** Parents and teachers (Camden) * **Families with Special Needs Children** parents of children with developmental disabilities (Essex) * **Special Education Support Group** families (Mercer) * **NJ Special Education Parent Assn** parents of children with specific learning disabilities (Sussex) * *and many others.*

HEARING IMPAIRED

Signs of Sobriety Substance abuse (Statewide) * **NJ Assn of the Deaf-Blind** deaf-blind, deaf or blind, communication impaired (Statewide) * **ALDA-NJ** Late deafened (Statewide) * **Hearing Loss Assn of America** (various) * **South Jersey Tinnitus Support Group** (Camden) * **Tinnitus Assn of NJ** (Mercer) * **NJ Children Of Deaf Adults** (Middlesex) * **DIAL Center for Independent Living** persons who are hard-of-hearing (Passaic).

LEARNING DISABILITIES

ADDventure for Adults (Camden) * **ADD Action Group** Alternative solutions (Essex) * **Adult ADD Self-Help Support Group** (Monmouth) * **Adults with ADD** (Somerset) * **Group forming Parents of Children with Nonverbal Learning Disabilities** (Bergen).

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VISUAL IMPAIRMENT

Adjustment to Vision Loss support groups *in northern NJ* (phone 201-996-9100 x26) * **Focus on Eyes Support Group** for the visually-impaired (*Bergen County*) * **SCILS** seniors 55+ (*Essex*), and a Spanish-speaking one (*Hudson*) * **Eye Openers** (*various counties*) * **Middletown Area Visually Challenged Group** (*Monmouth*) * **Retinitis Pigmentosa Telephone Network** information on Retinitis pigmentosa, macular degeneration, Usher's syndrome (*Morris*) * **Low Vision Support Group** (*Ocean*) * **Self-Help Group for the Visually-Impaired** (*Union*) * **Beyond the Eyes** multicultural focus (*Middlesex*) * **New Beginnings** vision loss group (*Atlantic*) * **Choice** (*Burlington*) * **SHADES** (*Gloucester*) * **NJ Council of the Blind of Central NJ** for visually impaired persons 16+ (*Statewide*) * **Nat'l Federation of the Blind of NJ** Advocacy, education (*Statewide*) * **NJ Assn of the Deaf-Blind** (*Statewide*) * and many more local groups.

OTHER SUPPORT GROUS

Chronic Pain Support Groups (in various NJ counties) * and hundreds of national and online mutual support networks for **various rare disorders**.

JUST SOME OF THE MANY STATE & ONLINE SUPPORT GROUPS AVAILABLE

Quad-List online email group for quadriplegics (*tetraplegics*) * **Phoenix Society** for Burn Survivors * **"Totally Hip"** online group for those who have had, or anticipate, hip replacement surgery * **NJ Self-Advocacy Project** (run by & for adults with developmental or intellectual disabilities) * **Barn Builders Peer Support Network** for farmers with disabilities * **Post-Polio Health International** * **Spina Bifida Assn** * **NJ Assn. of Late Deafened Adults** * **Monday Morning Project** (advocacy support groups for those with disabilities) * **CSP-NJ** (housing, support & advocacy for mental health consumers) * and many others.

Interested in Joining with Others to START a Needed New Mutual Support Group for any Disability?

Our **Self-Help Clearinghouse** can help you at no cost. Phone us to learn how you can develop a group without all the work being on your shoulders alone. We provide **free how-to materials, ideas, suggestions, contacts and help**, just phone the Clearinghouse at **1-800-367-6274**, more easily remembered as **1-800-FOR-M.A.S.H.** (**M**utual **A**id **S**elf-**H**elp).

HELPFUL TOLL-FREE HELPLINES

NJ State Division of Disability Services 1-888-285-3036 for *information & referral assistance* on issues affecting people with any disability * **SPAN-NJ** (**Statewide Parents Advocacy Network**) 1-800-654-7726 (*wide variety of programs for parents of special needs children*) * **Friends' Health Connection** 1-800-483-7436 (*networks individuals with the same disability or disorder on one-to-one basis*) * **Abledata** 1-800-227-0216 (*information on assistive technologies*) * **Access Board** 1-800-872-2253 (*advocates for accessibility*) * **ADA Technical Assistance Line** 1-800-514-0301 (*publications*) * **U.S. Equal Employment Opportunity Commission** 1-800-669-4000 (*Enforces ADA*) * **Assistive Technology Advocacy Center** 1-800-554-2626 (*Buy/sell equipment*); 1-800-342-5832 (*funding assistance*) * **Canine Companions for Independence** 1-866-224-3647 (*Trains dogs to assist persons with disabilities*) * **Center for Assistive Technology** 1-800-726-9119 (*info on assistive technology equipment*) * **Childcare Plus** 1-800-235-4122 (*children birth - 5*) * **Christopher & Dana Reeve Paralysis Resource Center** 1-800-539-7309 (*Information*) * **Disability Rights of New Jersey** 1-800-922-7233 (*legal assistance*) * **Disabled American Veterans** 1-877-426-2838 (*benefits/services for military service*) * **Disabled and Alone** 1-800-995-0066 (*Helps caretakers make lifetime plans for person with disability*) * **Easter Seals Nat'l Headquarters Disability Helpline** 1-800-221-6827 (*resource packets*) * **NJ Family Support Center of NJ** 1-800-372-6510 (*info & referral*) * **Job Accommodation Network** 1-800-526-7234 or 1-800-232-9675 (*info on job accommodations for those with disabilities*) * **NJ Library for the Blind & Handicapped** English: 1-800-792-8322; Spanish: 1-800-582-5945 (*free books*) * **Library of Congress National Library for Blind & Physically Handicapped** 1-800-424-8567 (*referrals to libraries & services*) * **Nat'l Accessible Apartment Clearinghouse** 1-800-421-1221 (*database of accessible apartments nationwide*) * **National Council on Independent Living** 1-877-525-3400 (*Referrals to Independent Living Centers*) * **National Dissemination Ctr. for Children with Disabilities** 1-800-695-0285 (*focus on children birth - 22*) * **Nat'l Spinal Cord Injury Hotline** 1-800-962-9629 (*info*) * **NJ WINS** 1-877-659-4672 (*Aids in exploring work incentive opportunities*) * **Northeast ADA & IT Center** 1-800-949-4232 (*Technical assistance*) * **Project Child Find** 1-800-322-8174 (*information & referral service for parents of children with disabilities, children birth - 21*) * **Rural Institute on Disabilities** 1-800-732-0323 (*assistance for persons with disabilities in rural areas*) * **Technical Assistance Alliance for Parents** 1-888-248-0822 (*Disabilities Education Act*) * **Through the Looking Glass** 1-800-644-2666 (*for those with disabilities & parents/parents of disabled*) .