

New Jersey Self-Help Group Clearinghouse

In NJ: 1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.NJgroups.org

SAMPLE OF SUPPORT GROUPS IN OCEAN COUNTY

Call us for current contact information on any of these groups, as well as for others in the County, in adjacent counties, or available online.

MENTAL/EMOTIONAL HEALTH

D.B.S.A. (Depression & Bipolar Support Alliance) for those with depression, bipolar disorder or related disorders (*various locations*) * **New Babies – New Emotions** for moms with post partum depression (*various*) * **Eating Disorders Support Group (Toms River)** * **PHOBIA** support group for people with panic attacks, anxiety, phobias, depression, agoraphobia (*Waretown*) * **Abraham Low Self-Help Systems** (formerly Recovery, Inc.) for controlling temperamental behavior & changing attitudes toward nervous symptoms, anxiety, depression, & fears (*Toms River*) * **Obsessive Compulsive Anonymous** for recovery from OCD (*Brick*) * **GROW** to recover from depression, anxiety, & other mental health problems (*various sites*) * **Journey to Wellness Self-Help Center** support group for mental health consumers (*Toms River*) * **Brighter Days Self-Help Mutual Aid Center** support for mental health consumers (*Jackson*) * **Double Trouble in Recovery** for persons in recovery from alcohol and/or drug abuse, who are also taking medication for a psychiatric disorder (*Toms River & Jackson*) * **NAMI** support & education for families of those with a mental illness (*Toms River*) * **Parents Empowering Parents** of the Ocean County Family Support Organization, for parents of children with emotional and/or behavioral problems (*Brick & Bayville*) * **Youth Partnership** for youth 13-18 with emotional or behavioral issues (*various*) * **IFSS (Intensive Family Support Services) Support Group** for families of adults with a mental illness (*various*).

ADDICTIONS

Alcoholics Anonymous Fellowship of persons (including young persons) who want to recover from alcoholism (*various meetings*) * **Women for Sobriety** self-help group just for female alcoholics (*Lakewood*) * **Double Trouble in Recovery** for persons in recovery from alcohol and/or drug abuse who are taking medication for a psychiatric disorder (*various meetings*) * **Al-Anon Family Groups** Support for families of alcoholics including children and adult children (*various*) * **Alateen** 12-Step. Fellowship of young persons (age 7+) whose lives have been affected by someone else's drinking (*Various*) * **Al-Anon's Adult Children** Support for adult children of alcoholics (*Brick*) * **Adult Children of Alcoholics** for adult children of alcoholics or dysfunctional families (*Toms River*) * **Parent Support Group – NJ** support group for parents of chemically dependent children (age 13-40+) (*Toms River*) * **Lawyers Concerned for Lawyers** supports recovery from substance abuse for attorneys, judges, law students (*Point Pleasant*) * **Families Anonymous** for relatives & friends concerned about the use of drugs or related behavioral problems (*Toms River*) * **Narcotics Anonymous** for those in recovery from drug addiction (*various*) * **Nar-Anon Family Groups** for families of drug abusers (*various*) * **Gamblers Anonymous** for compulsive gamblers (*various*) * **Gam-Anon** for families of gamblers (*Toms River*) * **Overeaters Anonymous** for persons who compulsively overeat (*various*) * **Food Addicts Anonymous** (*various*) * **Sexaholics Anonymous** For those who want to stop their sexually self-destructive thinking & behavior to become sexually sober (*various*) * **Nurse Recovery** for nurses recovering from any type of addiction (*Toms River*) * **Addictions Victorious** Christian focused addiction recovery (*Seaside Heights*) * **Debtors Anonymous** a 12-step group, for those seeking to stop incurring unsecured debt, could start - if you are interested in joining with others to start one, call us for info.

FAMILY / PARENTING

Caregiver Support Groups (Lakewood, Manahawkin & Toms River) * **Parents Empowering Parents** of Ocean County Family Support Organization, for parents/caregivers of children with behavioral/emotional challenges (*Brick & Bayville*) * **Grandparents Supporting Grandparents** for grandparents raising grandchildren (*various sites*) * **Adoptive Parents of Children with Fetal Alcohol Syndrome** support for families who've adopted a child with fetal alcohol syndrome * **P-FLAG** support for parents & families to understand & accept variance in sexual orientation of loved ones (*Toms River*) * **A support group for Parents of Prematurely Born Infants** could start up in the greater Toms River area, but only if other parents were willing to help – call the us Clearinghouse for contact information.

DISABILITIES

Low Vision Support Group for persons with reduced vision (*Stafford Township*) * **Adjustment to Vision Loss** for persons dealing with vision loss (*various locations*) * **Eye Openers** Mutual aid for blind and visually impaired persons (*various*) * **National Federation of the Blind** Advocacy for blind & visually impaired persons. (*Toms River/Brick*) * **Brain Injury Assn** support and education for head injuries (*Toms River*) * **Amputee Support Group of NJ** Support for amputees (*Toms River*).

(see reverse side - for many more groups)

ILLNESSES- HEALTH

Alzheimer's Support Group for caregivers of persons with Alzheimer's or dementia (*various towns*) * **HIV/AIDS Infected/Affected Group** support group for those persons who are HIV+ (*Toms River*) * **Breast Cancer Support Groups** support for women with breast cancer (*various locations*) * **Cancer Support Groups** for those with any type of cancer (*various*) * **Colorectal Cancer Support Group** (*Toms River*) * **Diabetes Support Group** support & education groups for adults with type I or II diabetes (*various*) * **Dialysis & Post-Organ Transplant Recipients** (*Brick*) * **Lung Cancer** (*Brick*) * **Prostate Cancer Support Group** support & education for men with prostate cancer (*Toms River*) * **SPOHNC** support for those with oral, head & neck cancer (*Toms River*) * **Nu-Voice** for those who have had a laryngectomy (*Toms River*) * **Mended Hearts** for any heart disorder (*various*) * **Myasthenia Gravis Support Group** for patients with MG (*Brick*) * **Post-Polio Support Group** for post-polio survivors (*Toms River*) * **Parkinson's Support Group** for patients & caregivers (*Brick*) * **Stroke of Luck** for stroke patients & families (*Toms River*) * **Thyroid Support Group** for anyone with a thyroid problem (*Whiting*) * **Crohns & Colitis Foundation** (*Brick*) * **Multiple Sclerosis Support Group** mutual for persons with multiple sclerosis and their families (*various towns*) * **United Ostomy Assn** for ostomy patients (*Toms River*) * **T.O.P.S.** members help one another to lose weight (*various* - www.TOPs.org) * **A Fibromyalgia mutual support group could start up in the Toms River area, if others were willing to help the one person seeking to get it off the ground (call for info).**

BEREAVEMENT

Compassionate Friends Support for parents/siblings grieving the death of a child (*Toms River*) * **Bereavement Groups** For adults bereaving the loss of a loved one (*various*) * **Community Medical Center Bereavement Support Group** For adults who have recently lost a spouse (*Toms River*) * **Survivors of Suicide** For those who lost a loved one to suicide (*various*) * **Grief Share** Christian bible-focused education & support group for persons grieving the loss of loved one (*Beachwood*)

SOME OTHER GROUPS

Co-Dependents Anonymous 12-step groups for those seeking to develop healthier personal relationships (*Bayville & Manahawkin*); **a new group might develop in Point Pleasant area if others are willing to help** * **Older Adult Support Groups** members share experiences, coping skills, & have speakers on different topics of interest (*Lakewood & Brick*).

Small Sample of State & Online Support Networks Available

NJ Quitnet - an *online support groups to stop smoking* * "Totally Hip" - online support group for those anticipating or who have had hip replacement surgery * NJ Association of Late Deafened Adults * NJ's Monday Morning Project (*advocacy for and by persons with any physical disability*) * NJ Tenants Organization * Foster & Adoptive Families * DOROT Phone Support (*aging issues for persons 59+*) * Signs of Sobriety (*deaf addicted*) * Prof Asst Prog of NJ (*addiction*) * Iraq/Afghanistan War Family Bereavement Groups * Spouses of Combat Veterans returning with PTSD * Parents of Blind Children * CUSA (*correspondence group for disabled*) * Mothers Against Drunk Driving * Anorchidism Support Group * CJD Fdn (*Creutzfeldt-Jakob disease*) * Fragile X Assn * Hemophilia Assn of NJ * Huntington's Disease Soc of America * Incontinence Support * Myasthenia Gravis Fdn * Recurrent Respiratory Papillomatosis Fdn * Parents of Prader-Willi Syndrome Children * PXE Int'l (*pseudoxanthoma elasticum*) * Shingles Phone Support * NJ Self-Advocacy Project (*adults with developmental disabilities*) * Arc of NJ (*developmental disabilities*) * MOMS Clubs (*stay at home moms*) * Mothers & More (*stay at home moms*) * Mothers Of Preschoolers * Expecting Parents Online Groups * SPAN (*parents of disabled re: education*) Little People of America (*dwarfism*) * Parents Without Partners (*single parenting*) * Toastmasters (*public speaking*) * Military Vet Center Groups * NOW of NJ * Cult Info Service Crohn's & Colitis Fdn * Acoustic Neuroma Assn * Spina Bifida Assn * CSP (*housing, advocacy for mental health consumers*) * Consumer Connections (*consumers who work in mental health field*) * Pregnant Women with Cancer * Victims of Stalkers * and scores of other peer support groups/networks, especially those for many rare illnesses and situations.

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

For free help in finding or forming any Mutual Aid Self-Help group in NJ, call us at: 1-800-367-6274, which is 1-800-FOR-M.A.S.H.