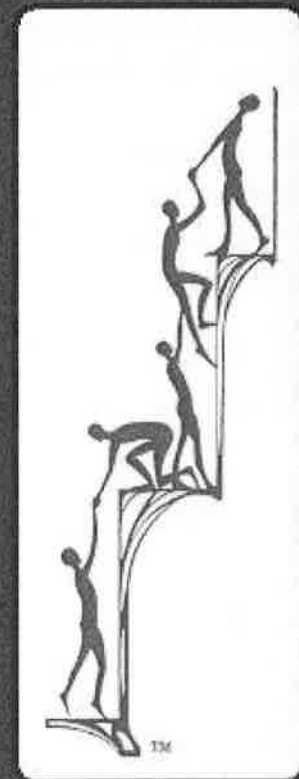
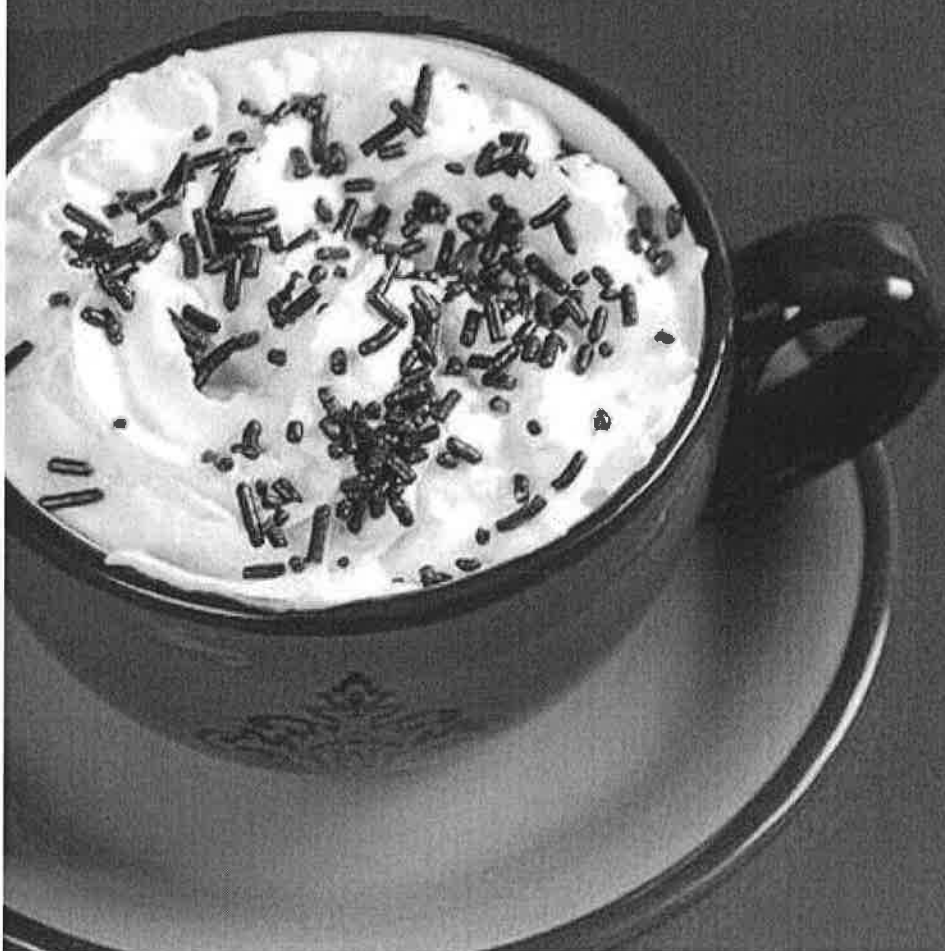


THE SELF-HELP SUPPORT GROUP DIRECTORY

Your Guide to Local
New Jersey Support Groups

28th Edition | 35th Anniversary Edition

2015 - 2016



NJ Self-Help Group
Clearinghouse
Saint Clare's
Health System

The Self-Help Support Group Directory

Your Guide to Local New Jersey Support Groups

XXVIII Edition | 35th Anniversary Edition

Compiled and edited by
Michael Adam Reale, Information Services Supervisor

With special appreciation to the staff and volunteers of Self-Help Services, a department of Saint Clare's Health System, a member of Catholic Health Initiatives.

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In New Jersey: 1-800-FOR-MASH | Outside of NJ dial 973-989-1122
www.NJgroups.org

The New Jersey Self-Help Group Clearinghouse
375 E. McFarlan Street
Dover, NJ 07801

MMXV – MMXVI

June 12th 2015

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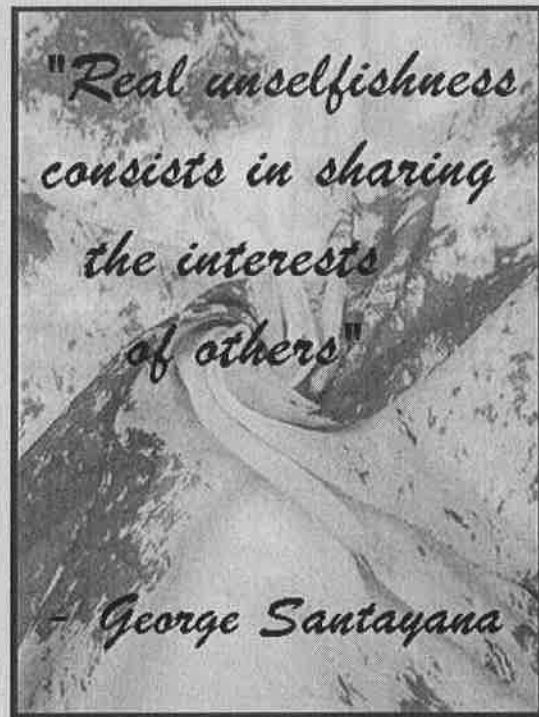
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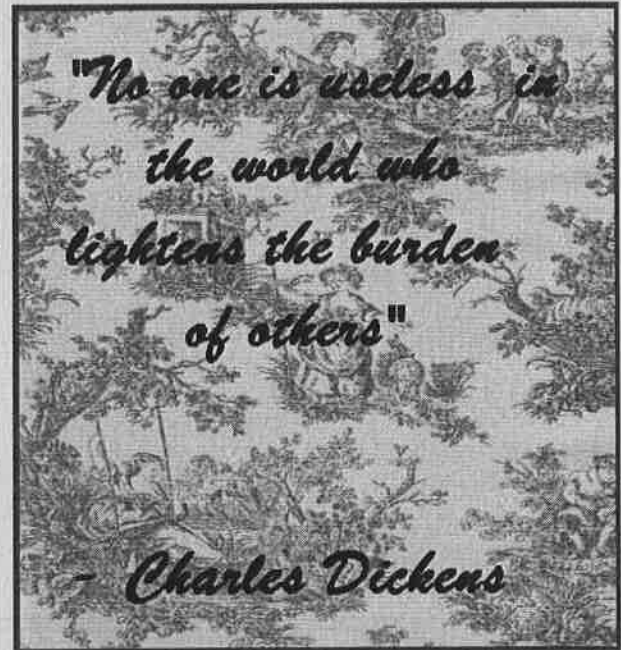
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ABUSE

CHILD ABUSE

Cumberland County

H.O.P.E.S. (*Healing Ourselves Physically, Emotionally and Spiritually*) *Professionally-run.* Support for adult survivors of any form of child abuse. Meets Tues., 6-7:30pm, 610 East Landis Ave., Vineland. Before attending call Parents Anonymous **1-800-843-5437**.
Website: <http://www.pa-of-nj.org>

Bergen County

Men's Support Group *Professionally-run*. Support for men who are survivors of any type of sexual violence. Topics discussed include: trauma, anger, coping mechanisms, relationships, emotions and self-esteem, etc. Meets Mon., 6:30-8pm (10 week sessions, 4 times/yr.), Hackensack. Pre-registration required. Before attending call Stephen Oreski **551-579-4441** (day). E-mail: njpsychotherapy@gmail.com

Men's Survivor Group *Professionally-run*. Mutual support for male survivors of child sexual abuse. Meets in Hackensack. Leave name and phone number. Your call will be returned. Call **201-487-2227** (24 hr. hotline).

SOAR (Survivors Of Abuse and Rape) *Professionally-run*. Support for women who are survivors of sexual assault and abuse. Group meets in Ridgewood. Leave name and phone number. Your call will be returned. Call **201-487-2227** (24 hr. hotline).

Essex County

Road To Recovery Support and education for men and women who were sexually abused. Meets 3rd Thurs., 7-9pm, West Orange. For meeting information call Robert **862-368-2800**. E-mail: roberthoatson@gmail.com

Hunterdon County

SAFE in Hunterdon *Professionally-run*. Support for victims of domestic violence and sexual assault. Also provides shelters and other services. Building is handicapped accessible. Meetings vary, SAFE in Hunterdon, 47 E. Main St., Flemington. Call **908-788-7666** (day) or **1-888-988-4033** hotline (24 hr.); TTY: **1-866-954-0100**. Website: <http://www.safeinhunterdon.org> E-mail: agencyinfo@womenscrisiservices.org

Morris County

Sexual Assault Survivors Support Group *Professionally-run*. Provides separate support groups for women, men, college students and those with developmental disabilities in an environment where sexual assault survivors can heal and help other survivors. Building is handicapped accessible. Meetings vary, 10-12 week sessions, Morris CARES, 95 Mt. Kemble Ave., 6th Floor, Morristown. For meeting information call **973-971-4754** or Denise Lange-Grant **973-971-4772**.

SNAP (Survivors Network of those Abused by Priests) Support for men and women who were sexually abused by any clergy person (priest, brother, nun, deacon, teacher, etc.) and/or religious persons. Building is handicapped accessible. Meets 1st Tues., 7-9pm, Grace Lutheran Church, 65 Main St., Mendham. Call Pat Serrano **973-543-4249**.

Middlesex County

Adult Survivors of Sexual Assault *Professionally-run.* Provides a safe, confidential environment for female survivors to share and receive support. Rap sessions. Group runs for 10 weeks, once a year, in Edison. Pre-registration required. Call **1-877-665-7273** ext. 321 (day); TTY: **732-549-0669**.

Male Survivors of Sexual Abuse/Assault *Professionally-run.* Provides a safe, confidential environment for male survivors of sexual abuse or assault to learn to cope with the effects of the abuse. Rap sessions. Runs for 10 weeks, 2 times a year, Edison. Call **1-877-665-7273** ext. 321 (day); TTY: **732-549-0669**.

Monmouth County

Survivors of Incest Anonymous 12-Step. Program for men and women, 18 yrs. or older, who have been victims of child sexual abuse, are not abusing any child and want to be survivors. Literature. Building is handicapped accessible. Meets Mon., 7-9pm, Hope Lutheran Church, 211 Elton Adelpia Rd. (Rt. 524), Freehold. Call Amy **843-251-5297** or Mary **732-456-1958**. E-mail: healthwithamy@gmail.com

Women Survivors of Sexual Abuse / Incest *Professionally-run.* Supportive and confidential group to empower women who have been sexually victimized. Provides a therapeutic environment to promote healing of sexual trauma. Members encouraged to be in therapy and must not be actively abusing substances. Dues \$5/mtg. which covers expenses and based on financial circumstances. Meets Wed., 6:30-8:30pm, Hope Lutheran Church, 211 Elton-Adelpia Rd., Freehold. Before attending call Anitra Puntolillo, MA 732-804-1124 or Pat Irvin, LCSW **732-528-7535** for pre-admission interview. E-mail: womensgroupfreehold@gmail.com

Passaic County

Passaic County Women's Center (*BILINGUAL*) *Professionally-run.* Support groups for survivors of domestic violence and/or sexual assault. Discussions include coping skills, legal issues and parenting skills. Groups meet weekly in Paterson. Call **973-881-0725** (day) or **973-881-1450** hotline (24 hr.).

Survivors of Sexual Assault/Abuse Provides a safe, confidential environment for survivors of sexual assault/abuse. Meets Wed., 2:30-3:30pm, Recovery Center of Eva's Village, 16 Spring St., Paterson. For more information call Cindymarie Cruz **973-754-6784** ext. 331. Website: <http://evasvillage.org/recovery-center.shtml> E-mail: cindymarie.cruz@evasvillage.org

Somerset County

Survivors of Sexual Violence (BILINGUAL) Professionally-run. Supportive and confidential group for adult and teen survivors of sexual assault and abuse. Provides a therapeutic environment to aid in the healing of sexual trauma. Building is handicapped accessible. Meets for 12 week sessions, 2 times/yr., Zufall Health Inc., Somerville. Pre-registration required. Before attending call **908-526-2335** ext. 130 (day). Website: <http://www.zufallhealth.org> E-mail: ilebbad@zufallhealth.org

NJ Statewide

SNAP (Survivors Network of those Abused by Priests) Support for men and women who were sexually abused by any clergy person (priest, brother, nun, deacon, teacher, etc.). Extensive phone network, newsletter, advocacy, conferences, information and referrals. Call **732-632-7687**. Website: <http://www.snapnetwork.org> E-mail: mecrawf@comcast.net

Survivors of Incest Anonymous 12-Step. Program for men and women 18 yrs. or older who have been victims of child sexual abuse. Write: SIANYC, Murray Hill Station, P.O. Box 1603, New York, NY 10156. Website: <http://www.sianewyork.org> E-mail: info@sianewyork.org

SPOUSAL ABUSE | DOMESTIC VIOLENCE

Bergen County

Never Alone Again: Woman Peer Support Group Mutual support for women who are victims of domestic violence. Open to anyone interested. Rap sessions and guest speakers. Building is handicapped accessible. Meets 1st and 3rd Mon., 6-7pm, Hackensack. Before attending call Theresa **201-397-8939** (day). Website: <http://www.neveraloneagain.org>

Burlington County

Providence House Professionally-run. Support group, education, counseling and shelter for victims who are, or have been, in abusive situations. Meets in Delran. Children's counseling services. Call **1-877-871-7551** (24 hr.).

Cape May County

CARA Buddy System Professionally-run. Confidential support for battered women to discuss problems and share resources. Rap sessions, guest speakers, phone help and literature. Building is handicapped accessible. Meets Wed., 7pm, CARA, Cape May Court House. Before attending call Juanita Battle **609-522-6489** (day) or CARA **1-877-294-2272**.

M.E.N.D. (Men Exploring New Directions) Professionally-run. Support for men to learn other ways of coping with anger and stop violence in DUN families. Rap sessions, phone help and literature. Meets Thurs., 6-9pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Cape May Court House. Pre-registration required. Before attending call **609-522-6489** (day) or **1-877-294-2272**; TTY: **609-463-0818**.

Cumberland County

SERV (Services Empowering Rights of Victims) Professionally-run. Support and education for women survivors of domestic violence. Meets Wed., 1-2pm, Vineland. Pre-registration required. Before attending call **856-696-2032** (day).

Essex County

Domestic Violence Support Group Professionally-run. Support and education for women who have experienced domestic violence. Guest speakers, literature, newsletter and phone help. Building is handicapped accessible. Meets Thurs., 5pm (8 week sessions/several times/yr.), Babyland Family Services, 755 South Orange Ave., Newark. Pre-registration required. Before attending call **862-438-8045** (day).

Gloucester County

SERV (Services Empowering Rights of Victims) Professionally-run. Support and education for women survivors of domestic violence. Building is handicapped accessible. Meets Tues., 6:30pm, Glassboro. Pre-registration required. Before attending call **856-881-3335**.

Hudson County

Adult Women's Domestic Violence Support Group Professionally-run. Support for women who are victims of domestic violence. Building is handicapped accessible. Meets Mon., 6-8pm, Jersey City. Pre-registration required. Before attending call **201-333-5700** (day).

Women's Project Groups Professionally-run. Support, education, workshops and groups to help women on subjects such as self-esteem, separation/divorce, domestic violence, employment and stress management. Meetings vary, Christ Hospital, 179 Palisades Ave., Counseling Resource Center, Jersey City. Pre-registration required. Before attending call Shakia Mayer **201-418-7010**. E-mail: smayer@christhospital.org

Hunterdon County

SAFE in Hunterdon *Professionally-run*. Support group and services for victims of domestic violence and sexual assault. Also serves children who are witnesses of domestic violence. Offers a men's compassion therapy program for a fee. Building is handicapped accessible. Meetings vary, SAFE in Hunterdon, 47 E. Main St., Flemington. Call **908-788-7666** (day) or **1-888-988-4033** hotline (24 hr.); TTY: **1-866-954-0100**. Website: <http://www.safeinhunterdon.org> E-mail: agency@safeinhunterdon.org

Mercer County

Domestic Violence Support Group *Professionally-run*. Support and education for women survivors of domestic violence. Building is handicapped accessible. Literature. Meets Mon., 6-7pm and Thurs., 1-2pm, Womanspace, Inc., 1530 Brunswick Ave., Lawrenceville. Childcare available for Monday group. Before attending call **609-394-2532** (day).

Middlesex County

Women Aware, Inc. (*BILINGUAL*) *Professionally-run*. Confidential support groups, education and advocacy for battered women. Information on nonresidential services including community education, PALS children's program, legal advocacy and support groups. Call **732-249-4900**; Emergency shelter **732-249-4504**; TTY: **732-249-0600** (24 hr. hotline). Batterers Intervention Program **732-640-1860**. Website: <http://www.womenaware.net>

Passaic County

Domestic Violence/Parenting Support Group *Professionally-run*. Provides emotional support and networking for women who are, or who have been, in domestic violence situations. Educational series, social group, advocacy and guest speakers. Also offers parenting classes. Meets Thurs., 6-8pm, Senior Citizen Center, 330A Passaic St., Passaic. Pre-registration required. Before attending call Miriam Torres **973-365-5740** (day) or Tom Fischetti **973-365-5741** (day).

Passaic County Women's **Center** (*BILINGUAL*) *Professionally-run*. Support groups for survivors of domestic violence and/or sexual assault. Discussions include coping skills, legal issues and parenting skills. Various groups meet weekly in Paterson. Call **973-881-0725** (day) or **973-881-1450** hotline (24 hr.).

Sussex County

DASI (*Domestic Abuse and Sexual Assault Intervention Services*) *Professionally-run.* Mutual support for survivors of domestic violence and sexual violence. Meets in Newton. Call **973-579-2386** or **973-875-1211** hotline (24 hr.); TTY: **973-875-6369** (24 hr). Website: <http://www.dasi.org> E-mail: info@dasi.org

Warren County

Adult Women's Domestic Violence and Sexual Assault Survivors *Professionally-run.* Support, education and confidential environment to help women survivors of domestic and/or sexual violence work towards healing. Need prior screening to attend. Building is handicapped accessible. Meetings vary in Washington. For meeting information call **908-453-4121** (day).

ADDICTIONS | DEPENDENCIES

ALCOHOL ABUSE

Atlantic County

Al-Anon Family Groups *12-Step.* Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alcoholics Anonymous (*BILINGUAL*) *12-Step.* Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-256-1378** (not available with all cell phones) or **609-641-8855**. Website: <http://www.capeatlanticintergroup.org>

Families Anonymous *12-Step.* Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Thurs., 7:30pm, Congregation Beth Israel, 2501 Shore Rd., Northfield. Before attending call Robin **609-412-9787**. Website: <http://www.familiesanonymous.org> E-mail: rrosenb533@aol.com

Family Support Group Mutual support for parents and families of persons diagnosed with both a mental illness and alcohol or chemical addiction. Sharing of emotional and practical coping skills. Guest speakers. Building is handicapped accessible. Meets 2nd Thurs., 10:30am, Mental Health Association, 4 Jimmie Leeds Rd., Galloway. Call Christine Gromadzyn, MSW **609-652-3800** (day).

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Northfield. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Atlantic City. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Bergen County

Addictions Victorious of South Jersey, Inc. (MEN ONLY) 12-Step. Christ-centered support group for men who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Thurs., 7pm, Cornerstone Christian Church, 495 Wyckoff Ave., Wyckoff. Call Rafael **973-356-7018**. Website: <http://www.addvicinc.org>

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Al-Anon's Adult Children 12-Step. Fellowship offering comfort, hope and friendship through shared experiences for adult children of alcoholics. Meets Sat., 10:30am, First Reformed Church, 2420 Lemoine Ave., Fort Lee. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm). Website: <http://www.northjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 13-18) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Hillsdale Meets Sun., 7:30pm, Pascack Bible Church, 181 Piermont Ave. (use back door entrance).

Teaneck Meets Tues., 7:30pm, St. Mark's Episcopal Church, 118 Chadwick Rd.

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Wed., 3:30-4:30pm, On Our Own Community Wellness Center, 179 Main St., 2nd Floor, Hackensack. Call On Our Own Community Wellness Center **201-489-8402**.

Families Anonymous 12-Step. Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. Website: <http://www.familiesanonymous.org>

Mahwah Meets Wed., 7:30-9pm, Church of the Immaculate Conception, 900 Darlington Ave. Call Richard or Barbara **201-327-0748**.

Tenafly Meets Tues., 7:30pm, Trinity Lutheran Church, 430 Knickerbocker Ave. Call Judy **201-262-7758**.

Jewish Twelve Step/JACS Support Group Support for all Jewish persons with a desire to get help with their own or a loved one's addiction. Building is handicapped accessible. Meets 1st Wed., 7:30pm, Jewish Family Service of Bergen and North Hudson, 1485 Teaneck Rd., Teaneck. For information call Information and Referral **201-837-9090** (day). E-mail: ira@jfsbergen.org

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Fort Lee. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Paramus. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey, Inc. Professionally-run. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Building is handicapped accessible. Meets Mon., 6pm, Behavioral Health Center, Bergen Regional Hospital, 230 East Ridgewood Ave., Room E218, Paramus. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Women For Sobriety Support group designed specifically to help women with addictions achieve sobriety. Helps develop self-esteem and coping skills. Donation \$2. Building is handicapped accessible. Meets Thurs., 7-8:30pm (new members 6:45pm), YWCA, 112 Oak St., Ridgewood. Call Karen **201-755-4299** (day). E-mail: wfskaren@optonline.net

Burlington County

Addictions Victorious of South Jersey, Inc. 12-Step. Christ-centered support group for men and women who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Fri., 7-9pm, Life Focus Center, 3219 Route 3, Mt. Laurel. Call Mike 609-864-9300. Website: <http://www.lifefocuscenternj.org> E-mail: lifefocuscenter@comcast.net

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Thurs., 7pm, Fellowship Church, 1520 Hainesport Rd., Mount Laurel. Call **856-235-1697** (day). E-mail: celebraterecovery@fbcnj.org

Double Trouble in Recovery Mutual support for persons with a substance abuse problem who are also taking medication for psychiatric problems. Building is handicapped accessible. Meets Sun. and Wed., 7:30pm, Hampton Hospital, 650 Rancocas Rd., Cafeteria, Westampton. Call Greg Pryor **609-518-2148** (day).

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Moorestown. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Rap Room Parent-to-Parent Coalition Support and education for parents of teens and adult children dealing with substance or alcohol addictions. Mutual sharing, advocacy, guest speakers, crisis intervention and referrals. Meets 1st Tues., 7-9pm, 1010B Tuckerton Rd., Marlton. Call Louise **856-983-3328**. Website: <http://www.raproom.org> or <http://www.parent2parentnj.org>

Serenity Support Group *Christian-based*. Mutual support for those with loved ones that have substance abuse issues. Meets Tues., 7pm, Fellowship Alliance Chapel, 199 Church Rd., Medford. Before attending call **609-953-7333** ext. 129 (day).

Camden County

ACOA (Adult Children Of Alcoholics) 12-Step. Support for adult children of alcoholics. Building is handicapped accessible. Meets Tues., 6:30pm, Starting Point, 215 Highland Ave., Suite C, Westmont. Before attending call **856-854-3155** ext. 0 (day).

Addictions Victorious of South Jersey, Inc. 12-Step. Christ-centered support group for men and women who in their struggle with substance abuse and emotional problems come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Website: <http://www.addvicinc.org>

Audubon Meets Wed., 7:30pm, The Lord's Home, 6 Brittin Ave. Call John **856-425-1171**. Website: <http://www.addvicinc.org>

Barrington Meets Mon., 7pm, Grace Bible Church, 887 Clements Bridge Rd. Call Ginny **856-228-1226** (women's group), Bob **856-869-3077** (men's group) or George **856-547-4993**.

Camden Meets Fri., 2nd and 4th Fri., 7pm, Life Assembly Ministries for Christ, 815 Federal St., Call Gene **856-966-4502**.

Camden Meets Thurs., 11am, Hope Center at New Visions, 537 Stevens St., Upper Room. Call Michael **856-655-4558** (day).

Lindenwold Meets Mon., 7pm, Garden Lake Bible Church, 63 First Ave. Call Harry 609-502-0773 or Ron **609-929-1157** (day).

Pine Hill Meets Tues., 7:30pm, Hope Chapel C.M.A., New Hope Ministries, 28 East Branch Ave. Call Skip **609-405-2224**.

Somerdale Meets Tues., 7pm, Park Avenue Community Church, 431 Hilltop Ave., 2nd Floor. Call Jeannine **856-435-0309**.

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 9-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website:

<http://www.southjerseyal-anon.org>

Cherry Hill Meets Sun., 8:15pm, Christ Our Light School, 402 Kings Highway North.

Cherry Hill Meets Wed., 7:45pm, JFK Hospital, 2201 Chapel Ave. and Cooper Landing Rd., 5th Floor Conference Room C. After 8pm use Emergency Room entrance.

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking call **973-824-0555**. Website:

<http://www.aasj.org>

Dual Recovery Anonymous 12-Step. Provides support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Building is handicapped accessible. Meets Tues., noon-1:30pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call Heather **856-216-7134** ext. 118 (day). Website: <http://www.centerffs.org> E-mail: heather.ogden-busch@centerffs.org

Families Anonymous 12-Step. Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. . Website:

<http://www.familiesanonymous.org>

Cherry Hill Meets Wed., 7:30-9pm, Congregation M'Kor Shalom, 850 East Evesham Rd. Call June **609-560-3897**

Voorhees Meets Sat., 10:30am, Living Proof Recovery Center, 108 Somerdale Rd., Entrance in rear of bldg., under blue awning, 2nd Floor, Call **856-745-4573**. E-mail: rhm8454@comcast.net

LGBT Support Group Support for lesbian, gay, bisexual and transgender adults dealing with addictions. Building is handicapped accessible. Meets Sat., 7-8pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call **1-855-967-3268** (day). Website: <http://www.centerffs.org>

Living Proof Recovery Center (Mon. – Fri., noon-9pm; Sat., 10am-9pm) Provides support to members in their recovery from addictions. Also has support groups, wellness classes, peer mentoring and coaching, recovery support services, connection to resource information, life skills training, vocational skills training, educational assistance, social and recreational activities, etc. Living Proof Recovery Center, 108 Somerdale Rd., Voorhees, Call **856-216-7134**.

Men's Recovery Group Support, education and discussion for men age 18+ with any type of addiction. Building is handicapped accessible. Meets Mon., 6:30-7:30pm and Thurs., 2-3pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call to confirm **856-216-7134** (day)

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Haddonfield and Voorhees. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Women's Recovery Group Support, education and discussion for women age 18+ with any type of addiction. Building is handicapped accessible. Meets Tues., 9:30-10-30am, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call to confirm **856-216-7134** (day)

Cape May County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Service **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alateen *12 Step*. Fellowship of young persons (ages 9-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Thurs., 8pm, Church of the Resurrection, 200 West Tuckahoe Rd., Marmora. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alcoholics Anonymous *12-Step*. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-256-1378** (not available with all cell phones). Website: <http://www.capeatlanticinterrgroup.org>

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Marmora. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parent to Parent Support Group Support for parents of children who are struggling with substance abuse. Building is handicapped accessible. Meets 2nd Wed., 7-9pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Substance Abuse and Addiction Discussion Group Support and discussion group for anyone affected by substance abuse or addiction. Building is handicapped accessible. Meets 1st Mon., 6:30-8pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Cumberland County

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Addictions Victorious of South Jersey, Inc. *12-Step.* Christ-centered support group for men and women who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Tues., 7pm, 7pm, Chestnut Assembly of God, 554 East Chestnut Ave., Vineland. Call Dawn **856-691-1205**. Website: <http://www.addvicinc.org>

Al-Anon Family Groups *12-Step.* Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) *12-Step.* Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

All In The Family Support for families of addicts. Building is handicapped accessible. Literature. Childcare available. Meets Thurs., 6:30pm, Ramoth Church, 2725 North Delsea Dr., Vineland. Call Nelda Wheat **856-696-4380**. Website: <http://www.ramothchurch.com> E-mail: nwheat@havenofvineland.com

Dual Recovery Anonymous *12-Step.* Assists consumers who live with a severe and persistent mental illness to work on their recovery from addiction to substances. Building is handicapped accessible. Meets Tues., 1-3pm, Cumberland County Guidance Center, 2038 Carmel Rd., Millville. Call **856-825-6810** ext. 269.

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Millville and Seabrook. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Essex County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services 973-744-8686 (Mon.-Fri., 9am-5pm); Spanish-speaking 973-268-1260. Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) *12-Step*. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Young people's groups also available. Call 1-800-245-1377 or 908-687-8566 (24 hr.); Spanish-speaking 973-824-0555. Website: <http://www.nnjaa.org>

Chapter 9 Couples In Recovery Anonymous *12-Step*. Fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. The only requirements for membership are that the partners are in a committed relationship and that at least one partner is in another 12-step fellowship. Meets 1st, 3rd and 5th Sat., 7-8pm, First Lutheran Church, 153 Park St., Montclair. For meeting information call John 862-215-6470. Website: <http://chapter9-nyc.org>

Double Trouble *Professionally-run*. Support and education group for people living with HIV/AIDS who suffer from substance or those living with HIV and have someone in their life suffering from addiction. Lunch will be provided. Building is handicapped accessible. Meets Wed., noon-2pm, North Jersey Community Research Initiative, 393 Central Ave., 2nd Floor, Newark. For meeting information call Sammy 973-483-1065 or 973-483-3444. E-mail: s.manoharan@njcri.org

Double Trouble in Recovery Support for persons in dual recovery from a mental illness and a substance or alcohol addiction. Meets Mon., 4-5pm, Where Peaceful Waters Flow Community Wellness Center, 47 Cleveland St., Orange. Call 973-677-7700 (day).

Families Anonymous *12-Step*. Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. Meets Wed., 7:30pm, Church of the Holy Spirit, 36 Gould St., Verona. Call Pat 201-396-6701. Website: <http://www.familiesanonymous.org> E-mail: rubesta@optonline.net

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Montclair. Before attending call NJ Lawyers Assistance Program 1-800-246-5527. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Montclair. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey Inc. *Professionally-run.* Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Call Karol Sullivan **1-800-561-4299** or **973-399-9070** (day). Website:

<http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Livingston Meets Wed., 6pm, Presbyterian Church of Livingston, 271 West Northfield Rd.

Montclair Meets Thurs., 6pm, Hackensack UMC Mountainside, 1 Bay Ave., Conference Room.

Gloucester County

Al-Anon Family Groups *12-Step.* Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) *12-Step.* Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

Addictions Support Group Support for adults with alcohol and/or drug addiction. Family also welcome. Building is handicapped accessible. Meets Sat., 7pm. The Lord's Vineyard Church, 301 Colonial Ave., West Deptford. For meeting information call church **856-579-4956** (day).

Addictions Victorious of South Jersey, Inc. *12-Step.* Christ-centered support group for men and women who in their struggle with substance abuse and emotional problems come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Website: <http://www.addvicinc.org>

Pitman Meets Mon. and Thurs., 7:30pm, The Rock Church, 205 Esplanade Ave. Call Laura **856-582-2277**.

Sewell Meets Tues., 7pm, Waters Community Worship Center, 274 Delsea Dr. (Route 47). Call Bill **856-534-0408** (day).

Sewell Meets Wed., 7:30pm, Sewell Community Baptist Church, 806 Mantua Blvd. Call Nick **609-932-0487**.

Turnersville Meets Thurs., 7:30pm, Calvary Fellowship, 5360 Route 42 (behind Wendy's). Call David **856-761-2356** (day).

Westville Meets Thurs., 7pm, Blessed Hope Community Church, 115 Andaloro Way. Call Charlie **856-845-2968** (day).

Woodbury Meets Fri., 7pm, Bethlehem Baptist Church, 414 Mantua Ave. Call Arthur **856-553-3911**.

Woodbury Meets Tues, 7:30pm, Gateway Christian Church, 751 Delaware St. Call Bob **856-981-2982**.

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Fri., 7:30pm, Gloucester County Community Church, 359 Chapel Heights Rd., Sewell. Call **856-582-0222** (day).

Deeper Dimensions Professionally-run. Support for families who have loved ones suffering from the disease of addiction. Individuals battling addiction are also welcome. Opportunities to gain deep insight through discussion regarding addiction, co-dependency and spiritual principles while finding strength and healing through shared experiences and stories of hope. Guest speakers and phone help. Meeting welcomes all walks of life and faith. Building is handicapped accessible. Meets Sun., 7pm, Infant Jesus Parish, 745 3rd St., Woodbury Heights. Call Dana **609-805-1896** (day).

Dual Recovery Anonymous 12-Step. Assists people with co-occurring disorders (mental/emotional disorders and substance use disorders) to work on their recovery. Meets Sun., 3-4pm, K.I.S.S. Club, 818 North Broad St., Woodbury. Call K.I.S.S. Club **856-848-5477**. E-mail: scenic.heather@yahoo.com

The Extra Mile Peer support group for adults (ages 18+) for all addictions and mood disorders. Families and friends welcome. Guest speakers, literature and phone help available. Meets Wed., 6:30-8pm, Wellness and Recovery Outpatient Program, 537 North Broad St., 3rd Floor, Woodbury. Call Barbara Mahoney **856-686-5500** (Mon.,-Fri., 9am-5pm). E-mail: mahoneybl@ihn.org

Families Anonymous 12-Step. Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Wed., 7-8:30pm, Virtua Health and Wellness Center, 239 Hurfville-Crosskeys Rd., Conference Room 4, 2nd Floor, Sewell. Call **856-979-3412**. Website: <http://www.familiesanonymous.org> E-mail: senorabond@aol.com

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Turnersville. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Teens Recovery Group Professionally-run. Support group for teenagers (ages 13-20) in recovery from drugs and/or alcohol. Building is handicapped accessible. Meets Wed., 7-8:30pm, Washington Township Municipal Building, 523 Egg Harbor Rd., Meeting Room C, Sewell. Before attending call Al **856-478-6030** (day)

Hudson County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services 973-744-8686 (Mon.-Fri., 9am-5pm); Spanish-speaking 973-268-1260. Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) *12-Step*. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call 1-800-245-1377 or 908-687-8566 (24 hr.); Spanish-speaking 973-824-0555. Website: <http://www.nnjaa.org>

Alateen * *12-Step*. Fellowship of young persons (ages 13-18) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Sun., 8pm, First Reformed Church, 51 Centre Ave. (use side entrance), Secaucus. Before attending call Adele 201-456-2899. Website: <http://www.northjerseyal-anon.org> E-mail: adelecraig@msn.com

Double Trouble in Recovery *12-Step*. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Wed., 4pm and Sat., 2pm, Hudson County Community Wellness Center, 880 Bergen Ave., Suite 605, Jersey City. Call Miss Hannah 201-420-8013.

Hunterdon County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services 973-744-8686 (Mon.-Fri., 9am-5pm); Spanish-speaking 973-268-1260. Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) *12-Step*. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call 1-800-245-1377 or 908-687-8566 (24 hr.); Spanish-speaking 973-824-0555. Website: <http://www.nnjaa.org>

Mercer County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for

children and adult children. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**.
Website: <http://www.southjerseyal-anon.org>

Alateen 12 Step. Fellowship of young persons (ages 9-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Tues., 8pm, St. Mark's Lutheran Church, 350 White Horse Ave., Downstairs, Hamilton Township. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**.
Website: <http://www.southjerseyal-anon.org>

Alateen 12 Step. Fellowship of young persons (ages 9-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Wed., 8pm, St. Anthony's Church School, 156 Maxwell Ave. at Franklin St., Hightstown. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website:
<http://www.southjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **609-298-7795** (24 hr.); Spanish-speaking **973-824-0555**. Website:
<http://www.centraljerseyintergroup.org>

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Guest speakers. Meets Thurs., 7-9pm, Central: A Christ-Centered Church, 2015 Pennington Rd., Ewing. Call **609-882-0337** (day).

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Fri., 6-7pm, Reach Out/Speak Out Community Wellness Center, 2100 East State St. Extension, Hamilton. Call Helen **609-816-2439**.

Families Anonymous 12-Step. Program for families, especially parents, of those with substance abuse or other disruptive behavioral problems. Building is handicapped accessible. Meets Mon., 7:30pm, Lawrenceville Presbyterian Church, 2688 Main St., Lawrenceville. Call Joan **609-883-1403**. Website: <http://www.familiesanonymous.org>
E-mail: joan.mal@hotmail.com

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Trenton. Call **1-800-662-0108** (day). Website:
<http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Princeton ACOA (Adult Children Of Alcoholics and Dysfunctional Families) 12-Step. Fellowship for adult children from alcoholic or dysfunctional families. Meets Thurs., 7:30-9pm, Unitarian Church of Princeton, 50 Cherry Hill Rd., Princeton. Call Audrey 609-716-8063.

Middlesex County

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services 973-744-8686 (Mon.-Fri., 9am-5pm); Spanish-speaking 973-268-1260. Website: <http://www.northjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 11-18) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services 973-744-8686. Website: <http://www.northjerseyal-anon.org>

Carteret Meets Fri., 8pm, St. Joseph's Parish Center, 80 High St., Basement.

Iselin Meets Wed., 7:30pm, First Presbyterian Church of Iselin, 1295 Oak Tree Rd.

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call 1-800-245-1377 or 908-687-8566 (24 hr.); Spanish-speaking 973-824-0555. Website: <http://www.nnjaa.org>

Double Trouble in Recovery * 12-step fellowship, run by and for those in recovery from both an addiction and mental health disorder, offers support and help. Meets Thurs., 7:30-8:30pm, Moving Forward Community Wellness Center, 25 East Elizabeth St., 2nd Floor, New Brunswick. Call 732-317-2920 (day). Website: <http://www.movingforwardshc.org>

JRECOVERY 12-Step. Support for Jewish individuals with any type of addiction or in recovery, their families and friends. Group includes alcohol, drug, obesity, gambling and sex addicts. Focuses on challenges of recovery. Meets Mon., 7:30-8:30pm, Jewish Family and Vocational Service of Middlesex County, 32 Ford Ave., 2nd Floor, Milltown. Call Reva 732-890-6312 or Jewish Family and Vocational Services 732-777-1940 (day). E-mail: irvofnj@yahoo.com

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Before

attending call Denise at NJ Lawyers Assistance Program **1-800-246-5527** (day).

Website: <http://www.njlap.org> E-mail: info@njlap.org

New Brunswick (*Women*) Pre-registration required.

New Brunswick (*LGBT*) Pre-registration required.

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Woodbridge. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Thurs., 7pm, St. Peter's Episcopal Church, 505 Main St., Spotswood. Call Karol Sullivan and Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com>
E-mail: psgnj1@aol.com

Monmouth County

Al-Anon Family Groups *12-Step*. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Alateen *12-Step*. Fellowship of young persons (ages 11-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Red Bank Meets Mon., 8pm, Tower Hill Presbyterian Church, 255 Harding Rd., Room 204.

Red Bank Meets Wed., 8pm, Holy Trinity Lutheran Church, 150 River Rd.

Alcoholics Anonymous (BILINGUAL) *12-Step*. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377**; **908-687-8566** or **609-656-8900** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.centraljerseyintergroup.org>

Celebrate Recovery *12-Step*. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne **732-409-2923** (day). Website: http://www.alcog.org/celebrate_recovery.html
E-mail: alcogfreehold@aol.com

Double Trouble Mutual support for alcoholics or drug abusers who are taking medication for psychiatric problems. Building is handicapped accessible. Call George 732-431-6000 ext. 5848 or Michelle 732-431-6000 ext. 4614. E-mail: michcle.fisher@co.monmouth.nj.us

Freehold Meets Tues., 7pm, Freehold Community Wellness Center, 17 Bannard St.

Red Bank Meets Fri., 7pm, Riverview Hospital, One Riverview Plaza.

Dual Recovery Anonymous 12-Step. Provides support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Fri., 7:30-9pm, All Saints' Memorial Church, 202 Navesink Ave., Navesink. For GPS users, address shows up as Atlantic Highlands. Call Sara 732-778-4617 for women (day) or Mike 732-778-4618 for men (day).

Families Anonymous 12-Step. Mutual support for families and friends concerned about the use of drugs, alcohol and/or related behavioral problems of a loved one.. Website: <http://www.familiesanonymous.org>

Colts Neck Meets Wed., 6:30pm (beginner) and 7:30pm (regular), St. Mary's Church, 1 Phalanx Rd. Call Lori 732-780-1598.

Leonardo Meets Mon., 7:30pm, Middletown Township Complex, Senior Center, 900 Leonardville Rd. Call 732-383-8852

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Freehold, Neptune and Red Bank. Call 1-800-662-0108 (day). Website: <http://www.sjsna.org> (click on RAMP; next click Peer Assistance)

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are *Christ-centered*. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William 848-218-0947 (day).

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Tues., 7pm, Church of the Nativity, 180 Ridge Rd., Fair Haven. Call Karol Sullivan or Adrienne Mellana 1-800-561-4299 or 973-399-9070 (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Safe Harbor 12-Step. Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin 732-241-4701 or Bill 732-291-3227.

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Al-Anon's Adult Children 12-Step. Fellowship offering comfort, hope and friendship through shared experiences for adult children of alcoholics. Meets Fri., 8:15pm, First Presbyterian Church, 158 Central Ave., Stirling. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri, 9am-5pm). Website: <http://www.al-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 12-19) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Sun., 6:30pm, Grace Church on the Mount, Route 46 East, Netcong. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7:30pm, Living Praise Church, 37 Vreeland Rd., Launching Point, Upper Level, Room 202, Florham Park. Call **973-224-4144** (day).

Double Trouble 12-Step. Assists consumers who suffer a severe and persistent mental illness to work on their recovery from addiction to substances. Meets Fri., 5:30-6:30pm, Morris Community Wellness Center (formerly Morris Self-Help Center), 1259 Route 46 East, Building 4, Suite 4D, Parsippany. Call Self-Help Center **973-334-2470**.

Families Anonymous 12-Step. Mutual support for parents, relatives and friends of persons with drug, alcohol or emotional problems. Meets Tues., 7:30pm, First Presbyterian Church, 35 Church St., Rockaway. Call **973-586-2440** (eve.). Website: <http://www.familiesanonymous.org>

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Morristown. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Lives Touched by Addiction *Professionally-run*. Support and education for persons affected by alcohol and/or drug addiction in a non-judgmental, safe haven to share thoughts, feelings, concerns and hurts. Family and friends welcome. Building is handicapped accessible. Rap sessions. Meetings vary, 7pm, Madison. For meeting information call Dorothy O'Keefe **201-788-3189** (day) or Tara McSorley **973-294-4199** (day).

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Boonton. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Redemption 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Families and friends welcome. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm (except June), Mendham Hills Community Church, 480 Route 24, Chester. Call Connie Baker **908-879-2880** (Tues.-Fri.; 9am-5pm). E-mail: edconbaker@aol.com

SMART Recovery (*Self-Management And Recovery Training*) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: <http://www.smartrecovery.org>
Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne **201-774-8323** (eve.). E-mail: smartrox@optimum.net
Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin **862-397-4117** or Rich **973-983-8755**.

Ocean County

Adult Children of Alcoholics 12-Step. Support for adult children of alcoholics or dysfunctional families. Meets Tues. and Fri., 7:45-9pm, Christ Episcopal Church, 415 Washington St., Toms River. Call Stephanie **732-573-1535** (answering machine). Website: <http://www.adultchildren.org> E-mail: poonky727@aol.com

AI-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for

children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 10-18) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services **856-547-0855** (10am-3pm) or **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Brick Meets Sat., 11am, St. Thomas Lutheran Church, 135 Salmon St.

Toms River Meets Mon., 7:30pm, Pinelands Reform Church, 898 State Highway 37.

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377**; **908-687-8566** or **609-656-8900** (24 hr.). For Long Beach Island/Southern Ocean County call **609-494-5130**; Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

Celebrate Recovery 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Mon., 7pm, Abundant Grace Church, 108 Indian Head Rd., Toms River. Call Jodi and Frank **732-768-3967** (day). Website: <http://abundantgracechurch.com> E-mail: cr@abundantgracechurch.com

Double Trouble in Recovery 12-Step. Fellowship offering mutual support for persons with a substance abuse problem who are also taking medication for psychiatric problems. Building is handicapped accessible. Call **732-914-1546** (day).

Bayville Meets Mon., 6pm, Ocean Mental Health, 160 Atlantic city Blvd. (Route 9).

Jackson Meets Wed., 6-7pm, Brighter Days Community Wellness Center, 268 Bennetts Mills Rd.

Stafford Township Meets 1st Thurs., 7pm and last Thurs., 4-6pm, Ocean Club Fitness Center, 700 Route 9 South.

Toms River Meets Fri., 7:30pm, Barnabas Behavioral Health Center, 1691 U.S. Highway 9.

Toms River Meets Tues. and Thurs., 7pm, Journey to Wellness Self-Help Center, Cedar Wood Plaza, 226 Route 37 West, Unit 14.

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Point Pleasant. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Manahawkin and Toms River. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Overcomers Outreach 12-Step. *Christ-centered*. Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Thurs., 6pm, Village Lutheran Church, 701 Weston Blvd., Classroom 3, Lanoka Harbor. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Revolution Recovery *Christian-based*. Support to help overcome dependencies and addictions through accountability, encouragement and spiritual development. Meets Thurs., 7-8pm, Shore Vineyard Church, 1 South Main St., Toms River. Call **732-244-3888** (day).

SMART Recovery (Self-Management and Recovery Training) *Professionally-run*. Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

Women For Sobriety Support group designed specifically to help women with addictions achieve sobriety. Helps develop self-esteem and coping skills. Meets 2nd and 4th Mon., 7-8:30pm, Toms River. For meeting information call Women For Sobriety **215-536-8026** (national). E-mail: centralnjwfs@gmail.com

Passaic County

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Al-Anon's Adult Children 12-Step. Fellowship offering comfort, hope and friendship through shared experiences for adult children of alcoholics. Meets Tues., 8pm, Preakness Reformed Church, 131 Church Lane, Wayne. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm). Website: <http://www.northjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 10-18) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Clifton Meets Mon., 7pm, Richfield Christian Reformed Church, 259 Pershing Rd.

Hewitt Meets Sun., 7:30pm, Our Lady Queen of Peace Church, 1911 Union Valley Rd.

Wayne Meets Tues., 8pm, Preakness Reformed Church, 131 Church Lane

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. For meeting information call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking call **973-824-0555**. Website: <http://www.nnjaa.org>

Co-Occurring Support Group Support group for those in recovery from an alcohol and/or drug addiction and a psychiatric disorder. Meets Sat., 2:30-3:30pm, Recovery Center of Eva's Village, 16 Spring St., Paterson. For more information call Cindymarie Cruz **973-754-6784** ext. 331. Website: <http://evasvillage.org/recovery-center.shtml>
E-mail: cindymarie.cruz@evasvillage.org

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Mon., 5-6pm, Mental Health Association in Passaic County, 404 Clifton Ave., 1st Floor, Clifton. Call Robert **973-478-4444** ext. 167 (day).

Double Trouble Support Group 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery for psychiatric illness. Rap sessions. Building is handicapped accessible. Meets Thurs., 3:30-4:30pm, Harbor House, 645 Main St., Paterson. Call Suzanne Palumbo **973-754-2820** (day).

Friends and Family of Addicts Support Group Support for friends and family of addicts. Meets 2nd and 4th Thurs., 7pm, Recovery Center of Eva's Village, 16 Spring St., Paterson. Call Cindymarie Cruz **973-754-6784** ext. 331. Website: <http://evasvillage.org/recovery-center.shtml> E-mail: cindymarie.cruz@evasvillage.org

Parents Support Group - New Jersey, Inc. *Professionally-run.* Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Mon., 6:30pm, Carnevale Center, 10 Lennox Ave., Room 205, Pompton Lakes. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-736-3344** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Recovery Center of Eva's Village (Mon.-Sat., 8am-10pm; Sun. 10am-6pm) Provides support to members in their recovery from addictions. Also has support groups, wellness classes, workshops, trainings, social events, classes, recreational activities, telephone support, childcare services, housing and employment assistance. Recovery Center of Eva's Village, 16 Spring St., Paterson. Call **973-754-6784**. E-mail: cinymariecruz@evasvillage.org

Salem County

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **856-547-0855** (24 hr.); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Somerset County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Alateen 12-Step. Fellowship of young persons (ages 10-17) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Sun., 8pm, St. Elizabeth's School, 141 Seney Dr., Bernardsville. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Bright Futures for Kids Professionally-run. Provides support, education and counseling for children (ages 4-12) who are affected by a family member's alcohol and/or drug addiction. Children learn how to express their feelings, develop coping skills, a sense of responsibility and the ability to resist peer pressure. Building is handicapped accessible. Meets Sun., 11am-1pm, Carrier Clinic, Atkinson Amphitheater, 252 Route 601, Classroom 3, Belle Mead. Call Community Relations Dept. **908-281-1513**.

Celebrate Recovery 12-Step. Christian-based. Professionally-run. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7pm, Christian Community Chapel, 211 Route 206 North, Hillsborough. Call **908-431-9244** (day).

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquires are confidential. Meets in Bridgewater. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Parent Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Mon., 7pm, Carrier Foundation, Admissions Building, Chapel, Belle Mead. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Sussex County

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Alateen 12 Step. Fellowship of young persons (ages 8+) whose lives have been affected by someone else's drinking. An active adult member of Al-Anon serves as a sponsor. Meets Mon., 7:30pm, West Side United Methodist Church, 16 Maxim Dr., Hopatcong. Call Al-Anon Information Services **973-744-8686** (day). Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Codependency Support Group Professionally-run. Support and education for adults whose lives have been affected by substance abuse and addiction of a loved one. Building is handicapped accessible. Meets Mon., 6:30-8pm, Center for Prevention and Counseling, 61 Spring St., 3rd Floor, Newton. Call Ava LaMorte **973-383-4787** ext. 243 (day). Website: <http://www.centerforprevention.org> E-mail: ava@centerforprevention.org

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Newton. Call **1-800-662-0108** (day). Website: <http://www.sjsna.org> (click on RAMP; next click Peer Assistance)

Union County

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Alcohol and Drug Family Support Group Professionally-run. Support for families facing the chemical dependency of a family member. Deals with co-dependency issues. Building is handicapped accessible. Meets Tues., 6:30-8pm, Overlook Hospital, Behavioral Health Dept., 46-48 Beauvoir Ave., Summit. Call **908-522-4800** (day).

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Celebrate Recovery 12-Step. *Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Guest speakers and literature. Building is handicapped accessible. Childcare available. Meets Mon., 7-9:45pm, Evangel Church, 1251 Terrill Rd., Room 212-213, Scotch Plains. Call church **908-322-9300** (day). E-mail: celebraterecovery@evangelchurch.com

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Rap sessions and guest speakers. Meets Wed., 4:30-5pm, Park Avenue Community Wellness Center, 333 Park Ave., Plainfield. Call Andre Lawson **908-757-1350** (day).

Families Anonymous 12-Step. Support for parents, families and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Thurs., 7pm, Central Presbyterian Church, Maple St. and Morris Ave., Summit. Before attending call Barbara **973-267-2475** (day).

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Berkeley Heights and Cranford. Call **1-800-662-0108** (day). Website: <http://www.sjsna.org> (click on RAMP; next click Peer Assistance)

Parent Support Group - New Jersey, Inc. Professionally-run. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Tues., 6:30pm, Central Presbyterian Church, 70 Maple Ave., Library Room, Summit. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Warren County

Al-Anon Family Groups 12-Step. Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Website: <http://www.northjerseyal-anon.org>

Alcoholics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call **1-800-245-1377** or **908-687-8566** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.nnjaa.org>

Double Trouble Mutual support for alcoholics or drug abusers who are taking medication for psychiatric problems. Meets Tues., 4pm, Better Future Self-Help Center, 21 West Washington Ave., Washington. Call **908-835-1180**.

Redemption Evangelical-based. Support for individuals struggling with addiction to alcohol and/or drugs. Meets Fri., 7pm, Refiner's Fire Ministry, 100 Division St., Portland, PA. For more information contact Pastor Phil **570-236-4563** (day).

NJ Statewide

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Al-Anon Family Groups (MULTILINGUAL) North Jersey Information Service *12-Step.* Fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for parents, children and adult children, gays, men and women. Some groups offer babysitting services. Weekly meetings throughout New Jersey. (Covers Bergen, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Morris, Passaic, Somerset, Sussex, Union and Warren counties) Call Al-Anon Information Service **973-744-8686** (Mon.-Fri., 9am-5pm); Spanish-speaking **973-268-1260**. Write: Al-Anon Family Groups, 73 South Fullerton Ave., 2nd Floor, Montclair, NJ 07042. Website: <http://www.northjerseyal-anon.org> Email: northjerseyais@yahoo.com

Al-Anon Family Groups South Jersey Intergroup - *12-Step.* Fellowship of families and friends of friendship through shared experiences. Alateen groups also. Several groups offer babysitting. (Covers Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Mercer, Ocean & Salem counties) Write: Al-Anon Family Groups, South Jersey Information Service, 116 White Horse Pike, Haddon Heights, NJ 08035. Call Al-Anon Information Service **856-547-0855** (24 hr.); Spanish-speaking **973-268-1260**. Website: <http://www.southjerseyal-anon.org>

Al-Anon's Adult Children *12-Step.* Fellowship offering comfort, hope and friendship through shared experiences for adult children of alcoholics. Weekly meetings available throughout New Jersey. Write: Al-Anon's Adult Children, 73 S. Fullerton Ave., 2nd Floor, Montclair, NJ 07042. For local meeting information call Al-Anon Information Service North New Jersey **973-744-8686** (Mon.-Fri., 9am-5pm) or South New Jersey **856-547-0855** (24 hr.). Website: <http://www.northjerseyal-anon.org>

Alateen / Ala-preteen / Alatot *see Al-Anon.*

Alcoholics Anonymous Cape-Atlantic Intergroup - *12-Step.* Fellowship of men and women who share their experience, strength and hope to help each other recover from alcoholism. (Covers Atlantic and Cape May counties) Write: A.A., P.O. Box 905, Pleasantville, NJ 08232. Call **1-866-256-1378** (not available with all cell phones) or **609-641-8855**. Website: <http://www.caigrp.org>

Alcoholics Anonymous Central Jersey Intergroup (*BILINGUAL*) 12-Step. Fellowship of men and women who share their experience, strength and hope to help each other recover from alcoholism. (Covers Mercer County and parts of Ocean, Monmouth, Middlesex, Somerset and Hunterdon counties) Write: A.A. Central Jersey Intergroup, P.O. Box 4096, Trenton, NJ 08610. Call **609-298-7795** (24 hr.); Spanish-speaking 973-824-0555. Website: <http://www.centraljerseyintergroup.org>

Alcoholics Anonymous North Jersey Intergroup (*BILINGUAL*) 12-Step. Fellowship of men and women who share their experience, strength and hope to help each other recover from alcoholism. Groups meet weekly throughout New Jersey. (Covers Bergen, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren counties) Write: A.A., 2400 Morris Ave., Suite 106, Union, NJ 07083. Call **1-800-245-1377** or **908-687-8566** (24 hr.). Spanish speaking **973-824-0555**. Website: <http://www.njja.org>

Alcoholics Anonymous South Jersey Intergroup (*BILINGUAL*) 12-Step. Fellowship of men and women who share their experience, strength and hope to help each other recover from alcoholism. (Covers Burlington, Camden, Cumberland, Gloucester and Salem counties) Write: A.A., P.O. Box 2514, Cherry Hill, NJ 08034. Call **1-866-920-1212** or **856-486-4444** (24 hr.); Spanish-speaking **973-824-0555**. Website: <http://www.aasj.org>

Families Anonymous 12-Step. Program for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meetings throughout NJ. Call **1-800-736-9805**. Website: <http://www.familiesanonymous.org>

Lawyers Concerned for Lawyers Statewide network of independent groups that support attorneys, judges and law students in recovery from alcoholism and drug dependence. Based on the 12-steps but not affiliated with A.A., and is not meant to be a substitute for participation in A.A. or other fellowships. The NJ Lawyers Assistance Program performs an "intergroup function" for Lawyers Concerned for Lawyers. All services are free and confidential. Write: NJLAP, NJ Law Center, One Constitution Square, New Brunswick, NJ 08901-1520. Call **1-800-246-5527** or **732-937-7549** (day). For information about women's group, call Denise **732-937-7541**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nurse Recovery Group *Professionally-run* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Atlantic, Bergen, Burlington, Camden, Cape May, Cumberland, Essex, Gloucester, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Sussex and Union counties. Write: Peer Assistance Project, 1479 Pennington Rd., Trenton, NJ 08618. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click on Peer Assistance)

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

Signs of Sobriety, Inc. (SOS) *Professionally-run.* Provides alcoholism and drug addiction services to persons who are deaf or hard-of-hearing. Makes referrals to deaf and sign interpreted 12-step groups (alcohol or drug addiction, families of alcoholics, gambling, etc.) throughout New Jersey. Offers prevention awareness, education classes and Sober/Deaf activities for deaf or hard-of-hearing individuals in recovery. Newsletter. Write: Signs of Sobriety, Inc., 100 Scotch Rd., 2nd Floor, Ewing, NJ 08628. Call: TTY users only **1-800-332-7677** or **609-882-7177**; voice **609-882-7677**; video phone **609-643-5604** (day). Website: <http://www.sosnj.org> (lists their groups). E-mail: info@sosnj.org

CODEPENDENCIES

Bergen County

Co-Da (Co-Dependents Anonymous) *12-Step.* Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire for healthy, fulfilling relationships with others and themselves. Donation \$1-2. Meets Tues., 7:30pm, United Methodist Church, 100 Dayton St., Ridgewood. Call Paul **201-264-6294**.

Double Jeopardy Peer Support Group *Professionally-run.* Emotional support and information for men and women who have HIV/HCV and substance abuse issues. Building is handicapped accessible. Meets Thurs., 6-8pm, Buddies of New Jersey, 149 Hudson St., Hackensack. Call **201-489-2900** (day). Website: <http://www.njbuddies.org>

Burlington County

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Thurs., 7pm, Fellowship Church, 1520 Hainesport Rd., Mount Laurel. Call **856-235-1697** (day). E-mail: celebraterecovery@fbcnj.org

Path to Purity Support Group (MEN ONLY) *Christian-based.* Mutual support for men to live sexually pure lives through sharing, encouragement and accountability. Meets early Tues., 6:30am, Cracker Barrel Restaurant, 1240 Route 73 South, Mt. Laurel. Before attending call **609-953-7333** ext. 311 (day).

Camden County

Co-DA (Co-Dependents Anonymous) 12-Step. Fellowship for men and women whose common purpose is to develop healthy relationships. For those who want to learn to develop healthy, fulfilling relationships with others and themselves. Building is handicapped accessible. Meets Thurs., 7pm and Fri. 7:30pm, Starting Point, 215 Highland Ave., Suite C, Westmont. Call **856-854-3155** ext. 100 (day). Website: <http://www.startingpoint.org>

Cumberland County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services **212-876-7427** (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Mercer County

Princeton ACOA (Adult Children Of Alcoholics and Dysfunctional Families) 12-Step. Fellowship for adult children from alcoholic and dysfunctional families. Meets Thurs., 7:30-9pm, Unitarian Church of Princeton, 50 Cherry Hill Rd., Princeton. Call Audrey **609-716-8063**.

Monmouth County

Co-DA (Co-Dependents Anonymous) 12-Step. Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire for healthy, fulfilling relationships with others and themselves. Meets Sat., 11am-noon, New Attitudes Clubhouse, 45 Throckmorton St., Freehold. Call Rob **732-580-2241** (day).

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are *Christ-centered*. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Co-DA (Co-Dependents Anonymous) 12-Step. Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire for healthy, fulfilling relationships with others and themselves. Building is handicapped accessible. Meets Mon., 6-8:30pm and Sat., 10:30am-noon, Saint Clare's Hospital, 130 Powerville Rd., Boonton. Call Kristy **973-713-4438**.

Ocean County

Adult Children of Alcoholics 12-Step. Support for adult children of alcoholics or dysfunctional families. Meets Tues. and Fri., 7:45-9pm, Christ Episcopal Church, 415 Washington St., Toms River. Call Stephanie **732-573-1535** (answering machine). Website: <http://www.adultchildren.org> E-mail: poonky727@aol.com

Co-Dependents Anonymous (Co-DA) 12-Step. Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire for healthy, fulfilling relationships with others and themselves. Building is handicapped accessible. Meets Sun., 11am, Southern Ocean County Hospital, 1140 Route 72 West, Radiology Waiting Room, Manahawkin. Check with reception desk. Call Kristen **609-276-0608** (day).

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Overcomers Outreach 12-Step. Christ-centered. Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Somerset County

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Co-Dependents Anonymous (CoDA) *12-Step.* Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire for healthy, fulfilling relationships with others and themselves. Meets Mon., 7-8:15pm, United Methodist Church, 9 Church St., Anderson House Annex (behind church to the right as you face church from the parking lot), Kingston. Call Cathy **609-658-6771**.

Sussex County

Codependency Support Group *Professionally-run.* Support and education for adults whose lives have been affected by substance abuse and addiction of a loved one. Building is handicapped accessible. Meets Mon., 6:30-8pm, Center for Prevention and Counseling, 61 Spring St., 3rd Floor, Newton. Call Ava LaMorte **973-383-4787** ext. 243 (day). Website: <http://www.centerforprevention.org> E-mail: ava@centerforprevention.org

Union County

Co-DA (Co-Dependents Anonymous) *12-Step.* Fellowship of men and women whose common purpose is to develop healthy relationships. For those who have a desire to build and maintain fulfilling relationships with others and themselves. Meets Tues., 7:30-9pm, All Saints Episcopal Church, 559 Park Ave., Scotch Plains. Call Joe **908-272-1926** (before 10pm).

NJ Statewide

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Bergen County

Debtors Anonymous 12-Step. Program for those who wish to stop incurring debt. Meets Sun., 3:30pm, St. Mark's Episcopal Church, 118 Chadwick Rd., Teaneck. Call Sandy 973-625-9390 or 1-800-421-2382. Website: <http://www.njpada.org>

Camden County

Debtors Anonymous 12-Step. Program for those who wish to stop incurring debt. Meets Tues., 8pm, Starting Point, 215 Island Ave., Ste C, Haddon Twp. Call Judy 856-482-6892 or 1-800-421-2382.

Essex County

Chapter 9 Couples In Recovery Anonymous 12-Step. Fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. The only requirements for membership are that the partners are in a committed relationship and that at least one partner is in another 12-step fellowship. Meets 1st, 3rd and 5th Sat., 7-8pm, First Lutheran Church, 153 Park St., Montclair. For meeting information call John 862-215-6470 (day). Website: <http://chapter9-nyc.org>

Debtors Anonymous 12-Step. Program for those who wish to stop incurring debt. Meets Mon., 8pm, Watchung Presbyterian Church, 375 Watchung Ave., (GSP exit 151), Bloomfield. Call Jane 973-667-2404 (day) or 1-800-421-2383. Website: <http://www.njpada.org>

Mercer County

Debtors Anonymous 12-Step. Program for those who wish to stop incurring debt. Meets Thurs., 7:45pm, Slackwood Presbyterian Church, 2020 Brunswick Ave., Route 1, Lawrenceville. Call Karen 609-577-3346 (day) or 1-800-421-2383. Website: <http://www.njpada.org>

Middlesex County

Debtors Anonymous 12-Step. Support for people to share experiences and common problem of incurring debt. Goal is to stay solvent and help other compulsive debtors achieve solvency. Meets Sun., 7pm (beginners 6:30pm), St. Luke's Episcopal Church, Oak St. and Route 27 North, Metuchen. Call Tina 609-385-7169 or 1-800-421-2383. Website: <http://www.njpada.org>

Monmouth County

Debtors Anonymous 12-Step. Support for people to share experiences and common problem of incurring debt. Goal is to stay solvent and help other compulsive debtors achieve solvency. Meets Wed., 8am, St. Anselm's Roman Catholic Church, 1028 Wayside Rd., Tinton Falls. Call Suzie **917-710-0833** or **1-800-421-2383**. Website: <http://www.njpada.org>

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are *Christ-centered*. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Safe Harbor 12-Step. Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin Hodgkiss or Bill **732-291-3227**.

Morris County

SMART Recovery (Self-Management And Recovery Training) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: <http://www.smartrecovery.org>

Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne **201-774-8323** (eve.). E-mail: smartrox@optimum.net

Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin **862-397-4117** or Rich **973-983-8755**.

Ocean County

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

New Creations (MEN ONLY) Christian-based recovery program for men 08/15/14 that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Overcomers Outreach 12-Step. *Christ-centered*. Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

SMART Recovery (Self-Management and Recovery Training) *Professionally-run*. Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

Somerset County

Debtors Anonymous 12-Step. Program for those who wish to stop incurring debt. Meets Tues., 7:30pm (beginners 7pm), Presbyterian Church of Basking Ridge, 1 East Oak St., Basking Ridge. Call Diana **908-647-7659** (eve.) or **1-800-421-2383**. Website: <http://www.njpada.org>

NJ Statewide

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

DRUG ABUSE

Atlantic County

Dual Recovery Anonymous (ATLANTIC COUNTY RESIDENTS ONLY) *Peer-specialist led*. 12-Step. Fellowship for persons diagnosed with both a mental illness and an addiction. Building is handicapped accessible. Rap sessions. Meets Tues., 6-7:30pm, Adult Intervention Services, 1601 North Atlantic Ave., AIS Program Room., Atlantic City. Call Carolyn Quinn **609-652-3800** ext. 303 (day).

Families Anonymous 12-Step. Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Thurs., 7:30pm, Congregation Beth Israel, 2501 Shore Rd., Northfield. Before attending call Robin **609-412-9787**. Website: <http://www.familiesanonymous.org> E-mail: rrosenb533@aol.com

Family Support Group (Dual Disorders) Professionally-run. Mutual support for parents and families of persons diagnosed with both a mental illness and alcohol or chemical addiction. Sharing of emotional and practical coping skills. Guest speakers. Building is handicapped accessible. Meets 2nd Thurs., 10:30am, 5:30pm, Mental Health Association, 4 Jimmie Leeds Rd., Galloway. Call Christine Gromadzyn, MSW **609-652-3800** (day).

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Northfield. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Meeting locations throughout New Jersey. For information call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Atlantic City. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Bergen County

Addictions Victorious of South Jersey, Inc. (MEN ONLY) 12-Step. Christ-centered support group for men who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Thurs., 7pm, Cornerstone Christian Church, 495 Wyckoff Ave., Wyckoff. Call Rafael **973-356-7018**. Website: <http://www.addvicinc.org>

Double Jeopardy Peer Support Group *Professionally-run.* Emotional support and information for men and women who have HIV/HCV and substance abuse issues. Building is handicapped accessible. Meets Thurs., 6-8pm, Buddies of New Jersey, 149 Hudson St., Hackensack. Call **201-489-2900** (day). Website: <http://www.njbuddies.org>

Double Trouble in Recovery *12-Step.* Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Wed., 3:30-4:30pm, On Our Own Community Wellness Center, 179 Main St., 2nd Floor, Hackensack. Call On Our Own Community Wellness Center **201-489-8402**.

Families Anonymous *12-Step.* Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. Website: <http://www.familiesanonymous.org>

Mahwah Meets Wed., 7:30-9pm, Church of the Immaculate Conception, 900 Darlington Ave. Call Richard or Barbara **201-327-0748**.

Tenafly Meets Tues., 7:30pm, Trinity Lutheran Church, 430 Knickerbocker Ave. Call Judy **201-262-7758**.

Jewish Twelve Step/JACS Support Group Support for all Jewish persons with a desire to get help with their own or a loved one's addiction. Building is handicapped accessible. Meets 1st Wed., 7:30pm, Jewish Family Service of Bergen and North Hudson, 1485 Teaneck Rd., Teaneck. For information call Information and Referral **201-837-9090** (day). E-mail: ira@jfsbergen.org

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Fort Lee. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group *12-Step.* Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous *12-Step.* Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Paramus. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey, Inc. *Professionally-run.* Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Mon., 6pm, Behavioral Health Center, Bergen Regional Hospital, 230 East Ridgewood Ave., Room E218, Paramus. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Women For Sobriety Support group designed specifically to help women with addictions achieve sobriety. Helps develop self-esteem and coping skills. Donation \$2. Building is handicapped accessible. Meets Thurs., 7-8:30pm (new members 6:45pm), YWCA, 112 Oak St., Ridgewood. Call Karen **201-755-4299** (day). E-mail: wfskaren@optonline.net

Burlington County

Addictions Victorious of South Jersey, Inc. *12-Step.* Christ-centered support group for men and women who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Fri., 7-9pm, Life Focus Center, 3219 Route 3, Mt. Laurel. Call Mike 609-864-9300. Website: <http://www.lifefocuscenternj.org> E-mail: lifefocuscenter@comcast.net

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Thurs., 7pm, Fellowship Church, 1520 Hainesport Rd., Mount Laurel. Call **856-235-1697** (day). E-mail: celebraterecovery@fbcnj.org

Double Trouble in Recovery Mutual support for persons with a substance abuse problem who are also taking medication for psychiatric DUP problems. Building is handicapped accessible. Meets Sun. and Wed., 7:30pm, Hampton Hospital, 650 Rancocas Rd., Cafeteria, Westampton. Call Greg Pryor **609-267-7000** (day).

Nar-Anon Family Group *12-Step.* Provides help for families and friends of drug abusers by offering comfort, hope and friendship through shared experiences. For meeting information call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous *12-Step.* Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Several meeting locations throughout the county. For meeting information call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Moorestown. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Rap Room Parent-to-Parent Coalition Support and education for parents of teens and adult children dealing with substance or alcohol addictions. Mutual sharing, advocacy, guest speakers, crisis intervention and referrals. Meets 1st Tues., 7-9pm, 1010B Tuckerton Rd., Marlton. Call Louise **856-983-3328**. Website: <http://www.raproom.org> or <http://www.parent2parentnj.org>

Serenity Support Group *Christian-based.* Mutual support for those with loved ones that have substance abuse issues. Meets Tues., 7pm, Fellowship Alliance Chapel, 199 Church Rd., Medford. Before attending call **609-953-7333** ext. 129 (day).

Camden County

Addictions Victorious of South Jersey, Inc. *12-Step.* Christ-centered support group for men and women who in their struggle with substance abuse and emotional problems come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Website: <http://www.addvicinc.org>

Audubon Meets Wed., 7:30pm, The Lord's Home, 6 Brittin Ave. Call John **856-425-1171**. Website: <http://www.addvicinc.org>

Barrington Meets Mon., 7pm, Grace Bible Church, 887 Clements Bridge Rd. Call Ginny **856-228-1226** (women's group), Bob **856-869-3077** (men's group) or George **856-547-4993**.

Camden Meets Fri., 2nd and 4th Fri., 7pm, Life Assembly Ministries for Christ, 815 Federal St., Call Gene **856-966-4502**.

Camden Meets Thurs., 11am, Hope Center at New Visions, 537 Stevens St., Upper Room. Call Michael **856-655-4558** (day).

Lindenwold Meets Mon., 7pm, Garden Lake Bible Church, 63 First Ave. Call Harry 609-502-0773 or Ron **609-929-1157** (day).

Pine Hill Meets Tues., 7:30pm, Hope Chapel C.M.A., New Hope Ministries, 28 East Branch Ave. Call Skip **609-405-2224**.

Somerdale Meets Tues., 7pm, Park Avenue Community Church, 431 Hilltop Ave., 2nd Floor. Call Jeannine **856-435-0309**.

Dual Recovery Anonymous *12-Step.* Provides support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Building is handicapped accessible. Meets Tues., noon-1:30pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call Heather **856-216-7134** ext. 118 (day). Website: <http://www.centerffs.org> E-mail: heather.ogden-busch@centerffs.org

Families Anonymous 12-Step. Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. . Website:

<http://www.familiesanonymous.org>

Cherry Hill Meets Wed., 7:30-9pm, Congregation M'Kor Shalom, 850 East Evesham Rd. Call June **609-560-3897**

Voorhees Meets Sat., 10:30am, Living Proof Recovery Center, 108 Somerdale Rd., Entrance in rear of bldg., under blue awning, 2nd Floor, Call **856-745-4573**.

E-mail: rhm8454@comcast.net

LGBT Support Group Support for lesbian, gay, bisexual and transgender adults dealing with addictions. Building is handicapped accessible. Meets Sat., 7-8pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call **1-855-967-3268** (day).

Website: <http://www.centerffs.org>

Living Proof Recovery Center (Mon. – Fri., noon-9pm; Sat., 10am-9pm) Provides support to members in their recovery from addictions. Also has support groups, wellness classes, peer mentoring and coaching, recovery support services, connection to resource information, life skills training, vocational skills training, educational assistance, social and recreational activities, etc. Living Proof Recovery Center, 108 Somerdale Rd., Voorhees, Call **856-216-7134**.

Men's Recovery Group Support, education and discussion for men age 18+ with any type of addiction. Building is handicapped accessible. Meets Mon., 6:30-7:30pm and Thurs., 2-3pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call to confirm **856-216-7134** (day)

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Haddonfield and Voorhees. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Women's Recovery Group Support, education and discussion for women age 18+ with any type of addiction. Building is handicapped accessible. Meets Tues., 9:30-10-30am, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call to confirm **856-216-7134** (day)

Cape May County

Nar-Anon Family Group *12-Step*. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous *12-Step*. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Marmora. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parent to Parent Support Group Support for parents of children who are struggling with substance abuse. Building is handicapped accessible. Meets 2nd Wed., 7-9pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Substance Abuse and Addiction Discussion Group Support and discussion group for anyone affected by substance abuse or addiction. Building is handicapped accessible. Meets 1st Mon., 6:30-8pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Cumberland County

Addiction Recovery Support Group *12-Step. Christian-based*. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services **212-876-7427** (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Addictions Victorious of South Jersey, Inc. *12-Step*. Christ-centered support group for men and women who, in their struggle with substance abuse and emotional problems, come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Meets Tues., 7pm, Chestnut Assembly of God, 554 East Chestnut Ave., Vineland. Call Dawn **856-691-1205**. Website: <http://www.addvicinc.org>

All In The Family Support for families of addicts. Building is handicapped accessible. Literature. Childcare available. Meets Thurs., 6:30pm, Ramoth Church, 2725 North Delsea Dr., Vineland. Call Nelda Wheat **856-696-4380**. Website: <http://www.ramothchurch.com> E-mail: nwheat@havenofvineland.com

Dual Recovery Anonymous 12-Step. Assists consumers who live with a severe and persistent mental illness to work on their recovery from addiction to substances. Building is handicapped accessible. Meets Tues., 1-3pm, Cumberland County Guidance Center, 2038 Carmel Rd., Millville. Call **856-825-6810** ext. 269.

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Millville and Seabrook. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Essex County

Chapter 9 Couples In Recovery Anonymous 12-Step. Fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. The only requirements for membership are that the partners are in a committed relationship and that at least one partner is in another 12-step fellowship. Meets 1st, 3rd and 5th Sat., 7-8pm, First Lutheran Church, 153 Park St., Montclair. For meeting information call John **862-215-6470** (day). Website: <http://chapter9-nyc.org>

Double Trouble Professionally-run. Support and education group for people living with HIV/AIDS who suffer from substance abuse or those living with HIV and have someone in their life suffering from addiction. Lunch will be provided. Building is handicapped accessible. Meets Wed., noon-2pm, North Jersey Community Research Initiative, 393 Central Ave., 2nd Floor, Newark. For meeting information call Sammy **973-483-1065** or **973-483-3444**. E-mail: s.manoharan@njcri.org

Double Trouble in Recovery Support for persons in dual recovery from a mental illness and a substance or alcohol addiction. Meets Mon., 4-5pm, Where Peaceful Waters Flow Community Wellness Center, 47 Cleveland St., Orange. Call **973-677-7700** (day).

Families Anonymous 12-Step. Mutual support for parents and families of children and young adults with alcohol, drug abuse and/or emotional problems. Meets Wed., 7:30pm, Church of the Holy Spirit, 36 Gould St., Verona. Call Pat **201-396-6701**. Website: <http://www.familiesanonymous.org> E-mail: rubesta@optonline.net

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Montclair. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Several Spanish-speaking groups available. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Montclair. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey Inc. Professionally-run. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Call Karol Sullivan **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Livingston Meets Wed., 6pm, Presbyterian Church of Livingston, 271 West Northfield Rd.

Montclair Meets Thurs., 6pm, Hackensack UMC Mountainside, 1 Bay Ave., Conference Room.

Gloucester County

Addictions Support Group Support for adults with alcohol and/or drug addiction. Family also welcome. Building is handicapped accessible. Meets Sat., 7pm. The Lord's Vineyard Church, 301 Colonial Ave., West Deptford. For meeting information call church **856-579-4956** (day).

Addictions Victorious of South Jersey, Inc. 12-Step. Christ-centered support group for men and women who in their struggle with substance abuse and emotional problems come together that they may solve their problems and help others as well. Guest speakers, rap sessions, phone help, literature and newsletter. Optional donation. Website: <http://www.addvicinc.org>

Pitman Meets Mon. and Thurs., 7:30pm, The Rock Church, 205 Esplanade Ave. Call Laura **856-582-2277**.

Sewell Meets Tues., 7pm, Waters Community Worship Center, 274 Delsea Dr. (Route 47). Call Bill **856-534-0408** (day).

Sewell Meets Wed., 7:30pm, Sewell Community Baptist Church, 806 Mantua Blvd. Call Nick **609-932-0487**.

Turnersville Meets Thurs., 7:30pm, Calvary Fellowship, 5360 Route 42 (behind Wendy's). Call David **856-761-2356** (day).

Westville Meets Thurs., 7pm, Blessed Hope Community Church, 115 Andaloro Way. Call Charlie **856-845-2968** (day).

Woodbury Meets Fri., 7pm, Bethlehem Baptist Church, 414 Mantua Ave. Call Arthur **856-553-3911**.

Woodbury Meets Tues, 7:30pm, Gateway Christian Church, 751 Delaware St. Call Bob **856-981-2982**.

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Fri., 7:30pm, Gloucester County Community Church, 359 Chapel Heights Rd., Sewell. Call **856-582-0222** (day).

Deeper Dimensions Professionally-run. Support for families who have loved ones suffering from the disease of addiction. Individuals battling addiction are also welcome. Opportunities to gain deep insight through discussion regarding addiction, co-dependency and spiritual principles while finding strength and healing through shared experiences and stories of hope. Guest speakers and phone help. Meeting welcomes all walks of life and faith. Building is handicapped accessible. Meets Sun., 7pm, Infant Jesus Parish, 745 3rd St., Woodbury Heights. Call Dana **609-805-1896** (day).

Dual Recovery Anonymous 12-Step. Assists people with co-occurring disorders (mental/emotional disorders and substance use disorders) to work on their recovery. Meets Sun., 3-4pm, K.I.S.S. Club, 818 North Broad St., Woodbury. Call K.I.S.S. Club **856-848-5477**. E-mail: scenic.heather@yahoo.com

The Extra Mile Peer support group for adults (ages 18+) for all addictions and mood disorders. Families and friends welcome. Guest speakers, literature and phone help available. Meets Wed., 6:30-8pm, Wellness and Recovery Outpatient Program, 537 North Broad St., 3rd Floor, Woodbury. Call Barbara Mahoney **856-686-5500** (Mon.,-Fri., 9am-5pm). E-mail: mahoneybl@ihn.org

Families Anonymous 12-Step. Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Wed., 7-8:30pm, Virtua Health and Wellness Center, 239 Hurfville-Crosskeys Rd., Conference Room 4, 2nd Floor, Sewell. Call **856-979-3412**. Website: <http://www.familiesanonymous.org> E-mail: senorabond@aol.com

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Turnersville. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Teens Recovery Group Professionally-run. Support group for teenagers (ages 13-20) in recovery from drugs and/or alcohol. Building is handicapped accessible. Meets Wed., 7-8:30pm, Washington Township Municipal Building, 523 Egg Harbor Rd., Meeting Room C, Sewell. Before attending call Al **856-478-6030** (day)

Hudson County

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Wed., 4pm and Sat., 2pm, Hudson County Community Wellness Center, 880 Bergen Ave., Suite 605, Jersey City. Call Miss Hannah **201-420-8013**.

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Hunterdon County

Families Anonymous 12-Step. Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Building is handicapped accessible. Meets Thurs., 6:30pm, Flemington Jewish Community Center, 5 Sergeantsville Rd., Flemington. Call Dennis **908-619-3552** (day). Website: <http://www.familiesanonymous.org>

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Flemington. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Mercer County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Guest speakers. Meets Thurs., 7-9pm, Central: A Christ-Centered Church, 2015 Pennington Rd., Ewing. Call **609-882-0337** (day).

Cocaine Anonymous 12-Step. Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Meets Tues., 8-9pm, Last Chance Recovery, 917 South Broad St., Trenton. Call Steve **609-638-7176** or **610-876-6666**. Check website for additional information and confirm meeting. Website: <http://www.caphilly.org>

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Fri., 6-7pm, Reach Out/Speak Out Community Wellness Center, 2100 East State St. Extension, Hamilton. Call Helen **609-816-2439**.

Families Anonymous 12-Step. Program for families, especially parents, of those with substance abuse or other disruptive behavioral problems. Meets Mon., 7:30pm, Lawrenceville Presbyterian Church, 2688 Main St., Lawrenceville. Call Joan **609-883-1403** (eve.). Website: <http://www.familiesanonymous.org> E-mail: joan.mal@hotmail.com

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Spanish-speaking group in Trenton. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narateen Fellowship of young persons (ages 11-17) whose lives have been affected by the disease of addiction in a family member or friend. Meets Sun., 11am, St. Gregory Church, 4620 Nottingham Way, Parish Center, Bachman Room, Hamilton. Call Nar-Anon Answering Service **1-877-424-4491**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Trenton. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Middlesex County

Cocaine Anonymous *12-Step*. Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Meets Mon., 7:30-8:45pm, Christ Church, 257 Fourth St., South Amboy. Call **732-930-1128** (day). Check website for additional information and confirm meeting. Website: <http://www.nj-ca.org>

Double Trouble in Recovery * 12-step fellowship, run by and for those in recovery from both an addiction and mental health disorder, offers support and help. Meets Thurs., 7:30-8:30pm, Moving Forward Community Wellness Center, 25 East Elizabeth St., 2nd Floor, New Brunswick. Call **732-317-2920** (day). Website: <http://www.movingforwardshc.org>

JRECOVERY *12-Step*. Support for Jewish individuals with any type of addiction or in recovery, their families and friends. Group includes alcohol, drug, obesity, gambling and sex addicts. Focuses on challenges of recovery. Meets Mon., 7:30-8:30pm, Jewish Family and Vocational Service of Middlesex County, 32 Ford Ave., 2nd Floor, Milltown. Call Reva **732-890-6312** or Jewish Family and Vocational Services **732-777-1940** (day). E-mail: irvofnj@yahoo.com

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Before attending call Denise at NJ Lawyers Assistance Program **1-800-246-5527** (day). Website: <http://www.njlap.org> E-mail: info@njlap.org

New Brunswick (Women) Pre-registration required.

New Brunswick (LGBT) Pre-registration required.

Marijuana Anonymous * 12-Step. Fellowship of men and women who desire to stay clean of marijuana. Meets Mon. 7:30pm. Perth Amboy. Call for more information. Ralph **732-675-1700** Website: <http://www.marijuana-anonymous.org> E-mail: perthamboyma@gmail.com

Narcotics Anonymous *12-Step*. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Woodbridge. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Thurs., 7pm, St. Peter's Episcopal Church, 505 Main St., Spotswood. Call Karol Sullivan and Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com>
E-mail: psgnj1@aol.com

Monmouth County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne **732-409-2923** (day). Website: http://www.alcog.org/celebrate_recovery.html
E-mail: alcogfreehold@aol.com

Cocaine Anonymous 12-Step. Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Building is handicapped accessible. Call **732-930-1128** (day). Check website for additional information and confirm meeting. Website: <http://www.nj-ca.org>

Bradley Beach Meets Tues., 7:30-8:30pm (May-Sept.), Bradley Beach, 4th Ave. and Ocean Ave.

Bradley Beach Meets Tues., 7:30-8:30pm (Oct.-Apr.), First United Methodist Church, 319 LaReine Ave.

Freehold Meets Fri., 7:45-9pm, New Attitudes Clubhouse, 42 Throckmorton St.

Keyport Meets Sun., 7:30-8:45pm and Thurs., 7:15pm (beginners) and 8-9:15pm (group), Calvary Methodist Church, 41 Osborn St.

Middletown Meets Wed., 7:30-8:30pm, Christ Church Middletown, 90 Kings Highway, Basement.

Double Trouble Mutual support for alcoholics or drug abusers who are taking medication for psychiatric problems. Building is handicapped accessible. Call George **732-431-6000** ext. 5848 or Michelle **732-431-6000** ext. 4614. E-mail: michcle.fisher@co.monmouth.nj.us

Freehold Meets Tues., 7pm, Freehold Community Wellness Center, 17 Bannard St.

Red Bank Meets Fri., 7pm, Riverview Hospital, One Riverview Plaza.

Dual Recovery Anonymous 12-Step. Provides support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Fri., 7:30-9pm, All Saints' Memorial Church, 202 Navesink Ave., Navesink. For GPS users, address shows up as Atlantic Highlands. Call Sara **732-778-4617** for women (day) or Mike **732-778-4618** for men (day).

Families Anonymous 12-Step. Mutual support for families and friends concerned about the use of drugs, alcohol and/or related behavioral problems of a loved one..

Website: <http://www.familiesanonymous.org>

Colts Neck Meets Wed., 6:30pm (beginner) and 7:30pm (regular), St. Mary's Church, 1 Phalanx Rd. Call Lori **732-780-1598**.

Leonardo Meets Mon., 7:30pm, Middletown Township Complex, Senior Center, 900 Leonardville Rd. Call **732-383-8852**

Marijuana Anonymous 12-Step. Fellowship of men and women who desire to stay clean of marijuana. Meets Wed., 8:15pm, New Attitudes Clubhouse, 45 Throckmorton St., Freehold. For meeting information call **1-800-766-6779** (recording). Website: <http://www.marijuana-anonymous.org> (click on meetings) E-mail: freeholdmamtg@aol.com

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Meeting locations throughout New Jersey. For information call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group Professionally-run. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Freehold, Neptune and Red Bank. Call **1-800-662-0108** (day). Website: <http://www.sjsna.org> (click on RAMP; next click Peer Assistance)

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are Christ-centered. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Tues., 7pm, Church of the Nativity, 180 Ridge Rd., Fair Haven. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Safe Harbor 12-Step. Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin **732-241-4701** or Bill **732-291-3227**.

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7:30pm, Living Praise Church, 37 Vreeland Rd., Launching Point, Upper Level, Room 202, Florham Park. Call **973-224-4144** (day).

Double Trouble 12-Step. Assists consumers who suffer a severe and persistent mental illness to work on their recovery from addiction to substances. Meets Fri., 5:30-6:30pm, Morris Community Wellness Center (formerly Morris Self-Help Center), 1259 Route 46 East, Building 4, Suite 4D, Parsippany. Call Self-Help Center **973-334-2470**.

Families Anonymous 12-Step. Mutual support for parents, relatives and friends of persons with drug, alcohol or emotional problems. Meets Tues., 7:30pm, First Presbyterian Church, 35 Church St., Rockaway. Call **973-586-2440** (eve.). Website: <http://www.familiesanonymous.org>

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Morristown. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Lives Touched by Addiction Professionally-run. Support and education for persons affected by alcohol and/or drug addiction in a non-judgmental, safe haven to share thoughts, feelings, concerns and hurts. Family and friends welcome. Building is handicapped accessible. Rap sessions. Meetings vary, 7pm, Madison. For meeting information call Dorothy O'Keefe 201-788-3189 (day) or Tara McSorley **973-294-4199** (day).

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call 1-800-992-0401 or 732-933-0462. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Boonton. Call 1-800-662-0108 (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Redemption 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Families and friends welcome. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm (except June), Mendham Hills Community Church, 480 Route 24, Chester. Call Connie Baker 908-879-2880 (Tues.-Fri.; 9am-5pm). E-mail: edconbaker@aol.com

SMART Recovery (*Self-Management And Recovery Training*) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: <http://www.smartrecovery.org>

Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne 201-774-8323 (eve.). E-mail: smartrox@optimum.net

Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin 862-397-4117 or Rich 973-983-8755.

Ocean County

Celebrate Recovery 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions.

Lakewood Meets Fri., 6:30-8:30pm, Calvary Lighthouse, 1133 East County Line Rd. Call 732-363-1239 (eve.). Website: <http://www.calvarylighthouse.org> E-mail: celebraterecovery.lakewood@yahoo.com

Toms River Meets Mon., 7pm, Abundant Grace Church, 108 Indian Head Rd. Call Jodi and Frank 732-768-3967 (day). Website: <http://.abundantgracechurch.com> E-mail: cr@abundantgracechurch.com

Cocaine Anonymous 12-Step. Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Meets Sat., 10-11pm, East Dover Baptist Church, 974 Bay Ave., Toms River. Call 732-930-1128 (day). Check website for additional information and confirm meeting. Website: <http://www.nj-ca.org> E-mail: drewdough@gmail.com

Double Trouble in Recovery 12-Step. Fellowship offering mutual support for persons with a substance abuse problem who are also taking medication for psychiatric problems. Building is handicapped accessible. Call **732-914-1546** (day).

Bayville Meets Mon., 6pm, Ocean Mental Health, 160 Atlantic city Blvd. (Route 9).

Jackson Meets Wed., 6-7pm, Brighter Days Community Wellness Center, 268 Bennetts Mills Rd.

Stafford Township Meets 1st Thurs., 7pm and last Thurs., 4-6pm, Ocean Club Fitness Center, 700 Route 9 South.

Toms River Meets Fri., 7:30pm, Barnabas Behavioral Health Center, 1691 U.S. Highway 9.

Toms River Meets Tues. and Thurs., 7pm, Journey to Wellness Self-Help Center, Cedar Wood Plaza, 226 Route 37 West, Unit 14.

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquiries are confidential. Meets in Point Pleasant. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Nurse Recovery Group *Professionally-run*. Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Manahawkin and Toms River. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click Peer Assistance)

Overcomers Outreach 12-Step. *Christ-centered*. Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Thurs., 6pm, Village Lutheran Church, 701 Weston Blvd., Classroom 3, Lanoka Harbor. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

SMART Recovery (Self-Management and Recovery Training) *Professionally-run*. Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

Revolution Recovery *Christian-based*. Support to help overcome dependencies and addictions through accountability, encouragement and spiritual development. Meets Thurs., 7-8pm, Shore Vineyard Church, 1 South Main St., Toms River. Call **732-244-3888** (day).

Passaic County

Co-Occurring Support Group Support group for those in recovery from an alcohol and/or drug addiction and a psychiatric disorder. Meets Sat., 2:30-3:30pm, Recovery Center of Eva's Village, 16 Spring St., Paterson. For more information call Cindymarie Cruz **973-754-6784** ext. Website: <http://evasvillage.org/recovery-center.shtml> E-mail: cindymarie.cruz@evasvillage.org

Double Trouble Support Group 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery for psychiatric illness. Rap sessions. Building is handicapped accessible. Meets Thurs., 3:30-4:30pm, Harbor House, 645 Main St., Paterson. Call Suzanne Palombo **973-754-2820** (day).

Double Trouble in Recovery 12-Step. Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Meets Mon., 5-6pm, Mental Health Association in Passaic County, 404 Clifton Ave., 1st Floor, Clifton. Call Robert **973-478-4444** ext. 167 (day).

Friends and Family of Addicts Support Group Support for friends and

family of addicts. Meets 2nd and 4th Thurs., 7pm, Recovery Center of Eva's Village, 16 Spring St., Paterson. Call Cindymarie Cruz **973-754-6784** ext. 331. Website: <http://evasvillage.org/recovery-center.shtml> E-mail: cindymarie.cruz@evasvillage.org

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Parents Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Mon., 6:30pm, Carnevale Center, 10 Lennox Ave., Room 205, Pompton Lakes. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-736-3344** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Recovery Center of Eva's Village (Mon.-Sat., 8am-10pm; Sun. 10am-6pm) Provides support to members in their recovery from addictions. Also has support groups, wellness classes, workshops, trainings, social events, classes, recreational activities, telephone support, childcare services, housing and employment assistance. Recovery Center of Eva's Village, 16 Spring St., Paterson. Call **973-754-6784**. E-mail: cindya.mercado@evasvillage.org

Salem County

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Somerset County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Wed., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Bright Futures for Kids Professionally-run. Provides support, education and counseling for children (ages 4-12) who are affected by a family member's alcohol and/or drug addiction in learning how to express their feelings, develop coping skills, a sense of responsibility and the ability to resist peer pressure. Building is handicapped accessible. Meets Sun., 11am-1pm, Carrier Clinic, Atkinson Amphitheater, 252 Route 601, Classroom 3, Belle Mead. Call Community Relations **908-281-1513**.

Celebrate Recovery 12-Step. *Christian-based. Professionally-run.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7pm, Christian Community Chapel, 211 Route 206 North, Hillsborough. Call **908-431-9244** (day).

Lawyers Concerned for Lawyers Supports recovery from alcoholism and drug dependence for attorneys, judges, law students and others in the legal system. Based on the 12-step program adapted from A.A. All inquires are confidential. Meets in Bridgewater. Before attending call NJ Lawyers Assistance Program **1-800-246-5527**. Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Parent Support Group - New Jersey, Inc. *Professionally-run.* Confidential support for parents of children (ages 13-40+) who are chemically dependent. Meets Mon., 7pm, Carrier Foundation, Admissions Building, Belle Mead. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Sussex County

Codependency Support Group *Professionally-run.* Support and education for adults whose lives have been affected by substance abuse and addiction of a loved one. Building is handicapped accessible. Meets Mon., 6:30-8pm, Center for Prevention and Counseling, 61 Spring St., 3rd Floor, Newton. Call Ava LaMorte **973-383-4787** ext. 243 (day). Website: <http://www.centerforprevention.org> E-mail: ava@centerforprevention.org

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Several meeting locations throughout the county. For meeting information call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Newton. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click on Peer Assistance)

Union County

Alcohol and Drug Family Support Group *Professionally-run.* Support for families facing the chemical dependency of a family member. Deals with co-dependency issues. Building is handicapped accessible. Meets Tues., 6:30-8pm, Overlook Hospital, Behavioral Health Dept., 46-48 Beauvoir Ave., Summit. Call **908-522-4800** (day).

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Guest speakers and literature. Building is handicapped accessible. Childcare available. Meets Mon., 7-9:45pm, Evangel Church, 1251 Terrill Rd., Room 212-213, Scotch Plains. Call church **908-322-9300** (day). E-mail: celebraterrecovery@evangelchurch.com

Cocaine Anonymous *12-Step.* Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Website: <http://www.nj-ca.org>

Roselle Meets Tues., 7:30-8:30pm, C.H.E.E.R.S. Clubhouse, 340 West 1st St. Call **732-930-1128** (day). Check website for additional information and confirm meeting.

Union Meets Wed., 8-9pm, Townley Presbyterian Church, 829 Salem Rd. Check website for additional information and confirm meeting.

Double Trouble in Recovery *12-Step.* Support and encouragement for those who are chemically addicted and are also in recovery from a psychiatric illness. Rap sessions and guest speakers. Meets Wed., 4:30-5pm, Park Avenue Community Wellness Center, 333 Park Ave., Plainfield. Call Andre Lawson **908-757-1350** (day).

Families Anonymous *12-Step.* Support for parents, families and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Meets Thurs., 7pm, Central Presbyterian Church, Maple St. and Morris Ave., Summit. Before attending call Barbara **973-267-2475** (day). Website: <http://www.familiesanonymous.org>

Nar-Anon Family Group *12-Step.* Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous *12-Step.* Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Berkeley Heights and Cranford. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click on Peer Assistance)

Parent Support Group - New Jersey, Inc. Confidential support group for parents of children (ages 13-40+) who are chemically dependent. Meets Tues., 6:30pm, Central Presbyterian Church, 70 Maple Ave., Library Room, Summit. Call Karol Sullivan or Adrienne Mellana **1-800-561-4299** or **973-399-9070** (day). Website: <http://www.psgnjhomestead.com> E-mail: psgnj1@aol.com

Warren County

Double Trouble Mutual support for alcoholics or drug abusers who are taking medication for psychiatric problems. Meets Tues., 4pm, Better Future Self-Help Center, 21 West Washington Ave., Washington. Call **908-835-1180**.

Nar-Anon Family Group 12-Step. Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service **609-587-7215**. Website: <http://www.naranonofnj.org>

Narcotics Anonymous 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Call **1-800-992-0401** or **732-933-0462**. Website: <http://www.nanj.org>

Redemption Evangelical-based. Support for individuals struggling with addiction to alcohol and/or drugs. Meets Fri., 7pm, Refiner's Fire Ministry, 100 Division St., Portland, PA. For more information contact Pastor Phil **570-236-4563** (day).

NJ Statewide

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Cocaine Anonymous 12-Step. Fellowship of men and women who share their experiences, strengths and hopes that they may solve their common problem and help others to recover from addiction. Call **732-930-1128** northern NJ (day) and **610-876-6666** southern NJ (day). Website: <http://www.nj-ca.org> (northern NJ) or <http://www.caphilly.org> (southern NJ) E-mail: jopenheart1@yahoo.com (northern NJ) or generalchair@caphilly.org (southern NJ)

Families Anonymous 12-Step. Program for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems. Meetings throughout NJ. Call 1-800-736-9805. Website: <http://www.familiesanonymous.org>

Lawyers Concerned for Lawyers Statewide network of independent groups that support attorneys, judges, law students and others in the legal system in recovery from alcoholism and drug dependence. Based on the 12-steps but not affiliated with A.A. Not meant to be a substitute for participation in A.A. or other fellowships. The NJ Lawyers Assistance Program performs an "intergroup function" for Lawyers Concerned for Lawyers. All services are free and confidential. Write: NJLAP, NJ Law Center, One Constitution Square, New Brunswick, NJ 08901-1520. Call 1-800-246-5527 or 732-937-7549 (day). Website: <http://www.njlap.org> E-mail: info@njlap.org

Nar-Anon Family Group Provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Meeting locations throughout New Jersey. For information call Nar-Anon Answering Service 609-587-7215. Website: <http://www.naranonofnj.org> E-mail: info@naranonofnj.org

Narcotics Anonymous (BILINGUAL) 12-Step. Fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Meeting locations statewide, including several bilingual groups. Write: Central and South Jersey Regional Service Conference, P.O. Box 4257, Trenton, NJ 08610; North New Jersey Regional Service Conference, P.O. Box 4279, Newark, NJ 07103. Call 1-800-992-0401 or 732-933-0462. Website: <http://www.nanj.org> E-mail: recovery@nanj.org

Nurse Recovery Group *Professionally-run* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Atlantic, Bergen, Burlington, Camden, Cape May, Cumberland, Essex, Gloucester, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Sussex and Union counties. Write: Peer Assistance Project, 1479 Pennington Rd., Trenton, NJ 08618. Call 1-800-662-0108 (day). Website: <http://www.njsna.org> (click on RAMP; next click on Peer Assistance)

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

Signs Of Sobriety, Inc. (SOS) *Professionally-run.* Provides alcoholism and drug addiction services to persons who are deaf or hard-of-hearing. Makes referrals to deaf and sign interpreted 12-step groups (alcohol or drug addiction, families of alcoholics, gambling, etc.) throughout New Jersey. Offers prevention awareness, education classes and Sober/Deaf activities for deaf or hard-of-hearing individuals in recovery. Newsletter. Write: Signs of Sobriety, Inc., 100 Scotch Rd., 2nd Floor, Ewing, NJ 08628. Call: TTY users only **1-800-332-7677** or **609-882-7177**; video phone: **609-643-5604**; voice: **609-882-7677** (day). Website: <http://www.sosnj.org> E-mail: info@sosnj.org

Signs Of Sobriety, Inc. (SOS) *Professionally-run.* Provides alcoholism and drug addiction services to persons who are deaf or hard-of-hearing. Makes referrals to deaf and sign interpreted 12-step groups (alcohol or drug addiction, families of alcoholics, gambling, etc.) throughout New Jersey. Offers prevention awareness, education classes and Sober/Deaf activities for deaf or hard-of-hearing individuals in recovery. Newsletter. Write: Signs of Sobriety, Inc., 100 Scotch Rd., 2nd Floor, Ewing, NJ 08628. Call: TTY users only **1-800-332-7677** or **609-882-7177** or **1-800-332-7677**; video phone **609-643-5604**; voice **609-882-7677** (day). Website: <http://www.sosnj.org> (lists their groups). E-mail: info@sosnj.org

GAMBLING

Atlantic County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Follows 12-step program. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Absecon Meets Mon., 7-9pm, Absecon Lion's Club, 100 Crestwood Ave.

Brigantine Meets Sat., 10-11:30am, Community Presbyterian Church, 1501 Brigantine Ave. and 15th St., Library.

Egg Harbor Township Meets Tues., 7:30-9pm, Holy Trinity Greek Orthodox Church, 7004 Ridge Ave.

Linwood Meets Thurs., 7-9pm, Our Lady of Sorrow Church, 724 Maple Ave.

Margate Meets Sun., 10:30am-noon, Margate Library, 8100 Atlantic Ave.

Bergen County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Meets Fri., 8-10pm, Episcopal Church of Atonement, 1-36 30th St. and Rosalie Ave., Fair Lawn. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling.

Building is handicapped accessible. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>.

Carlstadt Meets Mon., 6:30-7:30pm and Wed., 7:30-9:45pm, First Presbyterian Church, 457 Division Ave.

Fair Lawn Meets Tues., 7-8:30pm, Wed. and Fri., 8-10pm, Episcopal Church of Atonement, 1-36 30th St.

Hasbrouck Heights Meets Sat., 10am-noon, St. John the Divine Episcopal Church, Terrace Ave. and Jefferson Ave., (meeting room is upstairs and across the yard in the house with blue shutters).

Ridgewood Meets Wed., 7-8:30pm, Christ Church, Franklin Ave. and Cottage Place.

Burlington County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Meets Sun., 5pm, Hampton Hospital, 650 Rancocas Rd., Westampton. Call **609-267-7000** (day).

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Marlton Meets Thurs., 7-9pm and Sat., 9-10:30am, Virtua West Jersey Hospital, 90 Brick Rd.

Moorestown Meets Mon., 8-9:30pm, Trinity Church, 207 Main St.

Riverton Meets Sat., 5:30-6:30pm, Sacred Heart Church, Family Center, 102 4th St., 1st Floor, Room #6.

Westampton Meets Wed., 7:30-9pm and Sun., 5-6:30pm, Hampton Hospital, 650 Rancocas Rd., 2nd Floor Recovery Room.

Camden County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Collingswood Meets Fri., 7-8pm, Genesis Counseling Center of Collingswood, 566 Haddon Ave.

Voorhees Meets Tues., 7-8pm, Center for Family Services, 108 Somerdale Rd.

Cumberland County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services **212-876-7427** (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Essex County

Chapter 9 Couples In Recovery Anonymous 12-Step. Fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. The only requirements for membership are that the partners are in a committed relationship and that at least one partner is in another 12-step fellowship. Meets 1st, 3rd and 5th Sat., 7-8pm, First Lutheran Church, 153 Park St., Montclair. For meeting information call John **862-215-6470** (day). Website: <http://chapter9-nyc.org>

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Meets Tues., 8:30-10pm, Bethany United Presbyterian Church, 293 West Passaic St. Bloomfield. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Bloomfield Meets Tues., 8:30-10pm and Thurs., 8-9:30pm, Bethany United Presbyterian Church, 293 W. Passaic Ave., Lower Level.

Nutley Meets Mon., 7:45-9pm and Fri., 8-9:30pm, St. Paul's Congregational Church, 10 St. Paul's Place, 1st Floor (side entrance).

South Orange Meets Wed., 12:45-2:15pm, St. Andrew and Holy Communion, 160 West South Orange Ave. (front entrance closest to Church St.), 2nd Floor.

West Orange Meets Tues., 8-9pm and Fri., 6-7:15am, Pleasantdale Church, 471 Pleasant Valley Way.

Gloucester County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Blackwood Meets Fri., 7:30-9:30pm, Blackwood Methodist Church, 35 East Church St.

Mantua (*STEP MEETING ONLY*) Meets Tues., 10-11:30am, Cedar Grove Park, 1A Whipporwill Way, Club House.

Sewell Meets Wed., 7:30-9pm, Church of the Holy Family, 226 Hurville Rd.

Swedesboro Meets Mon., 8-9pm, Bethesda United Methodist Church, 1433 Kings Highway

Woodbury Meets Tues., 7-9pm, St. Stephen's Lutheran Church, 230 North Evergreen Ave.

Hudson County

Gamblers Anonymous (BILINGUAL) 12-Step. Fellowship of men and women who share their experiences strengths, and hopes with each other to recover from compulsive gambling. Building is handicapped accessible. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Bayonne Meets Tues., 8-9:30pm, Bayonne Senior Center, 16 West 4th St.

Jersey City Meets Wed., 8-9:30pm, Old Bergen Church, Highland Ave. and Bergen Ave. (rear entrance - street level). Two separate meetings: one in English and one in Spanish.

Mercer County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Building is handicapped accessible. Meets Tues., 8-10pm, University Office Plaza, 3635 Quakerbridge Rd., Suite 7 (enter by side door) Hamilton. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Middlesex County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Metuchen Meets Tues., 7-9pm, First Baptist Church of Metuchen, 225 Middlesex Ave. Route 27,

Old Bridge Meets Wed., 8-9:30pm, Sayre Woods Bible Church, 2290 Highway 9 South, 2nd Floor.

Parlin Meets Thurs., 8-9:30pm, Messiah Lutheran Church, 3091 Bordentown Rd.

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Building is handicapped accessible. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Edison Meets Sat., 10-11:30am, Oak Tree Presbyterian Church, 455 Plainfield Rd.

Metuchen Meets Tues., 7-9pm, First Baptist Church of Metuchen, 225 Middlesex Ave. (Route 27),

New Brunswick Meets Thurs., 7-8:30pm, Rutgers College, 18 College Farm Rd, Cook Campus, Conference Center.

Old Bridge Meets Wed., 8-9:30pm, Sayre Woods Bible Church, 2290 Route 9 South.

Parlin Meets Thurs., 8-9:30pm, Messiah Lutheran Church, 3091 Bordentown Ave. (main entrance, 1st room on left).

JRECOVERY 12-Step. Support for Jewish individuals with any type of addiction or in recovery, their families and friends. Group includes alcohol, drug, obesity, gambling and sex addicts. Focuses on challenges of recovery. Meets Mon., 7:30-8:30pm, Jewish Family and Vocational Service of Middlesex County, 32 Ford Ave., 2nd Floor, Milltown. Call Reva 732-890-6312 or Jewish Family and Vocational Services **732-777-1940** (day). E-mail: irvofnj@yahoo.com

Monmouth County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Colts Neck Meets Sun., 6:30-8pm, Colts Neck Reformed Church, 72 County Rd, 537 West. (White building next to church.)

Freehold Meets Fri., 8-9:30pm, Hope Lutheran Church, 211 Elton-Adelphia Rd. (Rte. 524).

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Building is handicapped accessible. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Colts Neck Meets Tues., 7:30-9pm and Sun. (Step meeting only), 6:30-8pm, St. Mary's Church, Spiritual Center Building, Route 34 and 7 Phalanx Rd.

Freehold Meets Fri., 8-9:30pm, Hope Lutheran Church, 211 Elton-Adelphia Rd., Route 524.

Manasquan Meets Wed., 7:30-9:30pm, Holy Trinity Lutheran Church, 6 Osborn Ave., Grahn Room (downstairs).

Red Bank Meets Thurs., 11:45am-1:15pm, Tower Hill 1st Presbyterian Church at Red Bank, 255 Harding Rd., 2nd Floor.

Tinton Falls Meets Mon., 7:30-9:30pm, Church of St. Anselm, 1028 Wayside Rd.

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are Christ-centered. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Meets Tues., 8-10pm, Saint Clare's Behavioral Health Center, Powerville Rd., Boonton. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Building is handicapped accessible. Meets Tues., 8-10pm, Saint Clare's Behavioral Health Center, Powerville Rd., Boonton. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

SMART Recovery (Self-Management And Recovery Training) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: <http://www.smartrecovery.org>
Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne **201-774-8323** (eve.). E-mail: smartrox@optimum.net
Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin **862-397-4117** or Rich **973-983-8755**.

Ocean County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Building is handicapped accessible. Meets Tues. and Thurs., 7-9pm, Presbyterian Church of Toms River, 1070 Hooper Ave., Toms River. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Manahawkin Meets Thurs., 6:30-8pm, Southern Ocean Medical Center, 1140 Route 72 West.

Toms River Meets Fri., 7:30-9pm, Holy Cross Lutheran Church, 1500 Hooper Ave.

Toms River Meets Sun., 5:45-7pm, St. Luke Roman Catholic Church, 1674 Old Freehold Rd. (rear entrance).

Toms River Meets Tues. and Thurs., 7-9pm and Sat. 9:30-11:30am, Presbyterian Church of Toms River, 1070 Hooper Ave.

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Overcomers Outreach 12-Step. *Christ-centered*. Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Revolution Recovery *Christian-based*. Support to help overcome dependencies and addictions through accountability, encouragement and spiritual development. Meets Thurs., 7-8pm, Shore Vineyard Church, 1 South Main St., Toms River. Call **732-244-3888** (day).

SMART Recovery (Self-Management and Recovery Training) *Professionally-run*. Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

Passaic County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Paterson Meets Mon., 8-9pm, Paterson Recovery Community Center, Eva's Village, 16 Spring St.

Wanaque Meets Mon., 7-8:30pm, Wanaque Community Church, 705 Ringwood Ave.

Somerset County

Addiction Recovery Support Group 12-Step. *Christian-based*. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Wed., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Gamblers Anonymous 12-Step. Fellowship of men and women who share their experiences, strengths and hopes with each other in order to recover from their common problem of compulsive gambling. Building is handicapped accessible. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Basking Ridge Meets Sat., 10-11:30am, St. James Church, Parish Community Center, 184 South Finley Ave., Room 4.

Lyons Meets Thurs., 7-8:30pm, Lyons Veterans Administration Medical Center, 151 Knollcroft Rd., Building 143, Multi-Purpose Room.

Union County

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Meets Mon., 7:45-9:30pm, Beth Hatikvah, 36 Chatham Rd. Summit. Call Gam-Anon Hotline **1-888-263-1885**. Website: <http://www.njgamanon.org>

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Call **1-855-222-5542** (24 hr.). Website: <http://www.ga4nj.com>

Clark Meets Mon., 7:30-9pm, Temple Beth Or/Beth Torah, 111 Valley Rd., 1st Floor, Room 7.

Summit Meets Mon., 7:45-9:30pm, Congregation Beth Hatikvah, 36 Chatham Rd.

Union Meets Sun., 7-9pm, Union Methodist Church, Berwyn St. and Overlook Terrace (rear entrance), Lower Level.

Westfield Meets Thurs., 7:30-9pm, Presbyterian Church in Westfield, 140 Mountain Ave.

Warren County

Gamblers Anonymous 12-Step. Fellowship of men and women who share experiences, strengths and hopes with each other to recover from compulsive gambling. Meets Wed., 7-8pm, St. Luke's Lutheran Church, 214 Highway 31 North, Washington. Call **1-855-222-5422** (24 hr.). Website: <http://www.ga4nj.com>

NJ Statewide

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Gam-Anon 12-Step. Fellowship of family members and friends of compulsive gamblers. Follows the 12-step program adapted from A.A. Various meeting locations throughout

New Jersey. Write: Gam-Anon, P.O. Box 177, Lodi, NJ 07644. Call **1-888-263-1885**.
Website: <http://www.njgamanon.org>

Gamblers Anonymous - New Jersey Intergroup 12-Step. Fellowship of men and women who share their experiences, strengths and hopes with each other in order to recover from their common problem of compulsive gambling. Various meeting locations throughout New Jersey. Write: G.A., P.O. Box 283, Kearny, NJ 07032. Call **1-855-222-5542** (24 hr). Website: <http://www.ga4nj.com>

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

Signs Of Sobriety, Inc. (SOS) Professionally-run. Provides alcoholism and drug addiction services to persons who are deaf or hard-of-hearing. Makes referrals to deaf and sign interpreted 12-step groups (alcohol or drug addiction, families of alcoholics, gambling, etc.) throughout New Jersey. Offers prevention awareness, education classes and Sober/Deaf activities for deaf or hard-of-hearing individuals in recovery. Newsletter. Write: Signs of Sobriety, Inc., 100 Scotch Rd., 2nd Floor, Ewing, NJ 08628. Call: TTY users only **1-800-332-7677** or **609-882-7177**; video phone: **609-643-5604**; voice: **609-882-7677** (day). Website: <http://www.sosnj.org> E-mail: info@sosnj.org

OVERWEIGHT

Atlantic County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **609-698-0244**. Website: <http://www.oa.org>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Burlington County

Bariatric Support Group Professionally-run. Support for individuals who have undergone gastric bypass surgery or to those considering surgery. Meets 3rd Thurs., 6:30-8pm, Health and Wellness Center, 401 Young Ave., Moorestown. Pre-registration required. Before attending call Virtua Access Center **1-888-847-8823** (day).

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Thurs., 7pm, Fellowship Church, 1520 Hainesport Rd., Mount Laurel. Call **856-235-1697** (day). E-mail: celebraterecovery@fbcnj.org

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **609-239-0022**. Website: <http://www.aa-southjersey.org/meetings>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Bergen County

Bariatric Support Group Professionally-run. Provides support for lap band and gastric bypass patients. Meeting days and times vary, Holy Name Medical Center, 718 Teaneck Rd., Conference Room 1, Marian Hall, Teaneck. Pre-registration required. Before attending call **1-877-465-9626** ext. 5 (day).

Bergen Laparoscopy and Bariatric Support Group Professionally-run. Support for those who have had bariatric surgery, those researching the surgery or about to have surgery. Guest speakers. Building is handicapped accessible. Meets 1st Tues., 6-7pm, Englewood Hospital, 350 Engle St., Conference Room C, Englewood. Pre-registration required. Before attending call Suzanne Yachechak **201-487-6564** (day).

Food Addicts in Recovery Anonymous 12-Step. Fellowship of those recovering from the disease of food addiction, obesity, anorexia and bulimia. Building is handicapped accessible. Meets Thurs., 6:30-8pm, Kraft Center, 15 Essex Rd., Paramus. Call Mary **201-444-0992** (day). Website: <http://www.foodaddicts.org>

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **973-746-8787**. Website: <http://www.njioa.org>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Camden County

Bariatric Support Group *Professionally-run.* Support for individuals who have under gone gastric bypass surgery or to those considering surgery. Building is handicapped accessible. Meets 1st Mon. and 3rd Thurs., 7-8pm, Rohrer Health Center, 2309 Evesham Rd., Voorhees. Pre-registration required. Before attending call Virtua Access Center 1-888-847-8823 (day).

Food Addiction Support Group A caring, non-judgmental support group for adults recovering from the disease of food addiction. Building is handicapped accessible. Meets Wed., 7-8:30pm and Thurs., 10-11:30am, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call to confirm meeting 856-216-8134 or 1-855-967-3268 (day). Website: <http://www.centerffs.org/recovery-center/welcome>

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 609-239-0022. Website: <http://www.aa-southjersey.org/meetings>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org>

Cape May County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 732-269-6550. Website: <http://www.jerseyshoreoa.org>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org>

Cumberland County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services 212-876-7427 (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Inspira Health Network "Information" Support Group *Professionally-run*. Support and education for pre-op patients and those seeking information about bariatric (weight loss) surgery. Guest speakers and phone help. Building is handicapped accessible. Meets 4th Wed., 7-8:30pm, Fitness Connection, Orchard Rd. and Sherman Ave., 2nd Floor, Conference Room, Vineland. Pre-registration required. Before attending call 1-888-661-8017 (day). E-mail: shropshires@ihn.org

Inspira Health Network "New Beginnings" Support Group *Professionally-run*. Support and education for patients up to 12 months post-op bariatric (weight loss) surgery. Topics include healthy eating, changing habits, emotional issues and exercise. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 1st Wed., 7-8pm, Fitness Connection, Orchard Rd. and Sherman Ave., 2nd Floor, Conference Room, Vineland. Call 1-888-661-8017 (day). E-mail: shropshires@ihn.org

Inspira Healthcare Network "Graduate" Support Group *Professionally-run*. Support and education for patients who are 12-60+ months post-op bariatric (weight loss) surgery. Topics include staying on or getting back on track, weight management, coping skills and lifestyle adjustments. Guest speakers and phone help. Building is handicapped accessible. Meets 2nd Wed., 7-8pm, Fitness Connection, Orchard Rd. and Sherman Ave., 2nd Floor, Conference Room, Vineland. Call Susan Shropshire, RN, CBN 856-641-8398 (day). E-mail: shropshires@ihn.org

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 609-239-0022. Website: <http://www.aa-southjersey.org/meetings>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org>

Essex County

Bariatric Surgery Support Group *Professionally-run*. Support for those who have had bariatric surgery. Guest speakers, literature, newsletter and phone help. Building is handicapped accessible. Meets 1st Wed., 7pm (except holidays), Clara Maass Medical Center, 1 Clara Maass Dr., Belleville. Call Colleen Cauley, RN 973-450-2393 (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 973-746-8787. Website: <http://www.njioa.org>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org>

Weight Loss Surgery Support Group *Professionally-run.* Support and education for bariatric surgery patients. Guest speakers and literature. Building is handicapped accessible. Meets 2nd Wed., 6-7:30pm, Barnabas Health Ambulatory Care Center, 200 South Orange Ave., Livingston. Before attending call **973-322-7433** (day).

Gloucester County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Fri., 7:30pm, Gloucester County Community Church, 359 Chapel Heights Rd., Sewell. Call **856-582-0222** (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call the Overeaters Anonymous South Jersey Intergroup **609-239-0022**. Website: <http://www.oa-southjersey.org/meetings>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Hudson County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **973-746-8787**. Website: <http://www.njioa.org>

Hunterdon County

Bariatric Support Group *Professionally-run.* Support for individuals who have had or are planning to have bariatric surgery. Building is handicapped accessible. Meets 3rd Wed., 6:30-7:30pm, Hunterdon Health and Wellness Center Clinton, 1738 Route 31 North, Clinton. Pre-registration required. Before attending call **908-735-3912** (day).

New Beginnings Bariatric Support Group *Professionally-run.* Support for individuals who have had or are planning to have bariatric surgery. Topics discussed include emotional and behavioral issues related to weight loss. Building is handicapped accessible. Meets 1st Wed., 6:30-7:30pm, Hunterdon Health and Wellness Center Clinton, 1738 Route 31 North, Clinton. Preregistration required. Before attending call **908-735-3912** (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For

information on local meetings call **908-253-3464** or **732-634-6695**. Website: <http://www.oa-centraljersey.org>

TOPS (*Take Off Pounds Sensibly*) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Mercer County

Bariatric Surgery Weight Loss Support Group *Professionally-run*. Support and education for persons who have had bariatric surgery (gastric bypass or lap band) or are considering the procedure. Building is handicapped accessible. Meetings vary, 6-7pm, Robert Wood Johnson Center for Health and Wellness, 3100 Quakerbridge Rd., Hamilton. Pre-registration required. Before attending call **609-584-5900** ext. 1 (day).

Celebrate Recovery *12-Step. Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Guest speakers. Meets Thurs., 7-9pm, Central: A Christ-Centered Church, 2015 Pennington Rd., Ewing. Call **609-882-0337** (day).

Overeaters Anonymous *12-Step*. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **908-253-3464**. Website: <http://www.oa-centraljersey.org>

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Middlesex County

1st Saturday Support Group Peer support group for those who are contemplating or have undergone any type of weight loss surgery. Guest speakers. Building is handicapped accessible. Meets 1st Sat., 10:30am-noon (except holidays), RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. E-mail or call for meeting information. Call Sheraine **908-654-3369** (day). E-mail: firstsaturdaysupport@gmail.com

Bariatric Support Group *Professionally-run*. Support for individuals who have had weight loss surgery, are contemplating surgery or want to maintain a healthy weight. Meets 2nd Weds. and 3rd Thurs., 6:30-7:30pm, Mediplex Building, 98 James St., Suite 212 (enter entrance back of building), 2nd Floor, Edison. Call **732-744-5955** (day).

Bariatric Weight Loss Support Group *Professionally-run.* Support for individuals who have had weight loss surgery, are contemplating surgery or just want to maintain a healthy weight. Building is handicapped accessible. Meets 4th Wed., 6-7pm, Raritan Bay Medical Center, Ferry Rd., Medical Arts Building, Lower Level, Auxiliary B & C, Old Bridge. Pre-registration required. Before attending call **1-855-846-3463** (day).

JRECOVERY 12-Step. Support for Jewish individuals with any type of addiction or in recovery, their families and friends. Group includes alcohol, drug, obesity, gambling and sex addicts. Focuses on challenges of recovery. Meets Mon., 7:30-8:30pm, Jewish Family and Vocational Service of Middlesex County, 32 Ford Ave., 2nd Floor, Milltown. Call Reva **732-890-6312** or Jewish Family and Vocational Services **732-777-1940** (day). E-mail: irvofnj@yahoo.com

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **908-253-3464** or **732-634-6695**. Website: <http://www.aa-centraljersey.org>

Monmouth County

Bariatric Surgery Support Group *Professionally-run.* Support for individuals who have undergone gastric bypass surgery or to those considering surgery. Building is handicapped accessible. Meets 4th Thurs., 7-9pm (3rd Thurs., Nov. and Dec.), Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call **1-888-724-7123** (day).

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne **732-409-2923** (day). Website: http://www.alcog.org/celebrate_recovery.html E-mail: alcogfreehold@aol.com

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are Christ-centered. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **908-253-3464** or **732-634-6695**. Website: <http://www.aa-centraljersey.org>

QSpot's **Weigh-Lez Support Group** (LESBIAN) Weight loss support group for lesbians who struggle with overeating issues. Requested donation \$5. Meets Thurs., 7pm (no meeting 3rd Thurs. of month), Jersey Shore Arts Center, 66 South Main St., Studio B-20, Basement Level, Ocean Grove. Refreshments will be served. Check website for meeting information. Website: <http://www.meetup.com/NJ-Shore-QSpot>

Safe Harbor 12-Step. Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin 732-241-4701 or Bill 732-291-3227.

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org>

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services 212-876-7427 (day).

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7:30pm, Living Praise Church, 37 Vreeland Rd., Launching Point, Upper Level, Room 202, Florham Park. Call 973-224-4144 (day).

Food Addicts in Recovery Anonymous 12-Step. Fellowship of those recovering from the disease of food addiction, obesity, anorexia and bulimia. Building is handicapped accessible. Meets Sat., 10am, Saint Clare's Hospital Dover, 400 West Blackwell St., Conference Room C, Dover. Call Fran 973-283-2057 (day). Website: <http://www.foodaddicts.org>

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 973-746-8787.

Redemption 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Families and friends welcome. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm (except June), Mendham Hills Community Church, 480 Route 24, Chester. Call Connie Baker 908-879-2880 (Tues.-Fri.; 9am-5pm). E-mail: edconbaker@aol.com

SMART Recovery (*Self-Management And Recovery Training*) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: <http://www.smartrecovery.org>

Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne **201-774-8323** (eve.). E-mail: smartrox@optimum.net

Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin **862-397-4117** or Rich **973-983-8755**.

TOPS (*Take Off Pounds Sensibly*) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Weight Loss Surgery Support Group *Professionally-run*. Support and education for persons who have had bariatric surgery (gastric bypass or lap band) or are considering the procedure. Gastric sleeve patients welcome also. Guest speakers and literature. Building is handicapped accessible. Meets 3rd Thurs., 5:30-7pm (except holidays), Chilton Memorial Hospital, 97 West Parkway, Nursing Education Classroom, Pompton Plains. Call Susana **201-637-2631** (day). E-mail: slmnutrition@gmail.com

Ocean County

Celebrate Recovery 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions.

Lakewood Meets Fri., 6:30-8:30pm, Calvary Lighthouse, 1133 East County Line Rd. Call **732-363-1239** (eve.). Website: <http://www.calvarylighthouse.org> E-mail: celebraterecovery.lakewood@yahoo.com

Toms River Meets Mon., 7pm, Abundant Grace Church, 108 Indian Head Rd. Call Jodi and Frank **732-768-3967** (day). Website: <http://abundantgracechurch.com> E-mail: cr@abundantgracechurch.com

Food Addicts Anonymous 12-Step. Fellowship to recover from food addiction. Primary purpose is to maintain abstinence from sugar, flour and wheat.

Brick Meets Wed., 7pm, First Baptist Church of Laurelton, 1824 Route 88 East. Call Phyllis **732-244-4324**.

Toms River Meets Mon. and Thurs., 11am, Presbyterian Church of Toms River, Hooper Ave. and Chestnut St. (use back entrance). Call Doreen **908-377-7939** (Mon. mtg.) and Phyllis **732-244-4324** (Thurs. mtg.).

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 138 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Overcomers Outreach 12-Step. *Christ-centered.* Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **732-269-6550**. Website: <http://www.jerseyshoreoa.org>

Revolution Recovery *Christian-based.* Support to help overcome dependencies and addictions through accountability, encouragement and spiritual development. Meets Thurs., 7-8pm, Shore Vineyard Church, 1 South Main St., Toms River. Call **732-244-3888** (day).

SMART Recovery (Self-Management and Recovery Training) *Professionally-run.* Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Passaic County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **973-746-8787**. Website: <http://www.njioa.org>

Salem County

Inspira Health Network - Elmer Hospital Professionally-run. Support and education for pre-op patients and those seeking information about bariatric (weight loss) surgery. Guest speakers and phone help. Meets 3rd Wed., 7-8:30pm, Inspira Health Network Elmer Hospital, 501 West Front St., Elmer. Call Susan Shropshire, RN, CBN **856-641-8398** (day). E-mail: shropshires@sjhs.com

TOPS (Take Off Pounds Sensibly) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Somerset County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Celebrate Recovery 12-Step. Christian-based. Professionally-run. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7pm, Christian Community Chapel, 211 Route 206 North, Hillsborough. Call **908-431-9244** (day).

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **908-253-3464** or **732-634-6695**. Website: <http://www.aa-centraljersey.org>

Sussex County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **973-746-8787**. Website: <http://www.njioa.org>

TOPS (*Take Off Pounds Sensibly*) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

Union County

Bariatric Support Group Mutual support for persons who have had bariatric surgery. Meets 1st Sat. (holiday weekends 2nd Sat., 10:30am-noon, RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. Call **732-499-6193** (day).

Bariatric Surgery Support Group *Professionally-run*. Support for persons who have had bariatric surgery. Topics discussed include: concerns, setbacks, triumphs with weight surgery, recovery, ways to manage lifestyle changes necessary for achieving and maintaining success. Building is handicapped accessible. Guest speakers and literature. Meets 1st Mon., 5:30pm (except holidays), Summit Medical Group, 1 Diamond Hill Rd., Lawrence Pavillon, Berkeley Heights. For meeting information call Sandy, Bariatric Nurse **908-277-8950** (day).

Celebrate Recovery 12-Step. *Christian-based*. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Guest speakers and literature. Building is handicapped accessible. Childcare available. Meets Mon., 7-9:45pm, Evangel Church, 1251 Terrill Rd., Room 212-213, Scotch Plains. Call church **908-322-9300** (day). E-mail: celebraterecovery@evangelchurch.com

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **908-253-3464**. Website: <http://www.aa-centraljersey.org>

Warren County

Overeaters Anonymous 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call **973-746-8787**. Website: <http://www.njioa.org>

TOPS (*Take Off Pounds Sensibly*) Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. For meeting information call Suzy Cress **856-797-8601** (leave message). Check website for local meetings. Website: <http://www.tops.org>

NJ Statewide

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Food Addicts Anonymous - NJ Intergroup *12-Step.* Fellowship to recover from food addiction. Primary purpose is to maintain abstinence from sugar, flour and wheat. Call **732-244-4324**. Website: <http://www.foodaddictsanonymous.org>

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

Overeaters Anonymous Central Jersey Intergroup *12-Step.* Fellowship of men, women and children who meet to help one another understand and overcome their common problem of compulsive overeating. Meetings throughout New Jersey. Covers Hunterdon, Mercer, Middlesex, Monmouth, Somerset and Union counties. Write: CJIOA, P.O. Box 90, Manasquan, NJ 08736. Call **908-253-3464**. Website: <http://www.aa-centraljersey.org>

Overeaters Anonymous Jersey Shore Intergroup *12-Step.* Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. Covers Atlantic, Cape May and Ocean counties. Write: Jersey Shore OA Intergroup, P.O. Box 571, Manahawkin, NJ 08050. Call Jersey Shore Intergroup **732-269-6550**. Website: <http://www.jerseyshoreoa.org>

Overeaters Anonymous North Jersey Intergroup *12-Step.* Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. Donation \$2. Covers Bergen, Essex, Hudson, Morris, Passaic, Sussex, Union and Warren counties. Write: Overeaters Anonymous, P.O. Box 827, Fairlawn, NJ 07410-0827. Call **973-746-8787**. Website: <http://www.northjerseyioa.org> E-mail: oaanswerman@aol.com

Overeaters Anonymous South Jersey Intergroup *12-Step.* Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. Covers Burlington, Camden, Cumberland, Gloucester, Mercer and Salem counties. Write: Overeaters Anonymous, South Jersey Intergroup, P.O. Box 766, Voorhees, NJ 08044. Call South Jersey Intergroup **609-239-0022**. Website: <http://www.aa-southjersey.org/meetings>

Overeaters Anonymous West Jersey Intergroup 12-Step. Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. Covers Essex, Morris, Sussex, and Warren counties. Call West Jersey Intergroup 973-335-1717. Website: <http://www.wjioa.org>

TOPS (Take Off Pounds Sensibly) 30 chapters. Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. Dues \$26/yr. Newsletter. Meetings throughout NJ. For information call Suzy Cress 856-797-8601 (leave message). Check website for local meetings. Website: <http://www.tops.org> Email: topswahine672@comcast.net or jerseytopsac@gmail.com

SEX | LOVE ADDICTION

Atlantic County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

Burlington County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

Bergen County

Freedom To Live 12-Step. Fellowship for men and women who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Building is handicapped accessible. Meets Fri., 6:30-7:30pm, Edgewater Community Center, 1167 River Rd., Edgewater. Call Larry 201-803-0281.

S.L.A.A. (Sex and Love Addicts Anonymous) (MEN ONLY) 12-Step. Fellowship for men who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Building is handicapped accessible. Meets Mon., 6:30-7:30pm, Edgewater Community Center, 1167 River Rd., Edgewater. Call Larry 201-803-0281.

S-Anon 12-Step. Offers support for family members and loved ones of those who are sexually addicted. Literature, phone help and newsletter. Donation \$2. Meets Tues., 7:30-8:30pm, First Presbyterian Church, 64 Passaic St., Hackensack. Call S-Anon Hotline 1-800-210-8141.

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

Camden County

Love Addicts Anonymous (WOMEN ONLY) 12-Step. Support for women who desire to stop living out a pattern of love, romance and codependency. Meets Thurs., 7:30pm, Kennedy Memorial Hospital, Chapel Ave. and Cooper Landing Rd., Private Dining Room, 1st Floor, Cherry Hill. Call Melissa 856-745-4844 (day).

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

S.L.A.A. (Sex and Love Addicts Anonymous) 12-Step. Fellowship for those who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment.

Cherry Hill Meets Sun., 7pm; Tues., 7:30pm and Sat., 7pm, Kennedy Memorial Hospital, 2201 Chapel Ave. West, Before attending call Ken 856-235-1018 or Melissa 856-745-4844.

Stratford Meets Fri., 7:30pm, Kennedy Memorial Hospital - Stratford, 18 Laurel Rd. East. Before attending Melissa 856-745-4844.

Cape May County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

Cumberland County

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services 212-876-7427 (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org> (click on meeting list)

Essex County

Chapter 9 Couples In Recovery Anonymous 12-Step. Fellowship of men and women who share their experience, strength and hope as couples that they may solve their common problems and help bring harmony to relationships in recovery from addiction and substance abuse. The only requirements for membership are that the partners are in a committed relationship and that at least one partner is in another 12-step fellowship. Meets 1st, 3rd and 5th Sat., 7-8pm, First Lutheran Church, 153 Park St., Montclair. For meeting information call John **862-215-6470** (day). Website: <http://chapter9-nyc.org>

Montclair SAA 12-Step. Support group for men and women concerned about their own addictive or compulsive sexual behavior. Meets Wed., and Sat., 5:30pm, First Lutheran Church, 153 Park St., Montclair. Enter rear double doors from parking lot, small meeting room, basement. Before attending call Leo **973-460-3660**. Website: <http://www.saa-recovery.org> E-mail: montclairsaa@gmail.com

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

S.L.A.A. (Sex and Love Addicts Anonymous) 12-Step. Fellowship for those who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Meets Sun., 7:30pm (STEP mtg.); Mon., 7:30pm (regular); Wed., 7:30pm (regular) and Fri., 7:30pm (beginners) and 8:45pm (regular), First Lutheran Church, 153 Park St., Montclair. Call George **973-481-5267**.

Gloucester County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Fri., 7:30pm, Gloucester County Community Church, 359 Chapel Heights Rd., Sewell. Call **856-582-0222** (day).

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Hudson County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Hunterdon County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Mercer County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Guest speakers. Meets Thurs., 7-9pm, Central: A Christ-Centered Church, 2015 Pennington Rd., Ewing. Call **609-882-0337** (day).

S.L.A.A. (Sex and Love Addictions Anonymous) 12-Step. Fellowship for those who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Call Harry **609-649-0970**

Ewing Meets Sun., 7-8:30pm, Trinity United Methodist Church, 1985 Pennington Rd.

Trenton Meets Tues., 7-8pm, St. Michael's Church, 140 North Warren St.

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Middlesex County

JRECOVERY 12-Step. Support for Jewish individuals with any type of addiction or in recovery, their families and friends. Group includes alcohol, drug, obesity, gambling and sex addicts. Focuses on challenges of recovery. Meets Mon., 7:30-8:30pm, Jewish Family and Vocational Service of Middlesex County, 32 Ford Ave., 2nd Floor, Milltown. Call Reva **732-890-6312** or Jewish Family and Vocational Services **732-777-1940** (day). E-mail: irvofnj@yahoo.com

S-Anon Couples Group 12-Step. Support for couples dealing with a sexual addiction. Meets 3rd Sat., 7:30pm, Centenary United Methodist Church, Hillside Ave., Metuchen. Call **201-377-7272**. Website: <http://www.sanonintergroup.org>

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Monmouth County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne **732-409-2923** (day). Website: http://www.alcog.org/celebrate_recovery.html E-mail: alcogfreehold@aol.com

COSA (Codependents Of Sex Addicts) 12-Step. Support group for those whose lives have been affected by someone else's compulsive sexual behavior. Meets Sun., 6:30pm, Tinton Falls. E-mail for meeting information. Website: <http://www.cosa-recovery.org> E-mail: centraljerseycosa@gmail.com

Overcomers In Christ Recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Uses Overcomers goals which are Christ-centered. Resources, literature, information and referrals. Meets Mon., 8pm, Monmouth Worship Center, 37 Vanderburg Rd., Marlboro. Call William **848-218-0947** (day).

Safe Harbor 12-Step. Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin **732-241-4701** or Bill **732-291-3227**.

Sexaholics Anonymous 12-Step. *God-centered.* Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. *Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Celebrate Recovery 12-Step. *Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7:30pm, Living Praise Church, 37 Vreeland Rd., Launching Point, Upper Level, Room 302, Florham Park. Call **973-224-4144** (day).

Redemption 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Families and friends welcome. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm (except June), Mendham Hills Community Church, 480 Route 24, Chester. Call Connie Baker **908-879-2880** (Tues.-Fri.; 9am-5pm). E-mail: edconbaker@aol.com

S-Anon Support for family members and loved ones of those who are sexually addicted. Donation \$1/mtg. Meets Mon., 8-9pm, St. John's Episcopal Church, 11 South Bergen St., Dover. Call Barbara **973-659-0901**.

S.L.A.A. (Sex and Love Addictions Anonymous) 12-Step. Fellowship for those who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Building is handicapped accessible. Meets Tues., 7:30-8:45pm (Conference Room 3, B-Level); Thurs. 7:30-8:45pm (Conference Room 1, B-Level) and Sat., 7:30-8:45pm (Conference Room 3, B-Level), Morristown Memorial Hospital, 100 Madison Ave., Morristown. Call Lee **908-876-4081**.

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Ocean County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions.

Lakewood Meets Fri., 6:30-8:30pm, Calvary Lighthouse, 1133 East County Line Rd. Call **732-363-1239** (eve.). Website: <http://www.calvarylighthouse.org> E-mail: celebraterecovery.lakewood@yahoo.com

Toms River Meets Mon., 7pm, Abundant Grace Church, 108 Indian Head Rd. Call Jodi and Frank **732-768-3967** (day). Website: <http://abundantgracechurch.com> E-mail: cr@abundantgracechurch.com

Higher Ground (WOMEN ONLY) Christian-based recovery program for women that deals with every aspect of addiction and dysfunction (spiritual, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Before attending call Lynne **732-350-1187** ext. 1038 (day). Website: <http://www.americaskeswick.org> E-mail: Ljahns@americaskeswick.org

New Creations (MEN ONLY) Christian-based recovery program for men that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional and social). Resources, literature, information and referrals. Meets Mon., 7-8:30pm, America's Keswick, 601 Route 530, Whiting. Call Chaplain Jim Freed **732-350-1187** (day). Website: <http://www.americaskeswick.org>

Overcomers Outreach 12-Step. *Christ-centered.* Support for anyone affected by addictions. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Meets Tues., 7:30pm, St. Paul's Methodist Church, 714 Herbertsville Rd., Brick. Call Rob and Robin **732-701-9843** (day).

Sexaholics Anonymous 12-Step. *God-centered.* Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Passaic County

S-Anon Couples Group 12-Step. Support for couples dealing with a sexual addiction. Meets 1st and 3rd Mon., 9pm, First Presbyterian Church, 112 Washington Place, Passaic. Call **201-377-7272**. Website: <http://www.sanonintergroup.org>

Sexaholics Anonymous 12-Step. *God-centered.* Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Salem County

Sexaholics Anonymous 12-Step. *God-centered.* Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Somerset County

Celebrate Recovery 12-Step. *Christian-based. Professionally-run.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7pm, Christian Community Chapel, 211 Route 206 North, Hillsborough. Call **908-431-9244** (day).

S.L.A.A. (Sex and Love Addicts Anonymous) 12-Step. Fellowship for those who desire to stop living out a pattern of sex and love addiction, compulsive sexual behavior or emotional attachment. Meets Sun., 8pm, Bound Brook Cemetery, 500 Mountain Ave., Freeman Bldg. (near main gate), Bound Brook. Call Steve **908-413-2470**.

Sexaholics Anonymous 12-Step. *God-centered.* Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Sussex County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Union County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Guest speakers and literature. Building is handicapped accessible. Childcare available. Meets Mon., 7-9:45pm, Evangel Church, 1251 Terrill Rd., Room 212-213, Scotch Plains. Call church **908-322-9300** (day). E-mail: celebraterecovery@evangelchurch.com

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

Warren County

Sexaholics Anonymous 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Call NJ Intergroup **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list)

NJ Statewide

Addiction Recovery Support Group 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

New Jersey Sexaholics Anonymous Intergroup 12-Step. God-centered. Mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Several meeting locations throughout NJ. Call **201-377-7272**. Website: <http://www.njessay.org> (click on meeting list) E-mail: 12stepdarin@gmail.com

SMOKING

Atlantic County

Nicotine Anonymous 12-Step. Mutual support for persons wishing to stop smoking and their use of nicotine. Call Nicotine Anonymous World Services **1-877-879-6422**.

Galloway Meets Tues., 7:45pm, St. Mark's All Saints Episcopal Church, 429 South Pitney Rd.

Somers Point Meets Mon., 7pm, United Methodist Church, Bethel Rd. and Doran Ave.

Burlington County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Meets Thurs., 7pm, Fellowship Church, 1520 Hainesport Rd., Mount Laurel. Call **856-235-1697** (day). E-mail: celebraterecovery@fbcnj.org

Bergen County

Nicotine Anonymous 12-Step. Mutual support for persons wishing to stop smoking and their use of nicotine. Call Bill **201-947-3305**.

Paramus Meets Wed., 7pm, Valley Hospital, 15 Essex Rd.

Teaneck Meets Sat., 7pm, St. Mark's Episcopal Church, 118 Chadwick Rd.

Camden County

Nicotine Anonymous 12-Step. Fellowship of men and women who want to achieve and maintain a nicotine-free life. Meets Mon., 7pm, Kennedy Hospital, Chapel Ave., 5th Floor, Cherry Hill. Call Ellie **856-354-0887**.

Cape May County

Nicotine Anonymous 12-Step. Fellowship of men and women who want to achieve and maintain a nicotine-free life. Meets Wed., 6:30pm, Learning Recovery Center of Wildwood, 4404 Pacific Ave., Wildwood. Call Nicotine Anonymous World Services **1-877-879-6244**.

Cumberland County

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Thurs., 7:30pm, Church of Jesus Christ of Latter-Day Saints, 110 Highland Ave., Vineland. Call LDS Family Life Services 212-876-7427 (Mon.-Fri., 9am-5pm). Website: <http://www.addictionrecoverylds.org>

Gloucester County

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Fri., 7:30pm, Gloucester County Community Church, 359 Chapel Heights Rd., Sewell. Call 856-582-0222 (day).

Mercer County

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Guest speakers. Meets Thurs., 7-9pm, Central: A Christ-Centered Church, 2015 Pennington Rd., Ewing. Call 609-882-0337 (day).

Nicotine Anonymous *12-Step.* Fellowship of men and women who want to achieve and maintain a nicotine-free life. Call Nicotine Anonymous World Services 1-877-879-6422.

Hamilton Meets Fri., 7pm, Robert Wood Johnson University Hospital at Hamilton, Whitehorse and Klockner Rd.

Lawrenceville Meets Fri., 7pm, Lawrence Neighborhood Center, 295 Eggerts Crossing Rd., 2nd Floor.

Monmouth County

Living Smoke Free Support Group *Professionally-run.* Support, education and tips for those who are trying to quit smoking or who have recently quit. Handicapped accessible. Meets Tues., 7-8:30pm, Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call 1-888-724-7123 (day).

Safe Harbor *12-Step.* Christian-based. Mutual support for people suffering from any addiction including alcohol, codependency, drugs, debt, or any other addictions. Families welcome. Guest speakers, literature, phone help and buddy system. Meets Sun., 7:30-9pm, Living Word Christian Church, 47 Memorial Parkway (Highway 36), Atlantic Highlands. Call Robin 732-241-4701 or Bill 732-291-3227.

Morris County

Addiction Recovery Support Group (BILINGUAL) 12-Step. Christian-based. Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 6pm, Church of Jesus Christ of Latter-Day Saints, 103 Bassett Highway, Dover. Call LDS Family Life Services **212-876-7427** (day).

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7:30pm, Living Praise Church, 37 Vreeland Rd., Launching Point, Upper Level, Room 202, Florham Park. Call **973-224-4144** (day).

Redemption 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Families and friends welcome. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm (except June), Mendham Hills Community Church, 480 Route 24, Chester. Call Connie Baker **908-879-2880** (Tues.-Fri.; 9am-5pm). E-mail: **edconbaker@aol.com**

SMART Recovery (Self-Management And Recovery Training) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Website: **<http://www.smartrecovery.org>**
Succasunna Meets Tues., 7-8:30pm, Roxbury Public Library, 103 Main St. Call Anne **201-774-8323** (eve.). E-mail: **smartrox@optimum.net**
Whippany Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave. Call Austin **862-397-4117** or Rich **973-983-8755**.

Ocean County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions.

Lakewood Meets Fri., 6:30-8:30pm, Calvary Lighthouse, 1133 East County Line Rd. Call **732-363-1239** (eve.). Website: **<http://www.calvarylighthouse.org>** E-mail: **celebraterecovery.lakewood@yahoo.com**

Toms River Meets Mon., 7pm, Abundant Grace Church, 108 Indian Head Rd. Call Jodi and Frank **732-768-3967** (day). Website: **<http://.abundantgracechurch.com>** E-mail: **cr@abundantgracechurch.com**

SMART Recovery (Self-Management and Recovery Training) *Professionally-run.* Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Building is handicapped accessible. Meets Thurs., 6pm, HBS Counseling, 74 Brick Blvd., Building 4, Suite 206, Brick. Before attending call Milt Holoday **732-477-0862** ext. 105 (day). Website: <http://www.smartrecovery.org> E-mail: holody@gmail.com

Somerset County

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Meets Sun., 3:30pm, Church of Jesus Christ of Latter-Day Saints, 35 Lamington Rd., Branchburg. Call LDS Family Life Services **212-876-7427** (day).

Celebrate Recovery *12-Step. Christian-based. Professionally-run.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Building is handicapped accessible. Meets Fri., 7pm, Christian Community Chapel, 211 Route 206 North, Hillsborough. Call **908-431-9244** (day).

Union County

Celebrate Recovery *12-Step. Christian-based.* Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Guest speakers and literature. Building is handicapped accessible. Childcare available. Meets Mon., 7-9:45pm, Evangel Church, 1251 Terrill Rd., Room 212-213, Scotch Plains. Call church **908-322-9300** (day). E-mail: celebraterecovery@evangelchurch.com

NJ Statewide

Addiction Recovery Support Group *12-Step. Christian-based.* Support for individuals who desire freedom from any addiction including alcohol, drugs, sex, smoking, gambling, overeating, codependency, etc. Also has phone meetings. Families and friends welcome. Check website or call for meetings. Call LDS Family Life Services **212-876-7427** (Mon-Fri., 9am-5pm). Website: <http://www.addictionrecovery.lds.org>

New Jersey Quitnet *Online.* Provides access to peer support groups where one can learn from others who are quitting and get advice from those who have successfully quit. Once registered, members get a Quitting Guide to help them develop their individually tailored plan for quitting. Website: <http://www.nj.quitnet.com>

Nicotine Anonymous 12-Step. Support program of recovery for people who want to help themselves and others recover from nicotine addiction and live free of nicotine in all forms. For meeting information call Nicotine Anonymous World Services **1-877-879-6422**. Website: <http://www.nicotine-anonymous.org>

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

BEREAVEMENT

BEREAVEMENT (General)

Atlantic County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Bereavement Group *Professionally-run.* Mutual support and information for persons grieving the loss of a loved one. Group runs for 6 week sessions. Meets at various times and locations in Atlantic and Gloucester counties. For meeting information call Rachel McCoy **856-251-0707** or **609-641-4675** (day).

Coping With Loss * *Professionally-run.* Mutual support and education for persons grieving the death of a loved one. Group runs for 6 week sessions/4 times/yr., Egg Harbor Township and Galloway. Call **609-407-2020** (day).

Living with Loss *Professionally-run.* Support for anyone who has lost a loved one to cancer. Building is handicapped accessible. Meets Thurs., 6-8pm, Gilda's Club South Jersey, 700 New Rd., Linwood. Before attending call Adria Light **609-926-2699** (day). Website: <http://www.gildasclubssouthjersey.org> E-mail: adria@gildasclubssouthjersey.org

Bergen County

Adults Who Have Lost a Parent to Cancer *Professionally-run.* Support for adults who have lost a parent to cancer. Building is handicapped accessible. Meetings vary, 8 week sessions, several times/yr., Gilda's Club of Northern NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Tsaglos **201-457-1670** ext. 125 (day). Website: <http://www.gildasclubnnj.org> E-mail: carleyt@gildasclubnnj.org

Bereaved Catholics Referrals to groups for emotional/spiritual support and social activities for bereaved men and women. Groups are sponsored by various parishes throughout the county and are open to people of any faith. Call Family Life Ministries, Catholic Diocese of Newark **973-497-4327**.

Bereavement Support Group *Professionally-run.* Mutual support and education for adults experiencing the grief and loss of a loved one. Meetings vary, Valley Hospice, 15 Essex Rd., Kraft Building, Paramus. For meeting information call **201-291-6395** (day).

Bereavement Support Group *Professionally-run.* Support and comfort for those grieving the loss of a loved one. Meets Tues., 5:45pm (except Jan. and Aug.), Wallington Presbyterian Church, Paterson Ave. and Union Blvd., Wallington. Before attending call Rev. Peter Carey **973-779-2640**.

Bereavement Support Group *Professionally-run.* Support for adults grieving the loss of a loved one. Literature. Building is handicapped accessible. Meets Thurs., noon-1:30pm, Englewood Hospital, 350 Engle St., Englewood. Before attending call Jessica Pressler, LCSW **201-894-3333** (day).

Bereavement Support Group for Adult Children *Professionally-run.* Supports for any adult grieving the loss of a parent. Literature. Building is handicapped accessible. Meets Thurs., 2-3:30pm, Visiting Nurse Association of Englewood, 15 Engle St., Suite 301, Englewood. Pre-registration required. Before attending call Peter Powers **732-768-1689** (day)

Church of the Presentation Bereavement Support Group *Faith-based.* Support for those who have recently experienced the loss of a loved one. Meetings vary, 8 week sessions, March and Sept., Church of the Presentation, 271 West Saddle River Rd., Upper Saddle River. For meeting day and time call **201-327-1313** ext. 872 (day).

Family & Friends Bereavement Support Group *Professionally-run.* Support for those who have lost a loved one or friend to cancer. Rap sessions. Building is handicapped accessible. Meetings vary, 6-7:30pm, 8 week sessions, Gilda's Club Northern NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Anne Tsaglos **201-457-1670** ext. 125 (day). Website: <http://www.gildasclubnnj.org>

Journeys Professionally-run. Support and art therapy for children (ages 3-17) who have lost a loved one. Meetings vary, Valley Hospice, 15 Essex Rd., Kraft Building, Paramus. For meeting information call **201-291-6000** ext. 7133 (day).

New Start Support Group Professionally-run. Support for families, spouses and friends of a recently deceased loved one up to one year. Meets Tues., 11:30am-1pm and Wed., 6-7:30pm (8 week sessions/4 times/yr.), Kraft Center, 15 Essex Rd., Paramus. Pre-registration required. Before attending call **201-291-6243** (day).

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Pet Bereavement Support Group Professionally-run. Support for individuals (ages 16+) to honor the lives of departed animal companions and promote healing from the loss. Rap sessions. Meetings vary, 7-8:15pm, Oradell Animal Hospital, 580 Winters Ave., Paramus. Call **201-262-0010** (day). Check website for meeting information. Website: <http://oradell.com/services-staff/bereavement-support> Email: ldavis@oradell.com

Rainbows Peer Support Group Professionally-run. Peer support for children, (ages 4 - teens), who have experienced a family loss because of death, separation, divorce or abandonment. Goals are to provide peer support, furnish an understanding of the grief experience, assist in building a stronger sense of self-esteem and teach appropriate coping mechanisms. Parents' group meets concurrently. Meets Tues., 7-8pm (Sept.-Dec.) and Wed., 7-8pm (Jan.-Apr.), Ridgewood YMCA, 112 Oak St., Ridgewood. Pre-registration required. Call John Duke **201-444-5600** ext. 332 (day).

Sharing the Journey Professionally-run. Support and education to those who have suffered the loss of a loved one in the last year. Building is handicapped accessible. Meets Tues., 12:30-2pm and 6-7:30pm (8 week sessions in Jan., May, and Sept.), Holy Name Medical Center, 718 Teaneck Rd., Teaneck. Pre-registration required. Before attending call Lenore Guido **201-833-3188** ext. 7580 (day) or Claudia Coenen **917-693-5379** (day).

Burlington County

Bereaved Catholics Referrals to groups for emotional/spiritual support and social activities for bereaved men and women. Groups are sponsored by various parishes throughout the county and are open to people of any faith. Call Family Life Ministries, Catholic Diocese of Trenton **609-403-7157**.

Big Hurt / Little Tears *Professionally-run.* Support for children (ages 3-5) grieving the loss of a loved one. Group runs periodically for 3 weeks. Registration fee \$15. Meetings vary, The Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Call **1-800-596-8550**.

Daughters Without Mothers *Professionally-run.* Support group for women who are grieving the loss of their mother. Education, discussions and an opportunity to share stories. Groups run periodically for 8 weeks. Registration fee \$40. Meetings vary, Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Call **1-800-596-8550**.

Expressions For Children *Professionally-run.* Support for children ages (7-14) dealing with grief. Building is handicapped accessible. Meets 1st Mon. and 3rd Wed., 6-7:30pm (except Feb., July, Aug., Sept.), Moorestown Visiting Nurses and Hospice, 300 Harper Dr., Moorestown. Pre-registration required. Before attending call Andra **856-352-1300** ext. 2507 (day).

Gay and Lesbian Bereavement Support Group Support for gay and lesbian individuals grieving the loss of a loved one. Building is handicapped accessible. Literature. Meets 3rd Mon., 6-7:30pm, Moorestown Visiting Nurses and Hospice, 300 Harper Dr., Moorestown. Pre-registration required. Before attending call Andra **856-552-1300** ext. 2507 (day).

Growing Through Grief *Professionally-run.* Support for adults who are grieving the loss of a loved one. Literature. Building is handicapped accessible. Meets Mon., 6-8pm and 3rd Thurs., 1:30-3:30pm, Moorestown Visiting Nurse and Hospice, 300 Harper Dr., Moorestown. Pre-registration required. Before attending call **856-552-1300** ext. 2507 (day).

Healing and Hope Mutual support, information and encouragement for adults who have lost a loved one to death. Meets 1st Mon., 6:30pm, Office Complex, 521 Fellowship Rd., Suite 110 (1st building), Mt. Holly. Call James Chrysler **856-778-0222**.

Helping Hand Grief Support Group *Professionally-run.* Support for anyone grieving the loss of a loved one (including death of a child and loss to homicide) through education, encouragement, annual conference, counseling and understanding. Families welcome. Building is handicapped accessible. Guest speakers. Meets Mon., 7-9pm, Fellowship Alliance Chapel, 199 Church Rd., (Log house in back of church), Medford. Call Wanda or George Stein **609-953-7333** ext. 309. Website: <http://helpinghandgriefsupport.org>

Just the Guys *Professionally-run.* Mutual support for adult men grieving the loss of a family member or friend. Groups run periodically for 6 weeks. Registration fee \$30. Meetings vary, Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Call **1-800-596-8550**.

Pet Loss Support Group *Professionally-run*. Support for adults grieving the loss of a pet. Group runs periodically for 3 weeks. Registration fee \$15. Meetings vary, Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Before attending call **1-800-596-8550** (day).

Sharing Grief Support Group *Professionally-run*. Support for adults grieving the loss of a loved one. Building is handicapped accessible. Meets Wed., 11am and Sun., 7pm, Calvary Presbyterian Church, 300 Fourth St., Riverton. Call church to verify meeting. Call **856-829-0783** (day).

St. Joan of Arc Bereavement Support Group Support for adults grieving the loss of a loved one. Building is handicapped accessible. Meets 4th Tues., 7:30-9pm, St. Joan of Arc Church, 100 Willow Bend Rd., Arc Room of Rectory, Marlton. Call **church 856-983-0077** (day).

Camden County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Breath of Life Bereavement Support Group *Professionally-run*. Mutual support for anyone grieving the loss of a loved one. Education, rap sessions, guest speakers and phone help. Meets 2nd and 4th Thurs., 7-8:30pm (except July and Aug.), 13 week sessions, Bethany Baptist Church, 115 East Gibbsboro Rd., Gibbsboro. Pre-registration required. Before attending call Cynthia Faison **856-784-2220** ext. 114 (day). Website: <http://www.abundantharvest.com>

Grief Management of St. Rose of Lima Mutual support for anyone grieving the loss of a significant person in their life. Meets Thurs., 7:30-9:30pm (12 week sessions. 2 times/yr.), St. Rose of Lima Church, 300 Kings Highway, Parish Lounge, Haddon Heights. Before attending call **856-547-0564** (day). Website: <http://www.strosenj.com>

Our Lady of Hope Grief Support Ministry Mutual support for anyone who is grieving the loss of a loved one. Literature and phone help. Building is handicapped accessible. Meets for 8 weeks/4 times/yr., Our Lady of Hope Church, 701 Little Gloucester Rd., Parish Center, Blackwood. Pre-registration required. Before attending call Jane Conforti **856-228-8182** (day).

VITAS Hospice - Living With Loss *Professionally-run*. Forum for sharing one's grief experience, giving and receiving support, learning about the grief process and promoting healing. Building is handicapped accessible. Meets for 6 weeks, 3 times/yr., Kennedy Hospital - Stratford, 18 E. Laurel Rd., Stratford. Call **856-914-2837**. E-mail: james.chrysler@vitas.com

Cape May County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Grief Support Group *Professionally-run*. Support for those who have lost a loved one. Building is handicapped accessible. Meets 1st and 3rd Wed., 3-5pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Maruchi Room, Cape May Court House. Call Bonnie Kratzer, RN **609-463-4043** (day).

Cumberland County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Essex County

Adult Bereavement Group *Professionally-run*. Mutual support for adults grieving the death of a loved one. Newly bereaved group meets weekly for 6 week sessions/4 times/yr. Hospice of NJ, 400 Broadacres Dr., 1st Floor, Bloomfield. Pre-registration required. Before attending call Michael Teague **973-893-0818** ext. 213. E-mail: michael.teague@americanhospice.com

Bereaved Catholics Referrals to groups for emotional/spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Newark **973-497-4327**.

Bereavement Support Group *Professionally-run*. Support for adults grieving the loss of a loved one. Building is handicapped accessible. Meets Thurs., 12:30pm, St. Barnabas Hospice and Palliative Care Center, 95 Old Short Hills Rd., West Orange. Call **973-322-4817** (day).

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Rainbows, Inc. Professionally-run. Peer support for children (kindergarten - sixth grade) who are grieving a loss due to death, divorce, abandonment or other life altering situation. Meets Mon., 10 week sessions (Spring and Fall), 5:30-6:30pm, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994** (day). Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Rainbows, Inc. Professionally-run. Peer support for children and adolescents (kindergarten-eighth grade) who are grieving a loss due to death, divorce or abandonment. Meets Mon., 7 week sessions (Spring and Fall), First Presbyterian Church, 10 Fairview Ave., Verona. Before attending call **973-239-3561** (day).

Survivors of Murdered Children Professionally-run. Mutual support and understanding for families and friends who have lost a loved one to murder. Guest speakers, advocacy, speakers' bureau, social and buddy system. Building is handicapped accessible. Meets 2nd Fri., 6:30pm (except July and Aug.), ECHOES, Grief Center, 116 Main St., Orange. Call Beverly Henderson **973-675-1199**.

You Are Not Alone (YANA) Support for anyone grieving the loss of a loved one. Meets 2nd Wed., 7:30-9pm, Our Lady of Mt. Carmel Church, 120 Prospect St., Parish Hall, Nutley. Call **973-667-2580** (day). Website: <http://www.olmc-nutley.org> E-mail: olmcnutley@optimum.net

Gloucester County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Bereavement Group Professionally-run. Mutual support and information for persons grieving the loss of a loved one. Group runs for 6 week sessions. Meets at various times and locations in Gloucester county. For meeting information call Rachel McCoy **856-251-0707** or **609-641-4675** (day).

Bereavement Support Group Professionally-run. Support for anyone grieving the loss of a loved one. Guest speakers. Building is handicapped accessible. Meets 4th Tues., 6:30pm, Kennedy University Hospital - Washington Township, 435 Hurffville-Cross Keys Rd., 1st Floor Conference Room, Turnersville. Call Patricia Madden **856-218-5466** (day).

Center for People in Transition Professionally-run. Assists displaced homemakers whose major source of financial support has been lost due to separation/divorce, death or disability of a spouse. Helps individuals to become emotionally and economically self-sufficient through life skills training, career decision making, education or vocational training and supportive services. Evening divorce and bereavement support groups for men and women. Meetings vary, 8 week sessions, Gloucester County College, 1400

Tanyard Rd., Sewell. Pre-registration required. Before attending call **856-415-2222** (day). E-mail: peopleintransition@gccnj.edu

Hudson County

Bereaved Catholics Referrals to groups for emotional/spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Newark **973-497-4327**.

Bereavement Support Group *Professionally-run*. Support for individuals coping with the loss of a family member or a close friend. Building is handicapped accessible. Meets 3rd Wed., 6:30-7:30pm, Jersey City Medical Center, 355 Grand St., Conference Room #5, Jersey City. Before attending call **201-915-2058** (day).

Bereavement Support Group *Professionally-run*. Support for individuals coping with the loss of a loved one. Building is handicapped accessible. Meets Mon., 4pm, Christ Hospital, 176 Palisades Ave., Jersey City. Before attending call **201-795-8397** (day).

Hudson Hospice Children's Bereavement Support Group *Professionally-run*. Program to help grieving families. Children (ages 4-17) attend a weekly art therapy group while the parents participate in a companion parent group. Group meets for 10 week sessions, Jersey City and Bayonne area. Pre-registration required. Before attending call Sharon or Sister Alice McCoy **201-433-6225** (day). E-mail: ols9395@comcast.net

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Mercer County

Bereaved Catholics Mutual support for those suffering the loss of a loved one. Open to people of any faith. Various meeting locations and times. Call Office of Family Life, Trenton Diocese **609-403-7157**.

Bereavement Support Group Faith-based. Support for anyone who has experienced the loss of a loved one. Meets 1st Tues., 7:30pm, St. Raphael Holy Angels Parish, 3500 South Broad St., Spiritual Center, Trenton. For meeting information Bob Tharp **609-890-1011**.

Bereavement Support Group *Professionally-run*. Support for anyone grieving the loss of a loved one. Building is handicapped accessible. Meets 2nd and 4th Mon., 6:30-8pm, Robert Wood Johnson Hospital - Hamilton, One Hamilton Health Place, Multi-Faith

Chapel, Outpatient Building, Hamilton. Pre-registration required. Before attending call **609-631-6980** (day).

Good Grief Professionally-run. Support for children (ages 3-17) and young adults (ages 18-30) who have lost a parent or sibling due to death. Groups are in different age categories. Concurrent parent group is offered. Building is handicapped accessible. Meets alternate Wed., 6:30pm, Trinity Church, 33 Mercer St., Princeton. Pre-registration required. Before attending call **609-498-6674** ext. 8006 (day). Website: <http://www.good-grief.org> E-mail: info@good-grief.org

Grief and Loss Group for Older Adults Support for adults ages 60+ who are grieving the loss of a loved one. Building is handicapped accessible. Meets 1st and 3rd Thurs., 1:30-2:30pm, Robert Wood Johnson Fitness and Wellness Center, 3100 Quaker Bridge Rd., Hamilton. Pre-registration required. Before attending call **609-584-5900** ext. 1 (day).

Pet Bereavement and Loss Support Group Join others who have experienced the passing of a beloved pet, for solace and comfort. Meetings offered in small comfortable locations where members can feel free to express their thoughts, feelings and concerns. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Lambertville. Contact Kim Kilmer via webpage. Website: <http://www.meetup.com/Pet-Bereavement-Loss-Support-Group>

Middlesex County

Bereaved Catholics Mutual support for those suffering the loss of a loved one. Various meeting locations and times. For information call the Family Life Office, Metuchen Diocese **732-562-1990** ext. 2467 (day).

Bereavement Support Group Professionally-run. Mutual support for anyone suffering the loss of a loved one. Meets 1st and 3rd Thurs., 7-8:30pm, St. Peter's University Hospital, 254 Easton Ave., New Brunswick. Call **732-745-8565** (day).

Bereavement Support Group Professionally-run. Provides a safe environment where individuals can identify and communicate about their losses in order to facilitate the healing process. Rap sessions, literature, newsletter, phone help and buddy system. Meets 3rd Mon. or Tues., 7-8:30pm, South Plainfield Funeral Home, 2456 Plainfield Ave., South Plainfield. Before attending call Carol H. Burner **732-562-8565**. E-mail: carolburner@aol.com

Growing Through Grief Professionally-run. Provides a safe environment for children (ages 5-18) to understand their grief and help them integrate the loss into their lives. Parent group meets concurrently. Meets 7-8:10pm (10 week sessions, Spring and Fall), Whispering Knolls Assisted Living, 62 James St., Edison. Pre-registration required. Before attending call Teresa Reitz, LCSW **732-321-7000** ext. 62071 (day). E-mail: tareitz@optonline.net

Journey Through Grief *Professionally-run.* Support for adults grieving the loss of a loved one. Open to people of any faith. Meets Wed., 7-9pm, 8 week sessions (Spring and Fall), Cathedral of St. Francis of Assisi, 45 Library Place, Parish Center, Metuchen. Pre-registration is required. Before attending call Jessie Flynn **732-895-2563** (day).

The Path Most Traveled *Professionally-run.* Support for adults who have experienced the death of a loved one. Meets 1st and 3rd Tues., 7-8:30pm, JFK Medical Center, 65 James St., Radiation Therapy Waiting Room, Edison. Pre-registration required. Before attending call Heather Imperato **732-321-7000** ext. 62377 (day).

Transitions Caregiver Bereavement Group *Professionally-run.* Provides emotional support and guidance for caregivers starting over after caregiving ends. Guest speakers and phone help. Building is handicapped accessible. Meetings vary, 11am-1pm, Rutgers University Behavioral Health Care, 100 Metroplex Dr., Suite 200, Edison. Pre-registration required. Before attending call Susan Schwartz **1-866-300-3277** and **732-235-8452** (day) or Dale Ofei-Ayisi **732-235-8452** (day).

Monmouth County

Adult Bereavement Support Group *Professionally-run.* Support for adults who have experienced the death of a loved one. Building is handicapped accessible. Meets 2nd and 4th Mon., 11:30am-1pm, Applewood Estates, 1 Applewood Dr., Freehold. Before attending call Peter Powers **732-695-4641** (day).

After the Storm *Professionally-run.* Support for spouses and partners who have lost their loved one due to a brain tumor. Guest speakers, literature and phone help. Meets monthly in various locations. For meeting information call Wendy Berk, LCSW **732-672-7165** (day) or Jessie Chism **732-575-4271** (day). E-mail: berk6@optonline.net or jchism@foundationsthatmatter.org

Art Therapy for Bereaved Children *Professionally-run.* Bereavement program for children who have lost a loved one. Uses art therapy to help children (ages 4-13 yrs.) address their feelings. Building is handicapped accessible. Meets periodically for 7 week sessions, Riverview Medical Center, 1 Riverview Plaza, Red Bank. Pre-registration required. Before attending call Jane Weinheimer **732-530-2382** ext. 3035 (day).

Bereaved Catholics Mutual support for those suffering the loss of a loved one. Open to people of any faith. Various meeting locations and times. Call Office of Family Life, Trenton Diocese **609-403-7157** (day).

Bereavement for Military Families (MILITARY) Professionally-run. Support for families who have lost a loved one in active duty or causality of war. Meets 2nd Mon., 6-7:30pm, Mental Health Association of Monmouth County, 119 Avenue at the Commons, Ste 5, Shrewsbury. Pre-registration required. Before attending call Grace Ann Talarico, LPC 732-542-6422 ext. 103 (day).

Bereavement Support Group Professionally-run. Mutual support for anyone grieving the loss of a loved one. Building is handicapped accessible. Meets 2nd and 4th Wed., 10am (except June, July, Aug.), Temple Shalom of Aberdeen, 5 Ayrmont Lane, Aberdeen. Before attending call 732-566-2621 (day). Website: <http://www.templeshalomenj.org> E-mail: shalom@templeshalomnj.org

Bereavement Support Group * Professionally-run. Mutual support for the loss of a spouse or adult children grieving the death of a parent. Building is handicapped accessible. Meets for 6 week sessions, several times per year, Riverview Medical Center, Cancer Center, 1 Riverview Plaza, Red Bank. Pre-registration required. Before attending call 732-450-2720 (day).

Bereavement Support Group Professionally-run. Mutual support for adults dealing with the death of a loved one. Building is handicapped accessible. Meets 2nd, 1:30pm and 4th Tues., 7:30pm, Bayshore Community Hospital, 727 North Beers St., Holmdel. Before attending call Chaplain Anna Esposito 732-739-5888 (day).

Bereavement Support Group Professionally-run. Support for adults grieving a loss. Building is handicapped accessible. Meeting day and time varies, Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call 732-923-6215 (day).

Common Ground Grief Center Professionally-run. Bereavement support group for children (ages 6-12) and teens (ages 13-18) who are grieving the loss of a loved one. Parent group meets concurrently. Meetings vary, 7-8:30pm, Common Ground Grief Center, 67 Taylor Ave., Manasquan. Pre-registration required. Before attending call Lynn Synder 732-606-7477 (day). E-mail: lynn@commongroundgriefcenter.org

GRASP (Grief Recovery After Substance Abuse Passing) Support for parents, families and friends who have lost a loved one to a substance abuse passing. Provides an opportunity for persons to share their grief without shame. Meets 2nd Sun., 1-3:30pm, Star and Barry Tobias Ambulatory Center, CentraState Medical Center, 901 Main St., Freehold. Call Abby 908-692-3072.

Lost and Found Support for adults who have experienced the loss of a loved one. Building is handicapped accessible. Meets last Thurs., 7-8:30pm, Monmouth Library, 125 Symmes Dr., Manalapan. Call Beth 732-462-5240 (eve.). E-mail: lost.found_ejs@yahoo.com

Mourning After, The Professionally-run. Support for people who are grieving the loss of a loved one. Group uses a wide range of interactive and creative interventions to assist in the grieving process. Building is handicapped accessible. Meets 1st Fri., 11:30am-1pm, Center Playhouse, 35 South St. (downtown), Freehold. Before attending call Bernice Garfield or Bob Szita **732-577-1076** (day). E-mail: bob@actionartz.com

Morris County

Adult Bereavement Support Group Professionally-run. Support for bereaved adults who have lost a loved one due to cancer or other long-term illness. Building is handicapped accessible. Runs for 8-week sessions, 4-5 times/yr., Saint Clare's Hospital, 25 Pocono Rd., Denville. For information call Brandy Johnson, MSW **973-625-6176** (day). E-mail: brandyjohnson@saintclares.org

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Paterson **973-777-8818**.

Bereavement Support Group Professionally-run. Support for adults over age 50 grieving the loss of a loved one. Building is handicapped accessible. Meets 4th Tues., 1-2:30pm, Chilton Health Network Building, 242 West Parkway, Pompton Plains. Call **973-831-5367** (day).

Compassionate Care Bereavement Support Group Professionally-run. Mutual support for anyone grieving the loss of a loved one. Building is handicapped accessible. Meetings vary, 8 week sessions, several times per year, Compassionate Care Hospice, 200 Lanidex Plaza, Suite 2101, Parsippany. Pre-registration required. Before attending call Jackie Salvatore **973-402-4712** (day).

Good Grief Professionally-run. Support for children (ages 3-17) and young adults (ages 18-30) who have lost a parent or sibling due to death. Groups are in different age categories. Concurrent parent group is offered. Building is handicapped accessible. Meetings vary, 6:30-8:15pm, Good Grief, 38 Elm St., Morristown. Pre-registration required. Before attending call **908-522-1999** ext. 8012 (day). Website: <http://www.good-grief.org> E-mail: info@good-grief.org

My Rainbows Place * Peer support for children and adolescents (ages 4-13) who are grieving a loss due to death or divorce in the family. Group runs for 14 weeks in the winter and 7 weeks in the summer. Parent group meets concurrently. Building is handicapped accessible. Meets Tues., 7-8pm, St. Francis Residential Community, 122 Diamond Spring Rd., Denville. Pre-registration required. Before attending call Diane **973-627-2134** or Wendy **973-625-3352**.

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Pet Loss Support Group *Professionally-run*. Helps individuals cope with the loss or impending loss of their companion animal to work through feelings of grief and mourning. Under 18 welcome. Building is handicapped accessible. Meets 1st Tues. and 3rd Wed., 7:30-9pm, St. Hubert's Giralda, 575 Woodland Ave., Madison. Before attending call **973-377-7094** (day).

Rainbows and Prism *Professionally-run*. Peer support for children and adolescents (kindergarten - eighth grade) who are grieving the loss of a parent due to death or divorce. Parent group meets concurrently. Building is handicapped accessible. Meets Tues., 7:15-8pm (Oct.-Jan.), Our Lady of the Magnificat, 2 Miller Rd., Kinnelon. Call Claudette Meehan **973-492-9406** (eve.) or Elaine Porter **973-283-8208**.

Ocean County

Bereaved Catholics Mutual support for those suffering the loss a loved one. Various meeting locations and times. Call Office of Family Life, Trenton Diocese **609-403-7157** (day).

Bereavement Support Group *Professionally-run*. Support for anyone grieving the loss of a loved one. Building is handicapped accessible. Meets Mon., 1pm, Congregation B'nai Israel, 1488 Old Freehold Rd., Toms River. Call Rita Sason, LCSW **732-363-8010** (Mon.-Thurs.).

Better Bereavement *Professionally-run*. Support for anyone grieving the loss of a loved one. Building is handicapped accessible. Meets 1st and 3rd Mon., 7pm (schedule varies June/Aug.), Ocean Medical Center, 425 Jack Martin Blvd., Community Room, Main Level, Brick. Call **732-836-4573** (day).

Grief Support Group *Professionally-run*. Support for anyone grieving the loss of a loved one. Meets 4th Tues., 7-8:30pm, First United Methodist Church of Tuckerton, 126 North Green St., Tuckerton. Call **609-296-8300**.

GriefShare Christian-based support, education and sharing for persons grieving the loss of someone close to them. Families welcome. Members view a video which is followed by discussion. Workbook \$15. Meets Tues., 11am (13 week session/4 times/yr.), America's Keswick, 601 Route 530, Whiting. Pre-registration required. Before attending call Lynne Jahns **848-227-4590** ext. 2 (day).

Journey Through Grief *Professionally-run.* Support for men and women of all ages to work through the normal stages of grief with education and group support. Focuses on situations which frequently occur after the loss of a loved one. Building is handicapped accessible. Meetings vary, St. Francis Center, 4700 Long Beach Blvd., Brant Beach. Before attending call **609-494-1554** (day).

Life Beyond Loss Support Group *Professionally-run.* Support for adults grieving the loss of a loved one. Meets for 6 week sessions, 3 times/yr., Meridian Hospice, 80 Nautilus Dr., Manahawkin. Pre-registration is required. Before attending call **609-489-0252** (day).

Men's Bereavement Support Group *Professionally-run.* Support for men who had a recent loss of a loved one. Meeting days and times vary, Hooper Ave., Toms River. Pre-registration required. Before attending call Kathy **732-818-6826** (day).

Van Dyke Hospice Bereavement Group *Professionally-run.* Support for anyone grieving the loss of a loved one. Meets Wed., 6:30-8pm, Hooper Ave., Toms River. Pre-registration required. Before attending call Kathy **732-818-6826** (day).

Passaic County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Paterson **973-777-8818**.

Compassionate Care Bereavement Support Group *Professionally-run.* Mutual support for anyone bereaving the loss of a loved one. Rap sessions and guest speakers. Building is handicapped accessible. Meets Wed., 6:30-7:45pm (8 week sessions, several times per year), Compassionate Care Hospice, Hawthorne. Pre-registration required. Before attending call Donna Ash **973-916-1400** (day). E-mail: dash@cch.net.net

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Passaic Valley Hospice Bereavement Support Group *Professionally-run.* Provides mutual support and education for anyone who has experienced the death of a loved one. Discussion of grief-related issues with sharing of feelings and experiences in a safe supportive environment. Building is handicapped accessible. Meets for 7 week sessions, 3 times/yr., Passaic Valley Hospice, 783 Riverview Dr., Totowa. Call Dick Sharber, Hospice Chaplain **973-785-7406** (day).

Salem County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-756-7900** (day).

Bereavement Support Group *Professionally-run*. Mutual support to help facilitate an individual's grief process within a safe and confidential environment. Under 18 welcome. Building is handicapped accessible. Meets Mon., 7-8:30pm (6 week sessions, 4 times/yr.), Memorial Hospital of Salem County, 310 Salem-Woodstown Rd., Salem. Before attending call **856-678-8500** ext. 322 (day).

Somerset County

Bereaved Catholics Mutual support for bereaved persons of any faith. Various meeting locations and times. Call Family Life Office, Metuchen Diocese **732-562-1990** ext. 1624 (day).

Bereavement Support Group *Professionally-run*. Provides a safe environment where individuals can identify and communicate about their losses in order to facilitate the healing process. Rap sessions, literature, newsletter, phone help and buddy system. Building is handicapped accessible. Meets Tues., 10-11:30am, Branchburg Funeral Home, 910 Route 202 South, Branchburg. Call Carol H. Burner **732-562-8565**. E-mail: carolburner@aol.com

Bereavement Support Group *Professionally-run*. Support for adults grieving the loss of a loved one. Building is handicapped accessible. Meets 2nd Tues., 4-5pm, Stein Hospice, 49 Vericon Ave., Suite 206, Somerset. Pre-registration required. Before attending call Lori Dillon **732-227-1212** (day). E-mail: Ldillon@wilfcampus.org

Bereavement Support Group *Professionally-run*. Support for individuals who have experienced the death of a loved one from cancer. Share thoughts, feelings and information. Meetings vary, Cancer Support Community Central NJ, 3 Crossroads Dr., Bedminster. Pre-registration required. Before attending call Ellen Levine, LCSW **908-658-5400** ext. 102 (day). Website: <http://www.cancersupportcnj.org>

Friends of Nikki (Pet Loss) *Professionally-run*. Support for individuals to cope with the loss or impending loss of their companion animal. Meets 3rd Sun., 1-2:30pm, Somerset. For meeting information call Donna **732-246-2124** (day). E-mail: friendsofnikki@comcast.net

GRAPS (Grief Recovery After Substance Abuse Passing) Support for parents, families and friends who have lost a loved one to a substance abuse passing. Provides an opportunity for persons to share their grief without shame. Building is handicapped accessible. Meets 1st Sun., 1-2:30pm, Raritan Valley Community College, Route 28, Branchburg. For meeting location call Debbie **908-872-1388**. E-mail: centralnjgrasp@gmail.com

GriefShare Christ-centered. Support for adults grieving the loss of a loved one. Meets Mon., 7-9pm (except holidays), Liberty Corner Presbyterian Church, 45 Church St., Liberty Corner. Call Janice **908-334-5800** (day).

JANUS Bereavement Group *Professionally-run*. Support and education for anyone who has experienced a loss through death, separation/divorce, retirement, loss of a job, health or relocation. Helps individuals accept and adjust to the loss. Building is handicapped accessible. Meets 2nd Tues., 7:30-9pm, Bridgewater and Raritan. Call Barbara Ronca, PhD, LCSW **908-218-9062** (Mon.-Fri., 9am-3pm).

Kids Connect / Parents Connect Bereavement Groups *Professionally-run*. Support for children and surviving spouses who have experienced the death of a parent or spouse from cancer. Sharing of thoughts, feelings and information. Rap sessions. Meetings vary, Cancer Support Community Central NJ, 3 Crossroads Dr., Bedminster. Pre-registration required. Before attending call Ellen Levine, LCSW **908-658-5400** ext. 102. Website: <http://www.cancersupportcnj.org>

Visiting Nurse Association of Somerset Hills *Professionally-run*. Mutual support for family and friends grieving the loss of a loved one. Building is handicapped accessible. Meets 2nd and 4th Wed., 10:30am-noon, Visiting Nurse Association of Somerset Hills, 200 Mt. Airy Rd., Basking Ridge. Call Mary Lou Daley, LCSW **908-766-0180** ext. 242 (day). Website: <http://www.vnasomerset hills.org> E-mail: mldaley@visitingnurse.org

Sussex County

Bereaved Catholics Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Paterson **973-777-8818**.

Coping with Loss Support Group *Professionally-run*. Support for those grieving the loss of a loved one through death. Building is handicapped accessible. Meets 1st Wed., 12:30-2pm; 3rd Wed., 12:30-2pm and 2nd Mon., 7-8:30pm, Joseph T. Quinlan Bereavement Center, 61 Spring St., Newton. Call **973-940-0412** (day). Website: <http://www.karenannquinlanhospice.org> E-mail: bereavement@karenannquinlanhospice.org

Coping with Loss Support Group *Professionally-run.* Support for those grieving the loss of a loved one through death. Building is handicapped accessible. Meets 4th Tues., 10-11:30am, Milford United Methodist Church, 206 East Ann St., Milford, PA. Call **973-940-0413** (day). Website: <http://www.karenannquinlanhospice.org> E-mail: bereavement@karenannquinlanhospice.org

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Pet Loss Support Group *Professionally-run.* Support for individuals coping with the loss of their companion animal to work through feelings of grief and mourning. Building is handicapped accessible. Meets 3rd Mon., 12:30-1:15pm, Joseph T. Quinlan Bereavement Center, 61 Spring St. (use Trinity St. parking lot and lower entrance), Suite 100, Newton. Pre-registration required. Before attending call Diana Sebzda **973-940-0411** (day). Website: <http://www.karenannquinlanhospice.org> E-mail: bereavement@karenannquinlanhospice.org

Union County

Bereaved Catholics Referrals to groups for emotional/spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. Call Family Life Ministry, Catholic Diocese of Newark **973-497-4327**.

Bereavement Support Group *Professionally-run.* Support for any adult who has suffered the loss of a loved one. Meets 1st Wed., 1:30pm, RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. For information call **732-499-6193** (day).

Bereavement Support Group *Professionally-run.* Support for anyone grieving the loss of a loved one. Building is handicapped accessible. Literature. Meets Tues., 5:30pm Father Hudson House, 111 DeHart Pl., Elizabeth. Call **908-353-6060** (day).

Bereavement Support Group *Professionally-run.* Support for anyone grieving the loss of a loved one. Building is handicapped accessible. Literature. Meets Thurs., 6pm, Center for Hope Hospice, 1900 Raritan Rd., Scotch Plains. Call Carol White **908-267-7832** (day)

Coping with Loss - Children and Young Adults Group Support for children (ages 3-18) and young adults (ages 18-30) who have lost a parent, sibling, relative or friend due to death. Concurrent parent or guardian group offered. Building is handicapped accessible. Meetings vary, 6:30-8:15pm, First United Methodist Church, 1 East Broad St., Westfield. Pre-registration required. Before attending call **908-264-3100** (day). Website: <http://www.imagenenj.org> E-mail: info@imagine.org

Gateway Addiction Bereavement Support Group *Professionally-run.* Support for parents, family and friends who have lost a loved one to substance abuse passing. Building is handicapped accessible. Literature. Meets Mon., 7-8:30pm, Gateway Center for Counseling and Recovery, 72 Floral Ave., New Providence. Pre-registration required. Before attending call Tom Dwyer, LPC **908-665-1000** (day). Email: tdwyer@gatewaycenterforcounseling.com

GriefShare Christian-based support, education and sharing for persons grieving the loss of someone close to them. Families welcome. Members view a video which is followed by discussion. Registration fee \$10. Meets 14 week session/3 times/yr.), Cranford Alliance Church, 7 Cherry St., Cranford. Pre-registration required. Before attending call **908-276-1617** (day).

Northern NJ Motherless Daughters Group Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jersey-motherless-daughters>

Rainbows, Inc. Peer support for children and adolescents (ages 5-18) who are grieving a loss due to death, divorce or abandonment. Group runs for 7 weeks in Spring and Fall. Parent group meets concurrently. Building is handicapped accessible. Meets Mon., 6:30pm, Holy Trinity School, 336 First St., Westfield. Pre-registration required. Before attending call Lindsey **908-246-0694** (day). E-mail: rainbowshelp@gmail.com

Warren County

Coping with Loss Support Group *Professionally-run.* Support for those grieving the loss of a loved one through death. Meets 3rd Tues., 10-11:30am, Joseph T. Quinlan Bereavement Center, 214 Washington St., Hackettstown. Call Diana Sebzda **973-940-0411** (day). Website: <http://www.karenannquinlanhospice.org> E-mail: bereavement@karenannquinlanhospice.org

Grief Recovery Program *Professionally-run.* Provides comfort, support and healing to persons (ages 18+) who have suffered the loss of a loved one. Building is handicapped accessible. Groups run for 4 weeks, 7-9pm (October), Hackettstown Regional Medical Center, 651 Willow Grove St., Hackettstown. Call Carl Bannister **908-850-7757** (day).

Grief Support Group *Professionally-run.* Support for adults grieving the loss of a loved one. Building is handicapped accessible. Meetings vary, St. Luke's Warren Hospital, 185 Roseberry St., Farley Education Center, Phillipsburg. For meeting information call **908-859-8877**

NJ Statewide

Concerns Of Police Survivors, Inc. (COPS) (*Garden State Chapter*) Peer support for families and co-workers of police officers who have died in the line of duty. Mutual sharing, phone help, rap sessions and social events. Call **732-330-8111**. Website: <http://www.gardenstatecops.com> E-mail: bchwdprincess@aol.com

Iraq/Afghanistan War Family Bereavement Groups *Professionally-run*. Veteran centers in New Jersey have support groups and related services for families of military killed in the war. Building is handicapped accessible. Meetings vary. Write: Ann Talmage, VA Vet Center, 2 Broad St., Suite 703, Bloomfield, NJ 07003. For information contact the nearest center: Newark (Essex) **973-748-0980**; Secaucus (Hudson) **201-223-7787**; Trenton (Mercer) **609-882-5744**; Lakewood (Ocean) **908-607-6364**. Website: <http://www.va.gov> E-mail: ann.talmage@va.gov

DEATH OF A CHILD | FETAL LOSS

Atlantic County

Compassionate Friends Support for bereaved parents, grandparents and siblings on the death of a child at any age. Building is handicapped accessible. Meets 2nd Wed., 7:30-9pm, Grace Lutheran Church, Shore Rd. and Dawes Ave., Somers Point. Call Gail Katten 609-653-8451 or Compassionate Friends **1-877-969-0010** (day). Website: <http://www.compassionatefriends.org> or <http://www.tcfofnj.org> E-mail: tcfofnj@comcast.net

Bergen County

Bereavement Support Group *Professionally-run*. Provides support for parents and significant others (grandparents, boy/girl friends, young adult siblings, etc.) to help cope with the loss of a child. Meetings vary, 7-8:30pm, 96 Summit Ave., Ground Floor, Hackensack. Pre-registration required. Before attending call Carlie Cord **201-996-5437**.

Bereavement Support Group *Professionally-run*. Provides support for parents and siblings grieving the loss of a child. Creative arts are used to help the children express themselves. Meets Wed., 6-7:30pm, 96 Summit Ave., Ground Floor, Hackensack. Pre-registration required. Before attending call Judy Solomon **551-996-5437** (day). E-mail: info@tcikids.com

Compassionate Friends Support for parents grieving the death of a child. Grandparents and siblings are welcomed. Speakers' bureau. Building is handicapped accessible. Meets 4th Tues., 7:30-9:30pm (beginners 7:15pm), Christian Healthcare Center, 301 Sicomac Ave., Wyckoff. Call Compassionate Friends **201-567-0089**. Website: <http://www.compassionatefriends.org> E-mail: tcfbergennj@aol.com

Men's Perinatal Bereavement Support Group *Professionally-run*. Support for men who have experienced a loss due to miscarriage, ectopic pregnancy, stillbirth or infant death to help with the grieving process. Building is handicapped accessible. Meets 2nd Wed., 7:30-9pm (except July), Valley Hospital, 233 North Van Dien Ave., Conference Center, Room #2, Ridgewood. Before attending call Trudy Heerema, LCSW **201-447-8539** (day).

Nechama Comfort *Professionally-run*. Support for primarily Jewish parents and grandparents who have experienced a loss due to miscarriage, stillbirth or infant death to help with the grieving process. Open to people of any faith. Guest speakers, literature and newsletter. Meets 2nd Wed., 7pm, Jewish Family Services of Bergen and North Hudson, 1485 Teaneck Rd., Teaneck. Pre-registration required. Before attending call Reva Judas **201-692-9302** (day). E-mail: nechamacomfort@gmail.com

Parental Bereavement Support Group *Professionally-run*. Support for parents grieving the loss of a child of any age to cancer. Rap sessions. Building is handicapped accessible. Meetings vary, 8 week sessions, 4 times/yr., Gilda's Club Northern NJ, 575 Main St., Hackensack. For meeting information call **201-457-1670** (day). E-mail: carleyt@gildasclubnj.org

Parents Who Have Lost A Child Support Group Mutual support, education and spirituality for parents who have lost a child. Meets 3rd Mon., 7:30pm, St. Peter the Apostle Church, 445 Fifth Ave., Rectory Basement, River Edge. Call Mary Davis **201-261-5400** (day) or **201-265-3688** (eve.).

Perinatal Bereavement - Healing Hearts *Professionally-run*. Provides support for parents who have experienced a miscarriage, ectopic pregnancy, stillbirth or infant death to help with the grieving process. Building is handicapped accessible. Meets 3rd Thurs., 7:30-9pm, Valley Hospital, 233 North Van Dien Ave., Conference Center, Room #2, Ridgewood. Before attending call Trudy Heerema, LCSW **201-447-8539** (day).

Perinatal Bereavement Support Group *Professionally-run*. Support for parents and significant others who have experienced the loss of a pregnancy or infant death. Building is handicapped accessible. Meets 3rd Wed., 7:30pm, Englewood Hospital, 350 Engle St., Englewood. Call Sue Dziemian **201-384-8258** or **201-835-4328**.

Post-Abortion Stress (PAS) Support Group *Professionally-run*. Support for women healing from post-abortion stress to help resolve their feelings of loss. Literature and phone help. Meets Fri., 7-8:30pm, Leonia. Call Linda **201-320-9907**. E-mail: lindadiazmurphy1@verizon.net

Stepping Stones Support Group *Professionally-run*. Support for parents who are grieving the sudden or illness-related death of a child age 22 or younger. Meets 1st and 3rd Wed., 6-7:30pm, Kraft Center, 15 Essex Rd., Paramus. Pre-registration required. Before attending call **201-291-6243** (day).

Burlington County

Bereaved Parents *Professionally-run*. Support for parents bereaving the loss of a child. Registration fee \$30. Meetings vary, 6 week sessions, Samaritan Hospice, Marlton. Pre-registration required. Before attending call The Samaritan Center for Grief Support 1-800-596-8550 (day). Website: <http://www.samaritanhospice.org>

Compassionate Friends Support for parents grieving the death of a child. Building is handicapped accessible. Meets 2nd Fri., 7:30pm, Delran Municipal Building, 900 Chester Ave., Delran. Call Jack 856-983-2242. Website: <http://www.compassionatefriends.org>

Grief Recovery After Substance Passing (GRASP) Support for parents who have suffered the death of a child due to substance abuse. Provides opportunity for parents to share their grief and experiences without shame or recrimination. Building is handicapped accessible. Meets 3rd Tues., 6:30pm, 1010B Tuckerton Rd., Marlton. Call 856-983-3328 (day).

Helping Hand Grief Support Group *Professionally-run*. Support for anyone grieving the loss of a loved one (including death of a child, loss to homicide and suicide) through education, encouragement, annual conference, counseling and understanding. Families welcome. Building is handicapped accessible. Guest speakers. Meets Mon., 7-9pm, Fellowship Alliance Chapel, 199 Church Rd., (Log house in back of church), Medford. Call Wanda or George Stein 609-953-7333 ext. 309. Website: <http://helpinghandgriefsupport.org>

Journey Through Grief Support for parents or family members who have experienced the loss of a child. Building is handicapped accessible. Meets 3rd Tues., 7:30-9pm, St. Joan of Arc Church, 100 Willow Bend Rd., Marlton. Call church for information. Call 856-983-0077 (day).

Camden County

Compassionate Friends Support for parents bereaving the death of a child. Grandparents and relatives welcome. Rap sessions and newsletter. Meets 3rd Fri., 8-9:30pm, Audubon Senior Center, Oak Ave. and Oakland Ave., Audubon. Call to confirm meeting. Call Compassionate Friends 1-877-969-0010. Website: <http://www.compassionatefriends.org> E-mail: webkeepertcfcamdencountynj@comcast.net

UNITE, Inc. *Professionally-run*. Support for parents grieving a miscarriage, stillbirth or infant death. Buddy system. Building is handicapped accessible. Meets 1st and 3rd Mon., 7-9pm, Virtua at Voorhees, 101 Carnie Blvd., Voorhees. Call Ann Coyle, RN 609-502-7552.

Cumberland County

Compassionate Friends of Cumberland County Mutual support for parents, grandparents or adult siblings bereaving the death of a child. Guest speakers, phone help, literature and newsletter. Building is handicapped accessible. Meets 3rd Wed., 7-9pm, Vineland Senior Center, 103 South 6th St., Vineland. Call Connie **609-805-1292** (day) or Luis **609-805-1291** (day). Website: <http://www.tcforeverinourhearts.com> E-mail: tcfmailbox@tcforeverinourhearts.com

Grief Recovery After Substance Passing (GRASP) Support for parents who have suffered the death of a child due to substance abuse. Provides opportunity for parents to share their grief and experiences without shame or recrimination. Guest speakers, literature and phone help. Meets 3rd Thurs., 7:30-8:30pm, Vineland. For meeting information call Darla **856-690-8878**. E-mail: darla.sjgrasp@yahoo.com

GriefShare Christian-based support, education and sharing for persons grieving the loss of someone close to them. Families welcome. Childcare available. Literature. Meets Thurs., 6:30pm, Ramoth Church, 2725 North Delsea Dr., Vineland. Call Nelda Wheat **856-696-4380**. Website: <http://www.ramothchurch.com> E-mail: nwheat@havenofvineland.com

Essex County

Compassionate Friends Offers friendship and understanding for parents grieving the death of a child. Meets 3rd Mon., 7:30pm, Holy Family Church, 28 Brookline Ave., St. Joseph Center, Nutley. Call Diane Minnite **973-953-7325**. Website: <http://www.compassionatefriends.org>

Father's Bereavement Support Group Support for fathers grieving the death of a child. Meets Sat. (March, June, Sept., Dec.) in North Caldwell. E-mail Janet McCormack at Family Life Ministries for meeting information. E-mail: mccormja@rcan.org

Fathers Whose Children Have Died *Professionally-run*. Support for fathers grieving the death of a child. Phone help. Building is handicapped accessible. Meets 4 times/yr. (Mar., June, Sept., Dec.) Notre Dame Roman Catholic Church, 359 Central Ave., Parish Center, North Caldwell. Before attending call Family Life Office **973-497-4327**. Website: <http://www.notredameparish.com> E-mail: ndparish@aol.com

HOPE (Helping Other Parents Endure) Mutual support, education and spirituality for parents who have lost a child. Building is handicapped accessible. Meets 1st Wed., 7:30-9:30pm (July/August meets 7pm), St. Thomas the Apostle Church, 60 Byrd Ave., Parish Center, Bloomfield. Call Brian and Cindy **973-751-7882**. E-mail: cyndiapples@aol.com

Perinatal Bereavement Group *Professionally-run.* Mutual support for parents who have experienced a miscarriage, infant death or stillbirth. Building is handicapped accessible. Meets 1st Wed., 7:30pm, Saint Barnabas Medical Center, 94 Old Short Hills Rd., Livingston. Call Dorothy Kurzweil, LCSW **973-322-5745** (day).

Survivors of Murdered Children *Professionally-run.* Mutual support, education and understanding for families and friends who have lost a loved one to murder. Guest speakers, advocacy, speakers' bureau, social and buddy system. Building is handicapped accessible. Meets 2nd Fri., 6:30-8pm (except July and Aug.), ECHOES, Grief Center, 116 Main St., Orange. Call Beverly Henderson **973-675-1199**.

Gloucester County

HOPING (*Helping Other Parents In Normal Grief*) *Professionally-run.* Support for parents who have experienced miscarriage, stillbirth, ectopic pregnancy or newborn death. Building is handicapped accessible. Meets 3 times/yr., Inspira Medical Center - Woodbury, 509 North Broad St., Woodbury. Before attending call **856-845-0100** ext. 2456 (day).

Mercer County

Compassionate Friends Mutual support for parents, grandparents or adult siblings grieving the death of a child. Guest speakers, phone help and newsletter. Building is handicapped accessible. Meets 1st Mon., 7pm Capital Health System, 1445 Whitehorse-Mercerville Rd., Hamilton Campus, Hamilton. Call **609-516-8047**. Check website to confirm meeting dates. Website: <http://www.tcfmercer.org> E-mail: info@tcfmercer.org

Time for Healing (*BILINGUAL*) *Professionally-run.* Provides education and mutual support for parents who have ended a pregnancy due to an abnormality or genetic condition. Guest speakers, literature, phone help and online e-mail discussion group. Building is handicapped accessible. Meetings vary, 7-9pm, Hopewell. Pre-registration required. Before attending call Dee Lewis **609-303-4026** (day).

UNITE, Inc. *Founded 1975.* Support for parents grieving a miscarriage, stillbirth or infant death. Building is handicapped accessible. Literature. Meets 1st Mon., 7-9pm, Community Education and Outreach, 731 Alexander Rd., Suite 103, Princeton. Pre-registration required. Call **1-888-897-8979** (day).

Middlesex County

Compassionate Friends - Central Jersey Chapter Mutual support for parents, grandparents or siblings grieving the death of a child. Phone help, guest speakers, rap sessions, literature and newsletter. Meets 2nd Sun., 2-4pm, St. Peter's Episcopal Church, 505 Main St., Parish Hall, Spotswood. Call Barbara 609-851-3545 or Compassionate Friends 1-877-969-0010. Website: <http://www.compassionatefriends.org> E-mail: barbastanhope@yahoo.com

Share Pregnancy and Infant Loss Support, Inc. *Professionally-run.* Provides support for parents, their families and friends who have experienced miscarriage, stillbirth or neonatal death. Offers phone help and literature. Building is handicapped accessible. Meets 2nd Thurs., 7-9pm, St. Peter's University Hospital, 254 Easton Ave., New Brunswick. Call Irina Mariano-Brown, LCSW 732-745-8600 ext. 5214 (day).

Monmouth County

Compassionate Friends Provides support, comfort and hope for parents, grandparents and siblings grieving the death of a child. Meets 3rd Tues., 7:30-9pm, Good Shepherd Lutheran Church, 112 Middletown Rd., Holmdel. Sibling group available also. E-mail for meeting information. Website: <http://www.monmouthcountytcf.org> E-mail: monmouthtcf@gmail.com

GRASP (Grief Recovery After Substance Abuse Passing) Support for parents, families and friends who have lost a loved one to a substance abuse passing. Provides an opportunity for persons to share their grief without shame. Meets 2nd Sun., 1-3:30pm, Star and Barry Tobias Ambulatory Center, CentraState Medical Center, 901 Main St., Freehold. Call Abby 908-692-3072.

Healing After the Death of a Child *Professionally-run.* Support for parents grieving the loss of a child. Meetings vary 7-8:30pm. Spring Lake Munciple Center, 423 Warren Ave., Spring Lake. Pre-registration required. Before attending call 732-606-7477 (day). E-mail lynn@commongroundgriefcenter.org

Lost and Found Mutual support and understanding in a non-judgmental atmosphere for parents and grandparents who have lost a child of any age. Open to parents/grandparents who either lost their child recently or years ago. Building is handicapped accessible. Meets 2nd and 4th Wed., 10-11:30am, Monmouth Library, 125 Symmes Dr., Manalapan. Call Beth 732-462-5240 (eve.). E-mail: lost.found_ejs@yahoo.com

Share Pregnancy and Infant Loss Support, Inc. *Professionally-run.* Provides support for parents grieving the loss of an infant through miscarriage, ectopic pregnancy, stillbirth or death of a newborn. Newsletter, phone help, guest speakers and literature. Meets 2nd Tues., 7:30-9:30pm, Riverview Medical Center, 1 River Plaza, Blaisdall Building, Red Bank Room, 5th Floor, Red Bank. Call Pam Rossano or Carroll Friscia, RNC 732-530-2315 (day) or 1-800-560-9990 (day).

Morris County

Compassionate Friends Mutual support for parents, grandparents or adult siblings bereaving the death of a child. Phone help and newsletter. Building is handicapped accessible. . Call Cindy 908-872-7293. Website:

<http://www.compassionatefriendsnj.org> E-mail: tcf_nj@yahoo.com

Chatham Meets 3rd Sun., 7pm, Chatham Presbyterian Church, 240 Southern Blvd.

Parsippany Meets 2nd Thurs., 7:30-10pm, St. Christopher's Church, 1050 Littleton Rd., Room 101.

PELA (*Parents Enduring Loss from Addiction*) *Professionally-run.* Mutual support and understanding in a non-judgmental environment for parents who have lost a child of any age to a drug or alcohol related death. Building is handicapped accessible. Meets 3rd Wed., 5:30-7pm, Willow Tree Center, 415 Speedwell Ave., Morris Plains. Before attending call 973-682-8733 (day). Website: <http://www.willowtree.org> E-mail: charlie@willowtree.org

RTS Perinatal Bereavement Services *Professionally-run.* Support for families who have experienced the loss of a baby through miscarriage, ectopic pregnancy, stillbirth or newborn death. Meets 3rd Wed., 7:30-9pm, Morristown Memorial Hospital, 100 Madison Ave., Morristown. Before attending call Labor and Delivery 973-971-5748.

Ocean County

Compassionate Friends Mutual support for parents and siblings grieving the death of a child. Includes parents of stillbirth or fetal death. Monthly newsletter, occasional speakers and library. Building is handicapped accessible. Meets 1st Tues., 7:30pm, Riverwood Park, Riverwood Dr., and Whitesville Rd., Toms River. Call Compassionate Friends 732-730-1726. Website: <http://www.tcfocnj.weebly.com> E-mail: friends.ocean@yahoo.com

Passaic County

Lost Angels Support for parents, grandparents and adult siblings who have lost a child of any age to substance abuse or addiction. Meetings vary, 7:30pm, Pompton Lakes. E-mail Donna for meeting information. E-mail: dandelora@yahoo.com

Somerset County

Compassionate Friends Provides mutual support for parents, siblings and grandparents grieving the death of a child. Guest speakers and newsletter. Building is handicapped accessible. Meets 2nd Tues., 7:30pm, Bridgewater Library, 1 Vogt Dr., Bridgewater. Call Compassionate Friends **1-877-969-0010** or Karen and Bruce **908-431-9775** (day). Website: <http://www.freewebs.com/cfbridgewater> E-mail: cfbridgewater@comcast.net

GRAPS (Grief Recovery After Substance Abuse Passing) Support for parents, families and friends who have lost a loved one to a substance abuse passing. Provides an opportunity for persons to share their grief without shame. Building is handicapped accessible. Meets 1st Sun., 1-2:30pm, Raritan Valley Community College, Route 28, Branchburg. For meeting location call Debbie **908-872-1388**. E-mail: centralnjgrasp@gmail.com

Union County

F.A.T.E. (Feelings After Termination Experience) *Professionally-run.* Support for couples or individuals who have terminated a pregnancy due to fetal abnormalities. Building is handicapped accessible. Meetings vary, Overlook Hospital, Summit. Pre-registration is required. Before attending call Gisela Rodriguez **973-972-3302** (day) or Christina Botti **732-235-6350** (day).

Gateway Addiction Bereavement Support Group *Professionally-run.* Support for parents, family and friends who have lost a loved one to substance abuse passing. Building is handicapped accessible. Literature. Meets Mon., 7-8:30pm, Gateway Center for Counseling and Recovery, 72 Floral Ave., New Providence. Pre-registration required. Before attending call Tom Dwyer, LPC **908-665-1000** (day). Email: tdwyer@gatewaycenterforcounseling.com

Parents Who Have Lost a Young Child *Professionally-run.* Support for parents and siblings who are grieving the loss of a child (infant – age 21). Building is handicapped accessible. Meets alternate Mon. and Tues., 7-8:15pm, First United Methodist Church, 1 East Broad St., Westfield. Pre-registration required. Before attending call Mandi Zucker **908-264-3100** (day). Website: <http://www.imaginenj.org> E-mail: info@imaginenj.org

Project Protect *Professionally-run.* Provides support to victims of domestic violence. Building is handicapped accessible. Meetings vary in Elizabeth, Kenilworth and Plainfield. Call **908-355-1500** (24 hr.).

NJ Statewide

UNITE, Inc. *Founded 1975.* Support for parents grieving a miscarriage, stillbirth or infant death. Also provides support for parents through subsequent pregnancies. Group meetings, phone help, newsletter, lending libraries and annual conference. Offers guidelines for starting and facilitating a group. Grief counselor training programs. Professionals in advisory roles. Online referrals to local support group meetings and times in New Jersey and Pennsylvania. Write: UNITE, Inc., P.O. Box 65, Drexel Hill, PA 19026. Call **1-888-488-6483** (tape). Website: <http://www.unitegriefsupport.org> E-mail: administrator@unitegriefsupport.org

SUICIDE SURVIVORS

Bergen County

Survivors After Suicide *Professionally-run.* Provides support for family members and friends of people who died by suicide. Open to all. Meets 1st and 3rd Wed., 7:15-8:45pm, Vantage Health System, 2 Park Ave., Dumont. Call Patricia Bonanno 845-268-4130, Vicky Simpson **201-848-6080** or Amy Kritzer **973-978-3957**.

Burlington County

Living Through Suicide *Professionally-run.* Support for those who have lost a loved one to suicide. Building is handicapped accessible. Guest speakers. Meets Mon., 7-9pm, Fellowship Alliance Chapel, 199 Church Rd., (Log house in back of church), Medford. Call Wanda Stein **609-953-7333** ext. 309. Website: <http://helpinghandgriefsupport.org>

Sharing Suicide's Sorrows *Professionally-run.* Support for family and friends grieving a death from suicide. Registration fee \$30. Meetings vary, 6 week sessions, Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Call **1-800-596-8550**.

Suicide Anonymous *12-Step.* Fellowship for persons who want to stop their suicidal ideation and behavior. Meets 2nd and 4th Thurs., 7pm, R.I.T.E. Center, Twin Oaks Community Services, 693 Main St., Building C, Lumberton. Also welcome to attend meetings by phone or Skype every Thursday. Call Phil **856-220-0032** or Janet **856-266-0709**. Roads to Recovery will provide transportation for Burlington residents only call **856-469-1293** (day). If anyone is interested in the Skype meetings call Phil **856-220-0032**. Website: <http://www.suicideanonymous.net>

Camden County

Survivors of Suicide Support for those who have lost someone to suicide. Building is handicapped accessible. Meets 2nd Tues., 7-9:30pm, Barrington Municipal Building, 229

West Trenton Ave., 2nd Floor Meeting Room, Barrington. Parking in rear of the building.
Call Barbara 856-307-0331 (eve.).

Essex County

Life After Loss - Suicide Loss Support Group *Professionally-run.* Support for those who have lost a loved one to suicide. Guest speakers, literature, newsletter and phone help. Childcare available. Meets 4th Mon., 7:30-9pm, Congregation Beth Ahm, 56 Grove Ave., Verona. Before attending call Marcia Solkoff Eskin 973-731-8067.

Mercer County

Surviving After Suicide *Professionally-run.* Support for those who have lost a loved one to suicide. Quarterly newsletter. Meets 3rd Wed., 7:30pm, Pennington United Methodist Church, 60 South Main St., Pennington. Call 609-480-5735.

Middlesex County

Survivors of Suicide *Professionally-run.* Support for survivors after the suicide of a family member or friend. Meets 3rd Mon., 7pm, University of Medicine and Dentistry of NJ, University Behavioral Health Care, 671 Hoes Lane, Room D 201, Piscataway. Call Peggy Farrell 732-462-5267. E-mail: farmarg@aol.com

Monmouth County

Healing After a Suicide *Professionally-run.* Support for adults who are grieving the loss of a loved one. Meetings vary, 7-8:30pm, Common Ground Grief Center, 67 Taylor Ave., Manasquan. Before attending call 732-606-7477 (day). E-mail lynn@commongroundgriefcenter.org

Survivors After Suicide Support Group *Professionally-run.* Support for survivors after the suicide of a family member or friend. Building is handicapped accessible. Meets 2nd Tues., 7:30-9:30pm, Bayshore Memorial Hospital, 727 North Beers St., Conference Room A, Holmdel. Call Peggy Farrell 732-462-5267. E-mail: farmarg@aol.com

Survivors of Suicide Mutual support for those who have lost a loved one to suicide. Meets 3rd Tues., 7-9pm, Monmouth Medical Center, Early Intervention Support Services, 3301 Route 66, Building B, 1st Floor, Neptune. For meeting information call Jim Romer 732-923-6940 (day).

Morris County

Survivors of Suicide *Professionally-run.* Support for those who have lost someone to suicide.

Florham Park Meets 1st Mon., 7:30pm (except May, June, July, Aug.), Launching Point, 37 Vreeland Rd., 2nd Floor, Pre-registration required. Before attending call Vicki Duffy **973-224-4144** (day).

Madison Meets 2nd and 4th Wed., 7:30-9pm, Grace Episcopal Church, 4 Madison Ave., Library. Call Jack Klingert **908-605-0325**. E-mail: sosmadisonnj@gmail.com

Ocean County

Survivors of Suicide Support for those who have lost a loved one to suicide. Building is handicapped accessible. Website: <http://www.afsp.org> E-mail: centralnj@afsp.org

Brant Beach Meets 2nd Thurs., 7:30pm, St. Francis Community Center, Long Beach Blvd., Call Jo and Roger Vannewald **609-361-7608**.

Brick Meets 2nd Wed., 7:30pm, Ocean Medical Center, 425 Jack Martin Blvd., Call Dave Thelen 732-833-1736 (eve.) or Judy **732-942-7252**. E-mail: dwt44@hotmail.com

Somerset County

Survivors of Suicide Loss Support Group Provides support anyone who has lost a loved one to suicide. Share experiences, learn coping skills and receive resources to help with the healing process. Meetings vary, Somerset County Library, 1 Vogt Dr., Bridgewater. For meeting information call Augusta Santos **908-707-1699** (day). Check website for meeting information. Website: <http://www.thejohncharitable.org> E-mail: johncharitable@aol.com

Teen Survivor of Suicide Group *Professionally-run.* Support for teens (ages 12-18) who have lost a loved one to suicide. Parents and participants must sign a permission form to attend. Meets 2nd Tues., 7pm (Jan., Mar., July, Sept., Nov.), Richard Hall Community Mental Health Center, 500 North Bridge St., Bridgewater. Call Jill Selbo **732-261-0209** or Leslie Frey **516-361-2401**. E-mail: jsselbo@ctsd.k12.nj.us or leslieafrey@yahoo.com

Warren County

Suicide Support Group Support for those who have lost a loved one to suicide. Meets 1st Wed., 7-9pm, Trinity United Methodist Church, 213 Main St., Room 105 (downstairs), Hackettstown. Call Paula **908-674-0327**.

Atlantic County

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Mon., 5:45pm, Linwood and Wed., 11am and 7pm, Smithville. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Bergen County

Partners Bereavement Support Group (Cancer) Professionally-run. Support for anyone grieving the loss of their spouse or partner due to cancer. Building is handicapped accessible. Meetings vary, 8 week sessions, several times/yr., Gilda's Club of Northern NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Tsaglos **201-457-1670** (day). Website: <http://www.gildasclubnj.org> E-mail: carleyt@gildasclubnj.org

Partners Bereavement Support Group Professionally-run. Support for spouses/partners grieving the loss of a loved one to cancer in the past year. Building is handicapped accessible. Group meets for 8 week sessions, 4 times/yr., Cancer Care, 141 Dayton St., Ridgewood. For information call **201-444-6630** ext. 0 (day). Website: <http://www.cancercare.org> E-mail: njinfo@cancercare.org

St. Peter's Support Group Offers peer-to-peer support for anyone coping with a divorce, loss of a spouse or who have never been married. Guest speakers, rap sessions and social activities. Donation \$1. Meets 1st and 3rd Thurs., 7:30-9pm, St. Peter Academy School, 431 5th Ave., Library, River Edge. Call Camille **201-796-0988** (day) or Colleen **201-390-4375** (day). Website: <http://www.support-group-nj.com> E-mail: upnaway112@yahoo.com

Widows and Widowers Support Group Professionally-run. Mutual support and education for spouses. Meets Thurs., noon-1:30pm, Englewood Hospital and Medical Center, 350 Engle St., Englewood. Before attending call Jessica Pressler, LCSW **201-894-3333** (day).

Burlington County

Early Endings Professionally-run. Support for young widows and widowers (up to age 50) who have lost a spouse or companion early in their lives. Group runs periodically for 8 weeks. Registration fee \$40. Meetings vary, Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Call **1-800-596-8550**.

Delaware Valley Widows and Widowers Support Group Mutual support for anyone grieving the loss of their spouse. Building is handicapped accessible. Meets 1st Sat., 7pm, Lourdes Medical Center of Burlington County Hospital, 218A Sunset Rd., Willingboro. Before attending call Helen Pellerin **609-871-0783**.

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Fri., noon, Browns Mills; Thurs., 1pm, Chesterfield; Wed., 1pm, Marlton; Thurs., 7:30pm, Moorestown and Tues., 7pm, Willingboro. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Grieving the Love of Your Life Professionally-run. Support for anyone (age 50 and over) grieving the loss of a spouse or a partner. Building is handicapped accessible. Groups run periodically for 8 weeks. Registration fee \$40. Meetings vary, Samaritan Center for Grief Support, 5 Eves Dr., Suite 180, Marlton. Pre-registration required. Call **1-800-596-8550**.

Camden County

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Mon., 7pm Berlin and Wed., 7pm, Cherry Hill. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

To Live Again Support and encouragement for widows and widowers (ages 45+). Dues \$15/yr. Meets Tues., 7-8pm, Christ Our Light Church, 402 Kings Highway North, Cherry Hill. Before attending call Stan **856-662-6754** (eve.).

Cape May County

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Tues., 7pm and Thurs., 10am, Swainton. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Cumberland County

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Tues., 2pm, Port Elizabeth. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Essex County

Widows and Widowers Support Group *Professionally-run.* Support for those who have lost their spouses and their significant others. Building is handicapped accessible. Meets for 6-8 weeks, 2 times/yr., St. Barnabas Hospice and Palliative Care Center, 95 Old Short Hills Rd., West Orange. For meeting information call **973-322-4817** (day).

Widows Support Groups Mutual support for widows of all ages. Groups start periodically and run for 6 weeks. Registration fee \$45. Building is handicapped accessible. Meetings vary, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994**. Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Young Widows Support Group Mutual support for young widows. Groups start periodically and run for 6 weeks. Registration fee \$45. Building is handicapped accessible. Meetings vary, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994**. Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Gloucester County

Center for People in Transition *Professionally-run.* Assists displaced homemakers whose major source of financial support has been lost due to separation/divorce, death or disability of a spouse. Helps individuals to become emotionally and economically self-sufficient through life skills training, career decision making, education or vocational training and supportive services. Evening divorce and bereavement support groups for men and women. Meetings vary, 8 week sessions, Gloucester County College, 1400 Tanyard Rd., Sewell. Pre-registration required. Before attending call **856-415-2222** (day). E-mail: peopleintransition@gccnj.edu

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times per year. Registration fee \$35 for 10 sessions. Meets Thurs., 7pm, Mantua. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Young Widows / Widowers Support Group Support for young widows and widowers up to age 55. Building is handicapped accessible. Meets 1st and 3rd Tues., 7pm, Washington Township Municipal Building, 523 Egg Harbor Rd., Sewell. For meeting information e-mail Christina. E-mail: lagreca99@hotmail.com

Hunterdon County

Catholic Widows and Widowers Mutual support for widowed persons of any faith. Groups for the recently bereaved as well as for those further along. Various meeting locations and times. Call Family Life Office, Metuchen Diocese **732-562-1990** ext. 2467 (day).

Mercer County

H.O.P.E. (Helping Other People Evolve, Inc.) Support and information for widowed men and women of all ages. Group runs for 10 week sessions, 4 times/yr. Registration fee \$35 for 10 sessions. Meets Mon., 7pm, Hamilton Square and Mon., 1pm, West Windsor. Pre-registration required. Call H.O.P.E. **1-888-920-2201** (Tues., Wed., Thurs., 10am-2pm). Website: <http://www.hopesnj.org> E-mail: hopesnj@verizon.net

Middlesex County

The "One and Only" Club *Professionally-run*. Support for widows and 08/21/14 widowers (ages 55 and over) who have lost their spouse within the last two years. Meets 2nd and 4th Wed., 10-11:30am, Whispering Knoll Assisted Living, 62 James St., Library, 3rd Floor, Edison. Pre-registration required. Before attending call Heather Imperato **732-321-7000** ext. 62377 (day).

Catholic Widows and Widowers Mutual support for widowed persons of 03/20/14 any faith. Groups for the recently bereaved as well as for those further along. Various meeting locations and times. For information call the Family Life Office, Metuchen Diocese **732-562-1990** ext. 2467 (day).

St. Thomas WOW'S (Widows Or Widowers) Mutual support for widows and widowers. Open to persons of any faith. Rap sessions and education. Building is handicapped accessible. Dues \$1 per/mtg. Meets 1st Tues., 7:15pm (except July/Aug.), St. Thomas the Apostle Church, One St. Thomas Plaza, Pastoral Center, Old Bridge. Pre-registration required. Before attending call Patrick Hearty **732-251-4000** (day).

Young Spousal Bereavement Group *Professionally-run*. Support for young widows and widowers (under age 55) who have lost their spouse within the last two years to understand the grieving process and share feelings, while adjusting to new roles. Building is handicapped accessible. Meets 3rd Thurs., 7-8:30pm JFK Medical Center, 65 James St., Edison. Pre-registration required. Before attending call Jordan Feldman **732-321-7000** ext. 62377 (day).

Monmouth County

Journey of Hope *Professionally-run.* Support for spouses and partners who lost their loved one to a brain tumor. Building is handicapped accessible. Guest speakers, literature, newsletter and phone help. Meetings vary, Monmouth Medical Center, David S. Zocchi Brain Tumor Center, 300 Second Ave., Long Branch. For meeting information call Wendy Berk, LCSW **732-672-7165** (day).

Women's Support Group *Professionally-run.* Helps women who are displaced homemakers facing the loss of their primary source of income due to separation, divorce, disability or death of a spouse. Issues addressed include self-sufficiency, career development, assertiveness, self-esteem, divorce/separation, widowhood, military deployment and other related topics. Meets Fri., 10am-noon, Brookdale Community College, Lincroft. Pre-registration required. Before attending call Laurie Salka **732-739-6020** (day) or Eve Holliday **732-739-6018** (day). E-mail: lsalka@brookdalecc.edu or eholliday@brookdalecc.edu.

Morris County

Begin Again Mutual support for widows and widowers who are past the bereavement stage to help members get on with their lives. Meetings vary, 6pm, St. Peter the Apostle Church, 179 Baldwin Rd., Parsippany. Before attending call Lucille **973-334-7924** (day) or Esther **973-316-9214** (day).

Catholic Widows and Widowers Mutual support for widowed persons of any faith. Groups for the recently bereaved as well as for those further along. Various meeting locations and times. Call Family Life Office, Paterson Diocese **973-777-8818** (day).

Widows and Widowers Support Group *Professionally-run.* Opportunity for widows and widowers to share experiences and feelings with other newly bereaved who are living through similar circumstances. Rap sessions. Building is handicapped accessible. Meets 4th Tues., 1-2:30pm, Chilton Health Network Building, 242 West Parkway, 2nd Floor, Pompton Plains. Before attending call Community Outreach **973-831-5367** (day).

Ocean County

Community Medical Center Bereavement Support Group *Professionally-run.* Support for adults who have experienced the recent loss of a spouse. Building is handicapped accessible. Meets Mon., 10-11:30am and Wed., 6:30-8pm, Hooper Ave., Toms River. Pre-registration required. Before attending call Kathy **732-818-6826** (day).

Somerset County

Catholic Widows and Widowers Mutual support for widowed persons of any faith. Groups for the recently bereaved as well as for those further along. Various meeting locations and times. Call Family Life Office, Metuchen Diocese **732-562-1990** ext. 2467 (day).

Somerset County

JANUS Bereavement Group *Professionally-run.* Support and education for anyone who has experienced a loss through death, separation, divorce, retirement, loss of a job, health or relocation. Helps individuals accept and adjust to the loss. Building is handicapped accessible. Meets 2nd Tues., 7:30-9pm, Bridgewater and Raritan. Call Barbara Ronca, PhD, LCSW **908-218-9062** (Mon.-Fri., 9am-3pm).

Single Senior Women Support for women (ages 60+) who are divorced, separated or widowed. Guest speakers and recreational activities. Meets 2nd and 4th Thurs., 10am-noon (except Nov. and Dec.), Office on Aging and Disability Services, 27 Warren St., Somerville. Call Faye Dolan **908-541-9473** (day).

Union County

Seasons Support Group Support for individuals who are divorced, separated and widowed. Guest speakers and social activities. Donation \$2/mtg. Meets 2nd and 4th Thurs., 7:15-9pm, St. Helen's Church, 1600 Rahway Ave., Activities Center Building, Westfield. Call Joan **908-930-2791** (day). E-mail: **2008seasons@live.com**

Warren County

Career and Life Transitions Center for Women - NORWESCAP *Professionally-run.* Provides support services, vocational counseling and career training for displaced homemakers who have lost their primary source of income due to divorce, separation, disability or death of a spouse. Meetings vary, 16 Broad St., Suite 7, Washington. Pre-registration required. Before attending call **908-835-2624**. Website: <http://www.norwescap.org> E-mail: **transitions@norwescap.org**

Catholic Widows and Widowers Mutual support for widowed persons of any faith. Groups for the recently bereaved as well as for those further along. Various meeting locations and times. Call the Family Life Office, Metuchen Diocese **732-562-1990** ext. 2467 (day).

DISABILITIES

AMPUTATION | LIMB DEFICIENCY

Bergen County

Kessler Amputee Support Group *Professionally-run.* Provides mutual support for amputees and their families. Rap sessions, guest speakers, literature and buddy system. Building is handicapped accessible. Meets 3rd Thurs., 6-7:30pm (except Aug. and Dec.), Kessler Institute, 300 Market St., Saddle Brook. Call Cynthia Macaluso **201-368-6087** (day).

Burlington County

Amputee Support Group Offers mutual support for physical, emotional and social issues for patients and their families dealing with an amputation. Rap sessions and guest speakers. Building is handicapped accessible. Meets 3rd Wed., 7-8:30pm, Marlton Rehab Hospital, 92 Brick Rd., Marlton. Call Andrea Varone **856-988-8778** ext. 3030. Website: <http://www.ampsinaction.org>

Cape May County

The Unlimbited Potential Amputee Support Group Support for amputees and their families. Building is handicapped accessible. Guest speakers, literature and phone help. Meets 4th Tues., 1-2:30pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Maruchi Room, Cape May Court House. Call Paulann Pierson **609-886-2784** (day). E-mail: ppierson@co.cape-may.nj.us

Essex County

Self-Help Amputee Group Mutual support for amputees and their families. Phone support. Building is handicapped accessible. Guest speakers and literature. Meets 2nd Tues., 6-7:30pm (except June, July, Aug.), Kessler Rehabilitation, 1199 Pleasant Valley Way, West Orange. Before attending call Heather Monaco **973-414-4755** (day). E-mail: hmonaco@kessler-rehab.com

Mercer County

Amputee Support Group *Professionally-run.* Support for amputees at all stages of experience and their caregivers. Learn about recovery after limb loss and network with peers. Building is handicapped accessible. Meets 1st Tues., 6:30-8:30pm, St. Lawrence Rehabilitation Center, 2381 Lawrenceville Rd., Cafeteria, Lawrenceville. Call Debbie Miktus **609-896-9500** ext. 2303 (day). E-mail: dmiktus@slrc.org

Monmouth County

Amputees on the Move Provides mutual support, education and social events for amputees and their families. Guest speakers, rap sessions and phone help. Building is handicapped accessible. Meets 2nd Mon., 1:30-3:30pm, Healthsouth, 2 Centre Plaza,

Tinton Falls. Call Sharon Collins 732-460-5378 (day) or Tom Wilson 732-787-4891. E-mail: sharon.collins@healthsouth.com

Ocean County

Amputee Support Group *Professionally-run.* Provides support for amputees, their families and friends. Guest speakers. Building is handicapped accessible. Meets 3rd Tues., 1-3pm, Health South Rehabilitation Hospital of Toms River, 14 Hospital Dr., Toms River. Call 732-505-5033 (day).

Amputee Support Group *Professionally-run.* Provides support for amputees, families and friends. Building is handicapped accessible. Meets 3rd Tues., 12:15-1pm, Shore Rehabilitation Institute, 425 Jack Martin Blvd., Brick. Call 732-836-4513 (day).

ATTENTION DEFICIT DISORDER | LEARNING DISABILITIES

Bergen County

CHADD *Professionally-run.* Support and education for parents of children and adults with attention deficit disorder. Membership \$45/yr. Building is handicapped accessible. Meets 1st Mon., 8pm (except July, Aug., Sept.), Valley Hospital, 223 Van Dien Ave., First Floor, Terrace Room, Ridgewood. Call CHADD 201-664-1313. E-mail: bergen-county@chadd.net

Burlington County

CHADD Support and education for parents of children and adults with attention deficit disorder/hyperactivity disorder. Building is handicapped accessible. Meets 3rd Wed., 7pm, Family Support Organization of Burlington County, 1632 Route 38 East, Lumberton. Pre-registration required. Before attending call 609-265-8838 (day).

Dads Connection Group A connection group for fathers raising special needs children. Offers opportunity for dads with similar experiences to connect with, and help prepare, each other for the ups and downs of fathering special needs children. Meets various Saturdays, noon-2pm, Burlington Church of the Nazarene, 700 Sunset Rd., Burlington. Call or email Mike 609-694-8799. Website: <http://www.getac.org> E-mail: mhannon@getac.org

Hunterdon County

New Hope ADHD Parent Support Group *Professionally-run.* Provides support for parents of children with ADHD. Parents share concerns with each other and hear other's experiences, coping strategies and referral sources. Meetings also include a monthly topic for discussion with handouts, resources. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Lambertville, NJ and

Hope, PA. Contact Alexandra Barbo via website. Website:
<http://www.meetup.com/New-Hope-ADHD-Parent-Support-Group>

Mercer County

CHADD of Mercer County *Professionally-run*. Support and education for parents of children and adults with attention deficit/hyperactivity disorder. Meetings vary, 7-9pm (except Nov. and Dec.), Riverside School, 58 Riverside Dr., Princeton. Before attending check website to confirm meeting information. Pre-registration required. Call Jane 609-683-8787 (day). Website: <http://www.chadd.org>

Monmouth County

Adult ADD Self-Help Support Group *Professionally-run*. Support for adults who have attention deficit disorder or those who suspect that they may. Significant others welcome. Building is handicapped accessible. Meets 4th Thurs., 7:30-9:30pm (no meeting June, July, Aug); Nov. and Dec., meets 3rd Thurs.), Monmouth Medical Center, 300 2nd Ave., Cafeteria, Long Branch. Call Dr. Robert LoPresti 732-842-4553 (day).

CHADD Support and education for parents of children and adults with attention deficit disorder/hyperactivity disorder. Guest speakers and literature. Building is handicapped accessible. Call Eva O'Malley 732-552-8012 (day). Website:

<http://www.meetup.com/monmouth-ocean-chadd-meetup> E-mail: monmouth-county@chadd.net

Howell Meets 4th Mon., 6:30-8:45pm, Howell Township Public Library, 318 Old Tavern Rd.

Howell Meets 1st Thurs., 9:30-11am, Panera Bread, 4715 Highway 9.

Ocean County

CHADD Support and education for parents of children and adults with attention deficit disorder/hyperactivity disorder. Guest speakers and literature. Meets 3rd Fri., 9:30-11:30am, Ocean County Family Resource Center, 1433 Hooper Ave., Suite 121, Toms River. Call Eva O'Malley 732-552-8012 (day). Website:

<http://www.meetup.com/monmouth-ocean-chadd-meetup> E-mail: monmouth-county@chadd.net

Parent Group for ADHD/Autism Support, education and advocacy for parents of children with ADHD/Autism. Meets 3rd Wed., 10am-noon, Ocean County Family Support Organization, 34 Manchester Ave., Suite 202, Forked River. Pre-registration required. Before attending call Michelle 609-693-4121 ext. 16 (day).

Passaic County

Anger Management Support Group Support for individuals (ages 18+) dealing with anger and stress. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets 2nd and 4th Fri., 4:30pm, Our House Community Wellness Center, 750 Broadway, 2nd Floor, Paterson. Call Chris Gelpi **973-553-1101** (day).

Behavioral Support Group *Professionally-run.* Support for parents raising a child with behavioral challenges. Literature and phone help. Building is handicapped accessible. Meets last Tues., 8-9pm, 2019-G Greenwood Lake Turnpike, Hewitt. Before attending call Julie Rikon **973-728-8744** (day). Website: <http://www.ascfamily.org> E-mail: ascfamily@hotmail.com

NJ Statewide

Learning Disabilities Association of New Jersey Support and information for professionals and families of children and adults with learning disabilities. Conferences, newsletters, literature, resources and referrals. Membership \$40/yr. Meets at various locations and times. Write: Learning Disabilities Association of New Jersey, P.O. Box 6268, East Brunswick, NJ 08816. Call **732-645-2738**. Website: <http://www.ldanj.org> E-mail: info@ldanj.org

AUTISM | ASPERGER SYNDROME

Atlantic County

FACES for Autism Support and education for adults (ages 18+) with Aspergers syndrome/Autism. Building is handicapped accessible. Guest speakers, literature, newsletter, phone help and buddy system. Meets Thurs., 6:30-8:30pm, Atlantic County Family Support Organization, 950 Tilton Rd., Suite 7, Northfield. Call David **609-822-7536**. Website: <http://www.faces4autism.org> E-mail: davehagan@faces4autism.org

Bergen County

ASPEN - Adult Issues North Support, education and advocacy for autistic spectrum disorder (ASD) individuals and their loved ones. Friends and professionals welcome. Guest speakers, literature, newsletter and phone help. Meets 3rd Wed., 7:30-9pm (except July/Aug.; Dec. meeting 2nd Wed.), West Bergen Mental Healthcare, 120 Chestnut St., Ridgewood. Call Mary **201-825-3286** (day). Website: <http://www.aspennj.org> E-mail: adultas@aspennj.org

ASPEN Fathers' Support Group *Professionally-run.* Support for fathers of individuals with Asperger syndrome. Provides resource information, sharing of experiences and guest speakers. Dues \$35/yr. Meets 1st Tues., 7:30-10pm (except July and Aug.), Bergen County Technical Schools/Bergen County Special Services, 327 East

Ridgewood Ave., 1st Floor Auditorium, Paramus. Check website for meeting information. Website: [http://aspennj.org/aspennj.org/aspennj.org/fathers-support-groups](http://aspennj.org/aspennj.org/aspennj.org/aspennj.org/fathers-support-groups)

Autism Parents Support Group Mutual support for parents of children with autism. Meets 1st Fri., 7-9pm, Mt. Carmel Church, One Passaic St., Ridgewood. Call Gary **201-503-9476**.

Autistic Self-Advocacy Network (ASAN) Meetup Group Support, education and activities for individuals with autism. Families and friends welcome. For meeting information on this group one has to join meetup.com (registration is free). Website: <http://www.meetup.com/asan-nj>

Burlington County

Dads Connection Group A connection group for fathers raising special needs children. Offers opportunity for dads with similar experiences to connect with, and help prepare, each other for the ups and downs of fathering special needs children. Meets various Saturdays, noon-2pm, Burlington Church of the Nazarene, 700 Sunset Rd., Burlington. Call or email Mike **609-694-8799**. Website: <http://www.getac.org> E-mail: mhannon@getac.org

P.A.C.T. (Parents of Autistic Children Together) Support and sharing of information by parents of autistic children. Outside activities with siblings and families. Newsletter. Building is handicapped accessible. Meets 2-3 times/yr. (Apr., Oct., Dec.), Oaklyn. Call **856-278-0798** (day). Check website for meeting information. Website: <http://www.solvingthepuzzle.com>

Supporting Autistic Spectrum Success (SASS) Support for parents of children with autism to share their fears, concerns, as well as their coping techniques and tips that make life run more smoothly. Childcare available. Building is handicapped accessible. Meets 3rd Wed., 7:30-9pm, Family Support Organization of Burlington County, 1632 Route 38 East, Lumberton. Pre-registration required. Before attending call **609-265-8838** (day). Website: <http://www.fsoburico.org>

Camden County

ASPEN (Asperger Syndrome Education Network) Support and information for parents of children with Asperger syndrome, pervasive developmental disorder-NOS, high functioning autism and nonverbal learning disabilities. Membership family \$35/yr.; professionals \$55/yr. Meets 4th Wed., 7-9pm (except July/Aug.), Yale School, 2127 Church Rd., Cherry Hill. Call Debbie Schmidt **856-616-0877** (day) or Deborah Hill **856-234-0677** (day). Website: <http://www.aspennj.org> E-mail: deborahhill@comcast.net

GRASP (Global and Regional Asperger Syndrome Partnership) Support network for adults diagnosed with high functioning autism or Asperger syndrome. Building is

handicapped accessible. Meets 2nd Sat., 2-4pm, Easttown Library, 720 First Ave., Berwyn, PA. Call Robert **610-993-8096**. Website: http://health.groups.yahoo.com/group/grasp_philadelphia_pa

Speaking on the Spectrum (SPotS) Support for adults with Asperger's syndrome or who are on the autism spectrum, their families and friends affected by autism. Parents of autistic children welcome also. Meets 1st Wed., 7pm, South County Regional Branch Library, 35 Cooper-Folly Rd., Atco. Call Laura 856-668-6135. Website: <http://spots.labarc.com> E-mail: ourlostprophet@gmail.com

Cape May County

FACES (*Families for Autistic Children, Education and Support*) Discusses topics important to families touched by autism. Guest speakers, workshops, play groups and social opportunities. Free childcare provided. Please call first if childcare is needed. Meets 1st Mon., 6-7:30pm (except June, July, Aug.), Ocean Academy School, 148 Crest Haven Ave., Cape May Court House. Call Lisa 609-224-9124 or FACES 609-412-3750. Website: <http://www.faces4autism.org> E-mail: information@faces4autism.org

Cumberland County

Sol 4 Autism Support Group (*BILINGUAL*) Support for families of children diagnosed with autism and related disorders. Guest speakers, workshops, play groups and social activities. Building is handicapped accessible. Meets 1st Tues., 6-7:30pm (except July and Aug.), Rock of Salvation Church, 513 East Grape St., Vineland. Call Jessica **856-882-8929**. Website: <http://www.faces4autism.org> Facebook: <http://www.facebook.com/solautismo> E-mail: solautismo@gmail.com

Essex County

Autism Parents Support Group *Professionally-run*. Mutual support for parents of children with autism. Building is handicapped accessible. Meets 1st Tues., 7-9pm (except July, Aug., Sept., Oct., Dec.), Congregation Beth Ahm, 56 Grove Ave., Verona. Before attending call Michele Havens **201-486-5607** (day). E-mail: mhavens523@aol.com

Hudson County

Hudson County Autism Parents Support Group Mutual support for parents of children with autism. Meets 1st Wed., 7-9pm (Feb., Apr., June, Aug., Oct., Dec.), Jewish Community Center, 1050 Kennedy Blvd., Bayonne. Call Patricia **908-956-1456**. E-mail: patricia_kennedy_calvo@yahoo.com

Hunterdon County

Asperger Friends of Hunterdon County Young adult group for persons (ages 18+) who have Asperger syndrome, high functioning autism or PDD. Discussion, social activities and guest speakers. Meets 3rd Sun., 3-5pm (except July, Aug. and holidays), Health Quest, 310 Highway 31 North, Flemington. Call Matt and Carolyn **908-236-6153** (day). Check website to confirm meeting dates. Website: <http://www.aspergerfriends.com>

Mercer County

ASPEN (Asperger Syndrome Education Network) Support and information for parents of children with Asperger syndrome/PDD-NOS and high functioning autism. Guest speakers. Meets 4th Wed., 7pm, 49 Conrad St., Trenton. Pre-registration required. Before attending call Ana Lozado **609-540-3529** (day). Website: <http://www.aspennj.org> E-mail: alozada@trenton.k12.nj.us

Middlesex County

ASPEN (Asperger Syndrome Parents Education Network) Support and information for parents of children with Asperger syndrome, PDD-NOS and high functioning autism. Discussion groups and guest speakers. Dues \$35/yr. (families); \$55/yr. (professionals). Building is handicapped accessible. Meetings vary, 7:30-9:30pm, Jewish Community Center, 1775 Oak Tree Rd., Edison. For meeting information call **732-321-0880** (day). Website: <http://www.aspennj.org> E-mail: info@aspennj.org

Monmouth County

ASPEN (Asperger Syndrome Education Network) Support and information for parents of children with Asperger syndrome/PDD-NOS and high functioning autism. Discussion groups and guest speakers. Building is handicapped accessible. Meets 3rd Wed., 6:30-8:30pm, Monmouth County Library, Headquarters, 125 Symmes Rd., Manalapan. Call Ann Hiller **732-446-7610** (day). Website: <http://www.aspennj.org> E-mail: ann0912@aol.com

Morris County

Adults With Asperger Syndrome Support Group Support for adults with Asperger syndrome, high-functioning autism and other pervasive developmental disorders. Meets 3rd Tues., 7-8:45pm (except June, July, Aug.), Morris County Library, 30 East Hanover Ave., Whippany. Call Bice (Beatrice) Del Galdo **973-503-0351** (day). Website: <http://www.aspennj.org> E-mail: bice2009@verizon.net

Asperger's Social Group Support and social activities for young adults with Asperger's Syndrome. Families are welcome and usually meet separately but concurrently. Group

meets various locations (restaurants, libraries, etc), usually 2nd Wed., 6:30-8:00pm, Chester. Call Debra **201-230-4725**. E-mail: aspergers.socialgroup@yahoo.com

Ocean County

Parent Group for ADHD/Autism Support, education and advocacy for parents of children with ADHD/Autism. Meets 3rd Wed., 10am-noon, Ocean County Family Support Organization, 34 Manchester Ave., Suite 202, Forked River. Pre-registration required. Before attending call Michelle **609-693-4121** ext. 16 (day).

Passaic County

Autism Support Group - Passaic Support and education for parents of children with autism spectrum disorders. Guest speakers. Meets 4th Fri., 6pm, St. Anthony Parish Center, 95 Myrtle Ave., Passaic. Call Lauren **973-534-0145** (day).

Behavioral Support Group Support and guidance for parents of children with autism spectrum disorder and attention deficit/hyperactivity disorder. Meets last Tues., 8-9pm, Association for Special Children and Families, 2019G Greenwood Lake Turnpike, Hewitt. Pre-registration required. Before attending call **973-728-8744** (day).

Salem County

A.N.S.W.E.R. (Autism Needs Support Where Everyone's Real) Mutual support and education for parents of children and adults with autism. Families and friends welcome. Guest speakers, literature and newsletter. Building is handicapped accessible. Meets 2nd Mon., 7-9pm, Salem County Center for Autism, 193 North Broadway, Pennsville. Call **856-678-9400** (day). Website: <http://www.salemcountycenterforautism.org> E-mail: answergroup@salemcountycenterforautism.org

Sussex County

ASPEN Family Support Group Support and information for adult family members of individuals with Asperger syndrome, PDD-NOS and high functioning autism. Guest speakers. Meets 3rd Tues., 7:30-9pm, Good Shepherd Episcopal Church, 200 Route 23 South, Wantage. Call Jannine Zerres **973-875-3764** (day). E-mail: jezzeres@hotmail.com

Union County

Parents Raising Children with Autism Spectrum Disorder Support for parents and caregivers to exchange information on parenting children with Autism Spectrum Disorder (ASD). Building is handicapped accessible. Guest speakers, literature and newsletter. Meets 3rd Mon., 11am-1pm, Trinitas Regional Medical Center, 655 East

Jersey St., Grassman Hall, Elizabeth. Pre-registration required. Before attending call 908-994-7471 (day).

NJ Statewide

ASPEN (Asperger Syndrome Education Network) Information and support for parents of children with Asperger syndrome, pervasive developmental disorders and high functioning autism. Discussion groups, guest speakers and statewide workshops. Dues \$35/yr. (parents) and \$55/yr. (professionals) Write: ASPEN, 9 Aspen Circle, Edison, NJ 08820. Call 732-321-0880. Website: <http://www.aspennj.org> E-mail: info@aspennj.org

Autism_Parents_and_Prof_NJ Online. 129 members. Founded 2004. New Jersey support group for family members and professionals in the world of autism to connect and share support and information about experiences. Website: http://health.groups.yahoo.com/group/autism_parents_and_prof_nj

BLIND | VISUALLY IMPAIRED

Atlantic County

New Beginnings Mutual support for individuals who are blind or visually impaired. Families welcome. Rap sessions, guest speakers, literature, phone help, buddy system and speakers' bureau. Building is handicapped accessible. Meets 4th Tues., 11am-1pm, John D. Young Blind Center, 100 Crestview Ave., Absecon. Call Ann Burns 609-677-1199 (Tues., Wed., Thurs., 9:30am-4:30pm) or Laurie 609-816-3271 (day). E-mail: annburns@lionsblindcenter.org

Bergen County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Fair Lawn, Fort Lee, Park Ridge and Washington Township. Call Trisha Ebel 201-996-9100 ext. 10 (day).

Burlington County

Choice Support Group Mutual support for blind and visually impaired persons, their families and friends. Rap sessions, phone help, guest speakers, literature, buddy system and speakers' bureau. Building is handicapped accessible. Meets 4th Tues., 11am, Resources for Independent Living, Inc., 351 High St., Burlington. Call Joe Zesski 609-747-7745; TTY: 609-747-1875. Website: <http://www.rilnj.org> E-mail: jzesski@rilnj.org

Essex County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in West Caldwell and West Orange. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Gloucester County

SHADES, Inc. Mutual support for blind and visually impaired persons. Sharing of experiences, guest speakers and information. Building is handicapped accessible. Dues \$2/mtg. Meets 4th Thurs., 11am-2pm (except Nov. and Dec.), Gloucester County Library, 389 Wolfert Station Rd. and Route 45, Mullica Hill. Call Joyce **856-456-3130** (day).

Hudson County

Adjustment to Vision Loss Groups (BILINGUAL) Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Secaucus and Union City (Spanish). Call Trisha Ebel **201-996-9100** ext. 10 (day).

Mercer County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Group in Ewing. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Middlesex County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Edison, Metuchen, Milltown, Monroe, Perth Amboy and South Brunswick. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Monmouth County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. For information on groups in Leonardo, Tinton Falls and Wall Township call Trisha Ebel **201-996-9100** ext. 10 (day).

Morris County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Denville and Pompton Plains. Call Trisha Ebel **201-996-9100** ext. 10(day).

Ocean County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Brick, Mayetta, Point Pleasant, Toms River and Whiting. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Eye Openers of Toms River Mutual aid self-help for blind and visually impaired persons. Emotional support, sharing of experiences and information. Meets 3rd Tues., noon-2:30pm, Ocean County Library, 101 Washington St., Toms River. Before attending call Santa Mustica **609-242-9976** (day).

Hawkin's Hawkeyes Support Group Support for persons afflicted with low vision, their families and friends. Guest speakers, mutual sharing and educational programs. Meets 1st Wed., 1pm (except July/Aug.), Family Resource Center at Meridian Fitness and Wellness, 700 Route 9 South, Stafford Township. Call **609-978-3559**.

Somerset County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Group in Skillman and Somerset. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Invision Support Group Mutual support and education for persons of any age with visual impairment. Families and friends welcome. Building is handicapped accessible. Meetings vary, 7pm, Bridgewater Public Library, 1 Vogt Dr., Bridgewater. Before attending call Angela **908-725-9044**.

Sussex County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Group in Newton and Sparta. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Union County

Adjustment to Vision Loss Groups Mutual support for persons dealing with vision loss to exchange helpful information, offer and obtain emotional support while learning practical solutions for dealing with vision loss. Groups in Cranford and Union. Call Trisha Ebel **201-996-9100** ext. 10 (day).

Blind or Visually-Impaired Support Group Provides mutual support and education for those who are blind or visually-impaired. Meets 1st Thurs., noon-2pm (except July/Aug.), Senior Citizen Center, 968 Bonnel Court, Union. Call Dolores 908-245-5787 (day) or Bill **908-464-6482** (day).

NJ Statewide

Adjustment to Vision Loss Groups Provides information on support groups for those with vision loss in northern and central NJ. Covers Bergen, Essex, Hudson, Mercer, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, and Union counties. Free group development assistance available. Professionally-run young adults phone support group (ages 21-40) is also available. Call Trisha Ebel **201-996-9100** ext. 10. E-mail: tebel.ber@hipcil.org

National Federation of the Blind of New Jersey Support, advocacy, self-help and education for blind persons, their families and friends. Under 18 welcome. Visitation, phone help, guest speakers, annual state conference and quarterly newsletter "Sounding Board" available in print, e-mail and newline. Dues \$5/yr. Write: NFBNJ, 254 Spruce St., Bloomfield, NJ 07003. Call Joe Ruffalo **973-743-0075** (9am-5pm). Website: <http://www.nfbnj.org> E-mail: nfbnj1@verizon.net

New Jersey Council of the Blind, Inc. *31 chapters.* Goal is to increase the independence of people with visual impairments through networking, mentoring and education. Membership is primarily made up of legally blind people age 18 and older. Interested sighted members are also welcome. Meetings are held in January, Apr., July and Oct. Annual convention is held in October. Members receive 4 quarterly issues of the New Jersey Council of the Blind, Inc. Chronicle and about 10 issues of the American Council of the Blind Braille Forum. Write: New Jersey Council of the Blind, Inc., 153 Franklin Corner Rd., Lawrenceville, NJ 08648-2501. Call **609-882-2446**. Website: <http://www.njcounciloftheblind.org> E-mail: njcounciloftheblind@verizon.net

Parents of Blind Children - NJ Support, information, training and advocacy for parents and teachers of blind and visually impaired children. Newsletter, seminars, educational and social events. Dues \$10/yr. Write: POBC, 23 Alexander Ave., Madison, NJ 07940. Call Carol Castellano **973-377-0976** (day). Website: <http://www.blindchildren.org> E-mail: blindchildren@verizon.net

Retinitis Pigmentosa Telephone Network Phone network that provides support for persons with retinitis pigmentosa, macular degeneration, Usher's syndrome or related disorders and their families. Provides education and referrals. Call Jean or Don Perlman **973-584-6471**. and Glorie **609-409-7985** (Usher's syndrome).

CEREBRAL PALSY

NJ Statewide

Advancing Opportunities Provides services statewide to advance the independence of children and adults with all types of disabilities. Programs include advocacy, employment services, family support, respite, assistive technology, substance abuse prevention, information and referral, personal assistance services and a technology lending center. Write: Advancing Opportunities, 1005 Whitehead Rd. Extension, Suite 1, Ewing, NJ 08638. Call 1-888-322-1918. Website: <http://www.advopps.org>

DEAF | HEARING IMPAIRED | TINNITUS | MENIERE'S

Camden County

Cochlear Implant Support Group Support and education for individuals with a cochlear implant or those thinking of getting an implant. Families welcome. Guest speakers. Meetings vary, 3-4 times/yr., Grace Church, 19 Kings Highway East, Parish Hall, Haddonfield. For meeting information call church 856-429-0007 (day). E-mail: cochlearimplant1@yahoo.com

Deaf and Hard-of-Hearing Support Group Support for adults who are deaf or hard-of-hearing who are dealing with addictions. Literature. No sign language available. Building is handicapped accessible. Meets Thurs., noon-1pm and Sat., 11am-1pm, Living Proof Recovery Center, 108 Somerdale Rd., Voorhees. Call Julie 856-874-8230 (day). Website: <http://www.centerffs.org>

South Jersey Tinnitus Support Group *Professionally-run.* Support and information for tinnitus sufferers and family members. Building is handicapped accessible. Meets 1st Thurs., 7pm (except July/Aug.), Rohna/Advanced ENT Corp. Headquarters, 1020 North Kings Highway, Suite 201, Cherry Hill. Call Mary Ann Halladay 856-602-4200 ext. 2008 (day). Website: <http://www.hearmdlc.com>

Cape May County

Hearing Loss Association of America South Jersey Shore Chapter Support for adults who are hard of hearing. Guest speakers, literature and phone help. Captioning, assistive listening and sign language interpreting services will be provided. Building is handicapped accessible. Meets 3rd Wed., 6-8pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Cape May Courthouse. Call 609-463-4043 (day). E-mail: sjhardofhearing@gmail.com

Middlesex County

Hearing Loss Association of America (HLA) (Middlesex County Chapter) Mutual support and information for people who are hard-of-hearing. Rap sessions and guest speakers. Dues \$10/yr. includes monthly newsletter. Building is handicapped accessible. Meets 3rd Tues., 7:30-9pm (except July/Aug.), First Baptist Church of South Plainfield, 201 Hamilton Blvd., South Plainfield. Call Marie Nordling **732-721-4183**.

NJ Coda (Children Of Deaf Adults) Provides mutual support for hearing adult children (ages 18+) of deaf parents. Also information to deaf parents with children under age 18. Promotes family awareness and individual growth in hearing children of deaf parents. Speakers' bureau, discussion sessions and phone assistance. Meetings vary, Edison. Call Mariann **732-548-2571**. E-mail: hmj628@optimum.net

Monmouth County

Ocean-Monmouth Hearing Loss Support Group Mutual support and information for people who cannot hear well. Guest speakers, rap sessions and literature. Families welcome. Meets Sun., 1:30pm (Mar., June, Dec.) [2nd Sun, Sept.], Manalapan Library, 125 Symmes Dr., Manalapan. Call library **732-431-7220** (day) E-mail: oceanmonmouthhla@yahoo.com

Morris County

Hearing Loss Association of America (HLA) (Morris County Chapter) Mutual support and information for people who are hard-of-hearing. Meets 2nd Sat. (May, Sept., Nov.), 10am-noon, Madison Community House, 25 Cook Ave., Madison. Before attending call Pat Dobbs **973-479-8083** (day). Website: <http://www.hearinglossresourcecenter.com> E-mail: pat.dobbs@hearingloss-nj.org

NJ Statewide

ALDA (Association of Late-Deafened Adults) - Garden State Support, education and advocacy on behalf of all people with hearing loss, especially the post-lingually deafened. Accessible education workshops, guest speakers, advocacy and social events. Dues \$15/yr./individual and \$20/yr./family. Free newsletter on request. All education meetings provide sign language interpreters, CART captioning and ALD's. Call Joanne Sammer **732-292-3171** (voice). Website: <http://www.alda-gs.org> E-mail: alda.gardenstate@gmail.com

DISABILITIES (GENERAL) | SPINAL CORD INJURY

Atlantic County

Bacharach Spinal Cord Injury Group *Professionally-run*. Provides support, education, socialization, peer mentoring, recreation opportunities and advocacy building among

those affected by spinal cord injuries. Families welcome. Building is handicapped accessible. Rap sessions, literature, newsletter and phone help. Meets 3rd Thurs., 4-6:30pm, Pomona. Pre-registration required. Before attending call Becky McGill **609-748-5411** (day). E-mail: rmcgill@bacharach.org

Bergen County

Empowering Women Discussion and education for disabled women. Building is handicapped accessible. Meets 2nd Thurs., 11am-1pm, Heightened Independence and Progress, 131 Main St., Suite 120, Hackensack. Call Trisha Ebel **201-996-9100** (day). Website: <http://www.hipcil.org>

Heightened Independence and Progress (hip) Support groups, information, referrals, advocacy, peer counseling, recreational and other services for people with all types of disabilities who have equipment and assistive devices. Building is handicapped accessible. Meets various times, Heightened Independence and Progress, 131 Main St., Suite 120, Hackensack. Call Trish Ebel **201-996-9100**.

Post-Stroke and Disabled Adult Program (BERGEN COUNTY RESIDENTS ONLY) *Professionally-run.* Mutual support for post-stroke patients and disabled adults. Program functions include group discussions, various activities that promote physical fitness, arts and crafts, games, exercises and occasional recreational events. Meets various times and days, East Rutherford, Englewood, Maywood and Ridgewood. Call Daniel Kotkin **201-336-6504** (day); TTY: **201-336-6505**.

SibShop Support Group *Professionally-run.* Support for primarily Jewish children (ages 6-13) who have a sibling with a disability. Open to people of any faith. Guest speakers, literature and newsletter. Meetings vary, 7:30pm, Teaneck. Pre-registration required. Before attending call National Jewish Council for Disabilities - YACHAD **201-833-1349** (day). E-mail: njyachad@ou.org

Essex County

Peer Support Group Support for adults with disabilities. Building is handicapped accessible. Meets 2nd Tues., 6:30-8:30pm, Senior Citizen Building, 193 Hunterdon St., Newark. Before attending call **973-470-8090** (day).

Spinal Cord Injury Support Group Peer support group where individuals with spinal cord injuries share their experiences. Literature and buddy system. Meets last Thurs., 6-8pm (except Nov./Dec.), Kessler Institute for Rehabilitation, New Building, 1199 Pleasant Valley Way, SCI Day Room, 2nd Floor, West Orange. Pre-registration required. Before attending call Michele or Ron **973-243-6927** (day).

Middlesex County

Advocacy Group Opportunity for persons with any type of disability to work together to resolve issues in their community. Families welcomed. Meetings vary, Alliance Center for Independence (formerly Alliance for Disabled in Action), 629 Amboy Ave., Edison. Before attending call Luke Koppisch **732-738-4388**. E-mail: lkoppisch@adacil.org

Alliance Center for Independence Support for persons with any disability. Family members are welcome. Information, advocacy, education, referrals for housing, employment, transportation and assistive technology. Promotes barrier-free environments. Offers various classes on health, theater, nutrition, crochet, etc. Meetings vary, Alliance Center for Independence, 629 Amboy Ave., 1st Floor, Edison. Before attending call Salma **732-738-4388**; TTY: **732-738-9644**. Website: <http://www.adacil.org>

Kids Needs Support 2 Support and education for children (ages 4-18) with any type of special needs disability. Groups are in age categories. Parents and siblings are welcome to attend meetings also. Meets every other Sat., 1-3pm, North Edison Library, 777 North Grove Ave., Meetings Room, Edison. Pre-registration required. Before attending call **908-754-0241** (day). E-mail: kns2nj@gmail.com

Men's Peer Group Support for men (ages 18+) with any type of disability. Topics include relationships and anger management. Guest speakers and literature. Building is handicapped accessible. Meets 3rd Thurs., 10-11am, Alliance Center for Independence (formerly Alliance for Disabled in Action), 629 Amboy Ave., Edison. Pre-registration required. Before attending call Nybil Ghanem **732-738-4388** ext. 121 (day). E-mail: nghanem@adacil.org

Women's Peer Group Support for women (ages 18+) with any type of disability. Topics include relationships and anger management. Guest speakers and literature. Building is handicapped accessible. Meets 3rd Fri., 10:30-noon, Alliance Center for Independence (formerly Alliance for Disabled in Action), 629 Amboy Ave., Edison. Pre-registration required. Before attending call Nybil Ghanem **732-738-4388** ext. 121 (day). E-mail: nghanem@adacil.org

Passaic County

Peer Support Group Support for adults with disabilities. Building is handicapped accessible. Meets 1st Tues., 6-8pm, DIAL, Inc., 2 Prospect Village Plaza, Side entrance, Clifton. Before attending call **1-866-277-1733** (day).

Union County

Advocacy Group Opportunity for persons with any type of disability to work together to resolve issues in their community. Families welcome. Sponsored by Alliance Center for Independence (formerly Alliance for Disabled in Action). Meetings times and days vary,

Union. For information call Luke Koppisch 732-738-4388. E-mail: lkoppisch@adacil.org

FOCAS Peer Support Group Mutual support for those with disabilities to enhance their daily living. Rap sessions and guest speakers. Building is handicapped accessible. Meets 2nd Fri., 6-7:30pm, South Mountain Healthcare and Rehabilitation Center, 2385 Springfield Ave., Vauxhall. Call 908-355-3299 (eve.). E-mail: susysnowflake2002@yahoo.com

NJ Statewide

Advancing Opportunities Provides services statewide to advance the independence of children and adults with all types of disabilities. Programs include: advocacy, employment services, family support, respite, assistive technology, substance abuse prevention, information and referral, personal assistance services and a technology lending center. Write: Advancing Opportunities, 1005 Whitehead Rd. Extension, Suite 1, Ewing, NJ 08638. Call 1-888-322-1918; TTY: 609-882-0620. Website: <http://www.advopps.org>

INTELLECTUAL DISABILITIES | DOWN SYNDROME

Atlantic County

21 Down - Down Syndrome Awareness Group Inc. Support for families of a loved one with a developmental disability. Guest speakers. Meets 4 times/yr., local restaurants in Galloway and Tuckahoe. Call Pam 609-390-5645 (day). Website: <http://www.21down.org> E-mail: info@21down.org

Essex County

North Jersey Parent Support Group *Professionally-run.* Support, education and resources to parents of children with developmental disabilities. Provides information of specific services and programs available. Guest speakers, rap sessions, and literature. Childcare available if requested. Building is handicapped accessible. Meets 1st Wed., 7:30-9pm, ARC of Essex County, 123 Naylor Ave., Livingston. Before attending call Judy Bellina 973-535-1181 ext. 1223 (day). E-mail: jbellina@arcessex.org

Hudson County

Family Support Group Support for parents of children with intellectual and developmental disabilities. Building is handicapped accessible. Guest speakers. Meets 2nd Fri., 6-8pm (except July and Aug.), The ARC of Hudson County, 405 36th St., Union City. Pre-registration required. Before attending call 201-319-9229 (day).

Mercer County

Down Syndrome Association of Central NJ Mutual support for parents and family members of children with Down syndrome. Guest speakers, information packets, community events, phone help and social events. Meetings vary (except July and Aug.), Princeton area. Call **1-866-369-6796**. Website: <http://www.dsacnj.org> E-mail: dsacnj@arcmercer.org

Special Dads Meetup Discussion and sharing circle for fathers of children with any type of physical or emotional disability. Meets every third week, various times, in the Princeton area. For information call Adnan **646-473-4126**

Middlesex County

Kids Needs Support 2 Support and education for children (ages 4-18) with any type of special needs disability. Groups are in age categories. Parents and siblings are welcome to attend meetings also. Meets every other Sat., 1-3pm, North Edison Library, 777 North Grove Ave., Meetings Room, Edison. Pre-registration required. Before attending call **908-754-0241** (day). E-mail: kns2nj@gmail.com

Monmouth County

Moms of Young Children with Down Syndrome *Professionally-run*. Support for moms of young children (ages 0-12) with the diagnosis of Down Syndrome. Share ideas, parenting successes and resources. Building is handicapped accessible. Meetings vary, 7:30-9:30pm, Family Resource Associates (FRA), 35 Haddon Ave., Shrewsbury. Pre-registration required. Before attending call Sue Levine **732-747-5310** ext. 117 (day).

Union County

Central NJ Down Syndrome Parent Advocacy Group Provides support for parents of children with Down Syndrome. Guest speakers, social and recreational outings, lending library, literature in English and Spanish. Meets last Tues., 7pm, Children's Specialized Hospital, 150 New Providence Rd., Mountainside. Call Sandy **908-756-6774**. Website: <http://dsparentgroup.com>

NJ Statewide

The Arc of NJ *Professionally-run*. Services and advocacy for children and adults with intellectual and developmental disabilities and their families. Parent support groups available at the chapter offices in each county. Membership dues vary for each chapter. Write: The Arc of NJ, 985 Livingston Ave., North Brunswick, NJ 08902. Call **732-246-2525** (day). Website: <http://www.arcnj.org> E-mail: info@arcnj.org

The NJ Self-Advocacy Project Provides information on developing groups through the statewide Self-Advocacy Network. Works cooperatively to foster change and increase

community awareness about issues related to people with intellectual and developmental disabilities. Helps individuals with disabilities set up their own self-help groups and assists in the maintenance of those groups. Members learn skills such as assertiveness, decision making, goal setting and effective communication skills. Write: New Jersey Self-Advocacy Project, 985 Livingston Ave., North Brunswick, NJ 08902. Call **732-246-2525** ext. 22 (day). Website: http://www.arcnj.org/programs/self_advocacy.html Email: info@arcnj.org

PARENTS | SIBLINGS OF DISABLED | ILL CHILDREN

Bergen County

Caregivers of Special Needs Children and Adults *Professionally-run*. Support for caregivers of special needs children and adults. Building is handicapped accessible. Meets 2nd Tues., 7-8:30pm, ARC of Bergen and Passaic Counties Inc., 17-03A Broadway, Route 4 West, Fair Lawn. Call **1-877-914-6662**. E-mail: evansaj@ubhc.rutgers.edu

Parent Support Group *Professionally-run*. Support for primarily Jewish parents of adult children with special needs. Exchange resources, reduce stress, learn coping skills, etc. Open to people of any faith. Guest speakers, literature and newsletter. Meetings vary, 9:30am, National Jewish Council for Disabilities-YACHAD, 1345 Queen Anne Rd., Teaneck. Pre-registration required. Before attending call National Jewish Council for Disabilities - YACHAD **201-833-1349** (day). E-mail: njyachad@ou.org

South Asian Parents of Children with Disabilities *Professionally-run*. Mutual support for South Asian parents of children with any type of disability such as autism, ADHD, learning disabilities and behavioral problems. Topics include bullying, racial discrimination, etc. Meets in the Ridgewood area. Call Dr. Vidya Bhushan Gupta **201-936-9945**. E-mail: bhushan458@gmail.com

Burlington County

Dads Connection Group A connection group for fathers raising special needs children. Offers opportunity for dads with similar experiences to connect with, and help prepare, each other for the ups and downs of fathering special needs children. Meets various Saturdays, noon-2pm, Burlington Church of the Nazarene, 700 Sunset Rd., Burlington. Call or email Mike **609-694-8799**. Website: <http://www.getac.org> E-mail: mhannon@getac.org

Parent Night *Professionally-run*. Support for parents of medically fragile children of all ages such as those with extensive healthcare needs. Share stories, experiences, successes and obstacles in a informal, caring environment. Meets 3rd Thurs., 6:30-8:30pm, BAYADA Pediatrics, 521 Fellowship Rd., Suite 160, Mt. Laurel. Call **856-722-9900** (day). E-mail: tmontague@bayada.com

Essex County

Families With Special Needs Children (*BILINGUAL*) *Professionally-run*. Support and information for parents, families and caregivers of children with special needs. Rap sessions, guest speakers and literature. Childcare available. Meetings vary, Mc Kinley Elementary School, 1 Colonnade Place, Newark. Before attending call Ana Jimenez Quinones **973-395-8476** (day) or Mercedes Valle **973-885-7259** (eve.). E-mail: quinones.essexschs@gmail.com

Mom's Support Group *Professionally-run*. Support and guidance for mothers of children with special needs. Opportunity to network with other mothers. Advocacy, information on community services and resources. Meets 2nd Wed., 7:30-9pm, JCC Metrowest, EC Parent Place, 760 Northfield Rd., West Orange. Call Rebecca Wanatick **973-929-3129** (day). E-mail: rwanatick@ujcnj.org

Middlesex County

NJ Parent Advocates Mutual support by and for parents of children with special needs, to include a separate regional "Special Dads" meetings just for fathers of children with special needs in Central NJ. Their purpose is to create strong parent advocates through sharing of best strategies, training and guidance based on successful advocacy experiences. Call **732-253-7297**. Website:

<http://www.meetup.com/NewJerseyParentAdvocates> (information on community group meetings) or <http://www.njparentadvocates.org> (information on Facebook and Yahoo groups) E-mail: info@njparentadvocates.org

Parent Support Group *Professionally-run*. Support primarily for Jewish parents of children and adult children with special needs. Exchange resources, reduce stress, learn coping skills, etc. Open to people of any faith. Guest speakers, literature and newsletter. Meetings vary, 8pm, East Brunswick. Pre-registration required. Before attending call National Jewish Council for Disabilities - YACHAD **201-833-1349** (day). E-mail: njyachad@ou.org

Monmouth County

Parents of Children with Multiple Impairments *Professionally-run*. Support and discussion group for parents of children of all ages with multiple disabilities including (medical issues, seizures, visual impairments, etc.). Building is handicapped accessible. Meets last Tues., 7:30-9pm (except June, July, Aug.), Family Resource Associates (FRA), 35 Haddon Ave., Shrewsbury. Pre-registration required. Before attending call Sue Levine **732-747-5310** ext. 117 (day).

Parents of Children with Special Needs *Professionally-run*. Support and education for parents of children with special needs. Guest speakers. Meets 2nd Tues., 7-8pm. By

Design Social Skills, 2018 Rte 71, Ste. 6, 2nd floor, Spring Lake. Pre-registration required. Before attending call Beth Nardone-Troast **973-294-0519** (day) Website: <http://www.socialskillsnj.com> E-mail: socialskillsnj@gmail.com

Toby's Friends Sibling Support Group *Professionally-run*. Support for young brothers and sisters (ages 5-9) of children with special needs. Building is handicapped accessible. Meets last Thurs., 4-5pm (except June, July, Aug.), Family Resource Associates (FRA), 35 Haddon Ave., Shrewsbury. Pre-registration required. Before attending call **732-747-5310** ext. 117 (day).

Morris County

Dads Support Group *Professionally-run*. Mutual support for fathers of children with special needs. Building is handicapped accessible. Meetings vary, 7:30pm, Jewish Family Service of MetroWest, 256 Columbia Turnpike, Suite 105, Florham Park. Call Rebecca Wanatick **973-929-3129** (day). E-mail: rwanatick@jfedgmw.org

Mount Olive Special Kids Group Opportunity for parents of special needs children to share experiences, joys, frustrations and failures as well as to offer information and resources to other parents of children with disabilities or other special needs. Guest speakers. Building is handicapped accessible. Meets last Thurs., 6:45pm (except July/Aug.), Mount Olive Public Library, 202 Flanders-Drakestown Rd., Flanders. Call Awilda **973-252-9424** (eve.). E-mail: mtospecialkids@optonline.net

Passaic County

Parent Support Group *Professionally-run*. Support for primarily Jewish fathers of children with special needs. Exchange resources, reduce stress, learn coping skills, etc. Open to people of any faith. Guest speakers, literature and newsletter. Meetings vary, 8pm, Passaic. Pre-registration required. Before attending call National Jewish Council for Disabilities - YACHAD **201-833-1349** (day). E-mail: njyachad@ou.org

Parents of Children with Disabilities Peer support and information for parents with children of any disability. Meets last Tues., 7-8pm, Association for Special Children and Families, 2019G Greenwood Lake Turnpike, Hewitt Pre-registration required. Before attending call **973-728-8744** (day).

Union County

Tender Living Care Support for children (ages 3-18) and families who are coping with a life altering illness of a parent or a child. Building is handicapped accessible. Meetings vary, 6:30-8:30pm, First United Methodist Church, 1 East Broad St., Westfield. Before attending call Mandi Zucker **908-264-3100** (day). E-mail: mandi@imagine.org

NJ Statewide

S.P.A.N. (Statewide Parent Advocacy Network) (*BILINGUAL*) *Professionally-run.* Training, information, technical assistance, leadership development and support for parents concerning education and healthcare issues for children from birth to age 21. Special focus on children at risk due to disabilities, special healthcare or emotional needs, poverty, language or race. Workshops on laws, effective education practices and advocacy strategies. Assists parents of children with special health needs in medical insurance and advocacy. Newsletter, phone help and bilingual materials. Parent-to-Parent program (call **1-800-372-6510**) matches families of children on a one-to-one basis with similar disabilities or other special health needs. The START Project helps parents of children who have special needs and are in public schools to find and/or start their own parent support groups. Call **1-800-654-7726** (within NJ; voice/TDD) or **973-642-8100** (day). Website: <http://www.spannj.org> E-mail: span@spannj.org

SPEECH | STUTTERING

Camden County

National Stuttering Association - New Jersey Division Provides support and promotes fluency for stutterers. Building is handicapped accessible. Meets 2nd and 4th Thurs., 7-9pm, John F. Kennedy Hospital, Stratford. Call Kathy **609-706-4098**. Website: <http://www.nsastutter.org> E-mail: katfiler@aol.com

Union County

KIDS Central New Jersey Support Group *Professionally-run.* Support for children (ages 7-14) who stutter. Building is handicapped accessible. Meets 1st Fri., 6:30-7:45pm (Oct., Dec., Feb., Apr., June), Kean University, 215 North Ave., East Campus, Hillside. Call Patricia Keiling **908-294-0540** (day). Website: <http://www.westutter.org> E-mail: keilingp@gmail.com

NJ Statewide

Toastmasters International Mutual help for people to improve speaking skills, express themselves more effectively and to gain confidence. For those who are hesitant to speak before an audience. Membership fees. Monthly magazine. Check website for nearest group. Website: <http://www.toastmasters.org>

FAMILY | PARENTING

ADOPTION | FOSTER PARENTS | CHILDREN

Bergen County

Birth Parent Support Group Support for all birth parents who have placed a child for adoption or birth parents at any stage in adoption planning. Birth parents and adult adoptees in any stage of search and reunion are also welcome. Guest speakers, literature and newsletter. Meetings vary, Family and Adoption Services Center, 148 Prospect St., Ridgewood. Pre-registration required. Before attending call Shea Campbell **201-740-7043** (day). Website: <http://www.cafsnj.org> E-mail: scampbell@cafsnj.org

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 2nd Thurs., 7pm (except July and Aug.), Paramus Public Library, East 116 Century Rd., Paramus. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

FULL CIRCLE Triad Post-Adoption Group of North Jersey Mutual support and education for adoptees, adoptive and birth parents. Building is handicapped accessible. Meets 3rd Tues., Panera Bread (Kohl's Shopping Center), 165 Route 4 West, Community Room, Paramus. Before attending call Cindi Adesso **973-427-4521**. Check website to confirm meeting date. Website: <http://www.fullcircletriadnj.com> E-mail: cindilouwho@mindspring.com

Burlington County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Childcare available. Meets 2nd Mon., 6:30-9:30pm (except July and Aug.), First Methodist Church, 25 Brainerd St., Mt. Holly. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Camden County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 3rd Wed., 6:30pm (except July and Aug.), Division of Child Protection and Permanency, 4 Echelon Plaza, 201 Laurel Rd., Voorhees. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Cape May County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meetings vary, 6pm (except July and Aug.), Division of Child

Protection and Permanency, 601 Route 9 South, Court House Commons, Building 8, Cape May Court House. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Cumberland County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 3rd Thurs., 6pm (except Jan. and Feb.), YMCA of Vineland, 1159 East Landis Ave., Vineland. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Essex County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 4th Tues., 6pm (except July and Aug.), Community Hills Day Care Center, 85 Irvine Turner Blvd., 2nd Floor, Newark. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Grandma K.A.R.E.S., Inc. (Kinship, Advocacy, Resources, Education and Support) *Professionally-run.* Educational, inspirational and motivational support group for "Kinship-Caregivers" and foster parents. Building is handicapped accessible. Guest speakers, literature, newsletter, phone help and buddy system. Meets 4th Fri., 1-3pm (except June, July, Aug.), South Orange Library, 65 Scotland Rd., South Orange. Before attending call Louise Eagle **973-327-4114**. Website: <http://www.grandmakares.org> E-mail: grandmakares@gmail.com

Gloucester County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 3rd Mon., 7pm (except July and Aug.), Mantua Methodist Church, 201 Mantua Blvd., Mantua. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Hudson County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 3rd Thurs., 6:30pm (except July and Aug.), Bayonne. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Hunterdon County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meetings vary, 6:30-9:30pm (except July and Aug.), Hunterdon Family Success Center, 3 East Main St., Flemington. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Mercer County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meetings vary, 6:30pm (except July and Aug.), Hamilton Library, 1 Justice Samuel Alito, Jr. Way, Hamilton. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Middlesex County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 3rd Wed., 7:30pm (except July and Aug.), Division of Child Protection and Permanency, 53 Knightsbridge Rd., Piscataway. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Monmouth County

Adoption Connection Support and discussion group for all members of the adoption triad. Building is handicapped accessible. Topics include discussing the adoption process, different pathways to adoption and advise about discussing adoption with children. Meets 2nd Fri., 7:30pm, St. Benedict Church, 165 Bethany Rd., Father Anderson Library, Holmdel. Call Tricia and Dan **917-601-8866** (day). Facebook: <https://www.facebook.com/adoptionconnectionssupport> E-mail: tzichello@gmail.com

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meetings vary, 6pm (except July and Aug.), Mercy Center, 1106 Main St., Asbury Park. For meeting information call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Morris County

Concerned Persons for Adoption Organization working to support those who wish to adopt and adoptive families. Social events, book club and website. Two annual conferences. Membership \$25/yr. Check website for information. Call Pat Bennett **908-273-5694**. Website: <http://www.cpfan.org>

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 3rd Wed., 7pm (except July and Aug.), Division of Child Protection and Permanency, 855 Route 10 East, Randolph. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

NJCARE (NJ Coalition for Adoption Reform and Education) Organization that supports honesty in adoption through educational outreach and legislative advocacy. Workshops. Links to statewide search and support groups. Building is handicapped accessible. Meets in Morristown. For meeting information call Jane Nast **973-580-9013**, Judy Foster **973-455-1268** or Pam Hasegawa **973-292-2440**. Website: <http://www.nj-care.org> E-mail: janenast@aol.com

Post-Adoption Support Group Support and education for adoptees, adoptive parents, birth parents and professionals. Under 18 welcome. Donation \$3. Guest speakers, advocacy, speakers' bureau and search assistance. Building is handicapped accessible. Meets 1st Sat., 1pm, Morristown. Before attending call Jane Nast **973-580-9013** or Judy Foster **973-455-1268**. Website: <http://www.nj-care.org> E-mail: janenast@aol.com

Ocean County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 3rd Thurs., 6:30pm (except July and Aug.), Central United Methodist Church, 729 Arnold Ave., Pt. Pleasant. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Passaic County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 2nd Fri., 7pm (except July and Aug.), Passaic County Technical Institute, 45 Reinhardt Rd., Wayne. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Salem County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 2nd Tues., 6pm (except July and Aug.), Bethel Baptist Church, 20 South Elmwood Ave., Carneys Point. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Somerset County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meetings vary, 6pm (except July and Aug.), Franklin Township Library, 485 Demott Lane, Somerset. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Sussex County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 4th Mon., 7pm (except July and Aug.), Division of Child Protection and Permanency, 20 East Clinton St., Newton. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Union County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meets 4th Thurs., 6-8pm (except July and Aug.), YMCA, 518 Watchung Ave., Plainfield. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

Warren County

Foster and Adoptive Family Services Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services. Meetings vary, 7pm, Washington. Before attending call **1-800-222-0047**. Website: <http://www.fafsonline.org>

NJ Statewide

Foster and Adoptive Family Services Provides support services, comprehensive information, education and training to foster and adoptive parents. Advocates on behalf of foster and adoptive parents and their children for improved foster care and adoption services. Information for persons wishing to become foster parents. Call **1-800-222-0047**. Website: <http://www.fafsonline.org>

FosterClub Online. Support for young people in the foster care system to connect in a safe monitored environment. Information relating to foster care, message boards, social networking, publications, teen conference and workshops. Website: <http://www.fosterclub.com> E-mail: betsy.montalvo@dcf.state.nj.us

NJ Adoption Resource Clearing House (NJ ARCH) Provides adoption advocacy, support, education, information and resources to birth parents, adoptive and pre-adoptive families throughout New Jersey, as well as to families interested in adopting

children and to professionals, family and community members interested in adoption issues. Literature, resource directory, library, newsletter, speakers' bureau and workshops. Helps individuals with starting support groups. Write: NJ Adoption Resource Clearing House, 76 South Orange Ave., Suite 209, South Orange, NJ 07079. Call 1-877-427-2465. Website: <http://www.njarch.org> E-mail: warmline@njarch.org

CHILDBIRTH | BREASTFEEDING

Bergen County

Breastfeeding Support Group *Professionally-run.* Support and education for women who are breastfeeding their infants. Babies up to 6 months welcome. Share thoughts and concerns. Building is handicapped accessible. Meetings vary, 11am-noon, Hackensack University Medical Center at Pascack Valley, 250 Old Hook Rd., Community Room, Westwood. Pre-registration required. Before attending call 1-877-848-9355 (day).

Burlington County

Breastfeeding Support Group *Professionally-run.* Support and education for nursing mothers regardless of the age of the child. Meets Wed., 11am-12:30pm, Virtua Health, 175 Madison Ave., Conference Center, Mt. Holly. Before attending call 1-888-847-8823 (Mon.-Fri., 8am-7pm).

Camden County

Breastfeeding Support Group *Professionally-run.* Support and education for nursing mothers. Meetings vary, Ripa Center for Women, 1011 Main St., Voorhees. Pre-registration is required. Call or register online. Before attending call 1-800-826-6737. Website: <http://events.cooperhealth.org/event/support-groups>

Breastfeeding Support Group *Professionally-run.* Support and education for nursing mothers regardless of the age of the child. Meets Wed., 2-3:30pm, Virtua-Voorhees, 100 Bowman Dr., Garden Level Conference Room, Voorhees. Before attending call 1-888-847-8823 (Mon-Fri., 8am-7pm).

Cape May County

Breastfeeding Support Group Support and education for women who are breastfeeding. Babies welcome. Building is handicapped accessible. Guest speakers and literature. Meetings vary, 10am-noon, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Before attending call 609-778-6226 (day). E-mail: araish@capecounseling.org

Essex County

Breastfeeding Support Group *Professionally-run.* Mutual support and education for women who are breastfeeding their infants. Newborns in car seats or strollers are welcome. Guest speakers. Building is handicapped accessible. Meets Mon., 11:30am-12:30pm, JCC, 760 Northfield Ave., West Orange. Pre-registration required. Before attending call 973-322-5360 (day).

Gloucester County

Breastfeeding Support Group *Professionally-run.* Support and education for women who are breastfeeding their infants. Babies welcome. Meets Mon., noon-2pm and Thurs., 1-2:30pm, Kennedy Health and Wellness Center, 405 Hurffville-Cross Keys Rd., 2nd Floor Conference Room, Turnersville. Before attending call 856-582-3098 (day).

Hunterdon County

Breastfeeding Support Group *Professionally-run.* Mutual support and education for women who are breastfeeding their infants. Moms are welcome to bring lunch. Babies welcome. Building is handicapped accessible. Meets 1st Thurs., noon-1pm, Hunterdon Education Center, Route 31, Flemington. Call Jean Jamele, RN 908-788-6634 (day). Website: <http://hunterdonhealthcare.org> E-mail: jamele.jean@hunterdonhealthcare.org

Mercer County

Breastfeeding Support Group *Professionally-run.* Support and education for women who are breastfeeding. Babies welcome. Literature and phone help. Building is handicapped accessible. Meets Tues. and Fri., 11am-noon, University Medical Center of Princeton @ Plainsboro, Breast Health Center, East Windsor Medical Commons II, 300B Princeton-Hightstown Rd., East Windsor. Call 1-888-897-8979 (day).

Breastfeeding Support Group Support and education for women who are breastfeeding. Guest speakers and literature. Building is handicapped accessible. Meetings vary, Children's Home Society, 635 South Clinton Ave., Trenton. Pre-registration required. Before attending call 609-695-6274 (day).

Pregnancy and Postpartum Support Group *Professionally-run.* Support for pregnant women, new mothers and all women adjusting to perinatal mood disorders. Families welcome. Building is handicapped accessible. Meets 3rd Sat., 10:30am-noon, Mary Jacobs County Library, Route 518, Rocky Hill. Before attending call Joyce 609-683-1000 (day). E-mail: joycevenis@yahoo.com

Middlesex County

Breastfeeding Support Group *Professionally-run.* Provides support for women who desire to breast-feed their infants. Meets 1st Fri., 1-2:30pm, Saint Peter's University Hospital, Conference Room 3, Ground Floor, 254 Easton Ave., Conference Room 3, Ground Floor, New Brunswick. Call Lactation Department 732-745-8600 ext. 8820 (day).

Monmouth County

Accepting the Unexpected (Reflecting on Your Birth in Meaningful Ways) Provides support to women in sharing their birth experiences without fear of being judged or misunderstood. This is a space where sadness, frustration, anger, disappointment, etc. are recognized as normal reactions to the sense of loss that a woman can feel after an unexpected birth experience, even if her baby is happy and healthy. Meets 1st Sat., 9-11am, Natural Beginnings NJ, 200 Route 71, Spring Lake Heights. Before attending call Rebecca McCloskey **973-876-4283** or Samantha Moody **973-876-5815**. Website: <http://www.naturalbeginningsnj.com> E-mail: rebeccabaglio@hotmail.com or naturalbeginningsnj@gmail.com

Breastfeeding Support Group *Professionally-run*. Support and education for women who are breastfeeding. Babies welcome. Topics include: newborn and growing infants, premature infants in the hospital or at home, pumping and exclusive pumping plus common challenges. Building is handicapped accessible. Meets Mon., 10-11am, Monmouth Medical Center, 300 Second Ave., Stanley Room 214, Long Branch. Pre-registration required. Before attending call **732-923-6992**.

MARRIAGE | FAMILY

Recovering Couples Anonymous Support for couples to find freedom from dysfunctional patterns in relationships. Building is handicapped accessible. Meets 1st and 3rd Thurs., 7pm, Prince of Peace Church, 61 Route 70 East, Marlton. Call Karen and Kevin **856-596-4815**. Website: <http://www.recovering-couples.org> E-mail: kp5308@verizon.net

PARENTING | GRANDPARENTING

Atlantic County

AtlantiCare Grandparents and Kin Support Group (*BILINGUAL*) *Professionally-run*. Provides information, advocacy and economic assistance to grandparents and kin raising other family members' children. Families welcome. Rap sessions, guest speakers, literature, educational series and phone help. Building is handicapped accessible. Meetings vary, 5:30-7:30pm, New York Ave., School, 411 North New York Ave., Atlantic City. Before attending call **609-441-0102** (day). E-mail: rnorrellnance@atlanticare.org

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs.

Atlantic City Dr. Martin Luther King School Family Success Center, 1700 Marmora Ave. Call **609-344-3111** (day).

Atlantic City New York Ave. School Family Success Center, 411 North New York Ave. Call **609-441-0107** (day).

Egg Harbor Township Egg Harbor Township Family Success Center, 3050 Spruce Ave. Call **609-569-0376** (day).

Galloway New Day Family Success Center, 622-624 South New York Rd. Call **609-652-0230**

Hammonton Hammonton Family Success Center, 310 Bellevue Ave. Call **609-567-2900** (day).

Mom to Mom Support for new mothers. Babies welcome. Building is handicapped accessible. Meets Mon., 1-2pm, Shore Memorial Hospital, 1 New York Ave., Somers Point. For meeting information call **609-653-3845**.

MOPS (Mothers Of Pre-Schoolers) Christian-based. Support and encouragement for mothers of pre-schoolers. Program includes fellowship, lectures on Christian womanhood, discussion groups and crafts. Suggested dues \$5/mtg. Meets 1st and 3rd Mon., 9:30-11:30am, Shore Fellowship Church, 1049 Ocean Heights Ave., Egg Harbor Township. Call **609-646-4693** (day).

Mothers In Charge Support, education and advocacy for mothers working together to reduce violent acts in their communities. Some mothers have lost children or had them injured due to street violence. Also open to grandmothers, aunts and sisters. Guest speakers and literature. Meets 2nd and 4th Sat., 1-3pm, Pleasantville area. For meeting location call Sharon Kelly **609-338-8621** (eve.). Website:

<http://www.mothersincharge.org> E-mail: tears4maine@aol.com

Parents Anonymous *Professionally-run.* Support for parents who are under stress and who want to improve their relationships with their children. Meets 2nd and 4th Wed., 6-8pm, First United Methodist Church, 398 Bellevue Ave., Hammonton. Childcare available. Before attending call Parents Anonymous **1-800-843-5437** or Laura Marcy **609-485-0575** ext. 102 (day). Website: <http://www.pa-of-nj.org>

Bergen County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Englewood/Teaneck Family Success Center, 44 Armory St., Englewood. Call **201-694-1891** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Meadowlands Family Success Center, 100 Washington Ave., Little Ferry. Call **201-464-4714**.

Grandparents Raising Grandchildren Mutual support, information and encouragement for grandparents raising grandchildren. Rap sessions and guest speakers. Meets 4th Tues., 12:45-2:15pm, Englewood. Pre-registration required. Before attending call Family Support Organization of Bergen County **201-796-6209** ext. 102 (day).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Paramus. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. Website: <http://www.bergencountymochamoms.org> E-mail: bergencountymochamoms@yahoo.com

New Mommy Support Group *Professionally-run.* Support and education for new mothers. Babies up to 6 months welcome. Topics discussed include feeding, burping, sleeping, post-partum depression, soothing fussy babies and more. Building is handicapped accessible. Meetings vary, 11:30-noon, Hackensack University Medical Center at Pascack Valley, 250 Old Hook Rd., Westwood. Pre-registration required. Before attending call **1-877-848-9355** (day).

Parenting Support Group *Professionally-run.* Support and discussion group for parents. Topics include: joys and stresses of parenting; marital changes; better communication; relaxation time for yourself; anxiety and other mood challenges; balancing career and parenthood, etc. Building is handicapped accessible. Meets Thurs., 10-11am, Ridgewood YMCA, 112 Oak St., Ridgewood. Call Eve 201-410-9572 (day). E-mail: mheller@ridgewoodymca.org

Burlington County

BCCAP Headstart Grandparent Support Group Support for grandparents, great-grandparents, great-aunts/uncles, etc. who are raising grandchildren. Building is handicapped accessible. Meetings vary, 7-9pm (except July/Aug.), Human Services Building, 795 Woodlane Rd., Mt. Holly. Call Sue Dietz **609-261-2323** ext. 5019 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Burlington County Family Success Center, 45 High St., Mt. Holly. Call **609-267-4001**.

Camden County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Camden Family Success Center, 2850 Federal St., Camden. Call **856-963-0270** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Promise Neighborhood Family Success Center, 580 Benson St., Camden. Call **856-964-8096** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Clementon Family Success Center, 180 White Horse Pike, Clementon. Call **856-309-5300** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Winslow Township Family Success Center, 416 Sicklerville Rd., Unit A-2, Sicklerville. Call **856-513-8829** (day).

Fathers on Track *Professionally-run.* Support, education, networking and coaching for fathers and fathers-to-be. Learn coping skills to handle the challenges and stress of parenthood. Guest speakers, literature and phone help. Meetings vary, 4-5:30pm, Planned Parenthood of Southern NJ, 317 Broadway, Camden. Pre-registration required. Before attending call Lawrence **856-365-3519** ext. 223 (day).

Grandparent Support Group Support for grandparents raising grandchildren. Building is handicapped accessible. Meets 1st and 3rd Tues., 11am-1pm, Black Horse Diner, 152 North Black Horse Pike, Mt. Ephraim. Pre-registration required. Before attending call Sandy Wilson **856-662-2600** ext. 204 (day). Website: <http://www.camdenfso.org>

Parents Anonymous *Professionally-run.* Support for parents who are under stress and who want to improve their relationships with their children. Meets in Camden and Merchantville. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Cape May County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Cape May Family Success Center, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Grandparents Raising Grandchildren *Professionally-run*. Support and education for grandparents raising grandchildren. Building is handicapped accessible. Guest speakers and literature. Meets 2nd and 4th Thurs., 10am-noon, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Grandparents Raising Grandchildren *Professionally-run*. Support and educational workshops for grandparents raising their grandchildren. Members share ideas, challenges and learn new skills. Newsletter. Building handicapped accessible. Meetings vary, 5:30-7pm, Rutgers Cooperative Extension, 355 Court House|South Dennis Rd., Cape May Court House. For specific date and times call Marian **609-465-5115** ext. 609.

Parents Anonymous *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their children. Meets in Rio Grande. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Cumberland County

Baby Talk Support Group *Professionally-run*. Support for new moms to discuss the ups and downs of motherhood. Topics include: breastfeeding, postpartum depression, balancing your life and more. Babies and children up to age 3 are welcome. Meets Tues., 1-2:30pm, Fitness Connection, Sherman Ave. and Orchard Rd., Vineland. Call **856-641-7538** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Greater Bridgeton Family Success Center, 155 Spruce St., Bridgeton. Call **856-451-1133** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Holly City Family Success Center, 511 Columbia Ave., Millville. Call **856-327-1510** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. IMPACT Family Success Center of Vineland, 1038 E. Chestnut Ave., Suite 235, Suite 130, Vineland. Call **856-507-7840** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Commercial Township Family Success Center, 8879 Highland St., Port Norris. Call **856-413-5494** (day).

Parents Anonymous *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their children. Meets in Bridgeton, Millville, Port Norris and Vineland. Call Parents Anonymous 1-800-843-5437 (day). Website: <http://www.pa-of-nj.org>

Essex County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Babyland Family Success Center, 755 South Orange Ave., Newark. Call 973-399-3400 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Central and West Ward Family Success Center, 982 Broad St., Newark. Call 973-639-2100 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. East Orange Family Success Center, 60 Evergreen Pl., Suite 307, East Orange. Call 973-395-1442 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. FOCUS Family Success Center, 441-443 Broad St., Newark. Call 973-624-2528 ext. 114 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Ironbound Community Corporation Family Success Center, 29-31 Cortland St., Newark. Call 973-344-5949 ext. 201 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Ironbound Community Corporation Family Success Center, 317 Elm St., Newark. Call 973-465-0555 ext. 202 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Irvington Family Development Center Family Success Center, 50 Union Ave., Suite 403, Irvington. Call 973-372-4353 ext. 17 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting,

budgeting, housing, social services and other helpful programs. LaCasa's Family Success Center I, 23 Broadway, Newark. Call **973-483-2703** ext. 2218 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. LaCasa's Family Success Center II, 282 1st Ave., Newark. Call **973-482-9002** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. North Ward Family Success Center, 286 Mt. Prospect Ave., Newark. Call **973-485-5723** (day).

Fathers Empowered to Learn, Lead & Achieve Success (F.E.L.L.A.S.) Helps fathers and fathers-to-be to develop the knowledge, attitudes and skills they need to get and stay involved with their children through support groups, free fatherhood classes and individualized support. No limits on participants' age, employment status or criminal history. Meets in Irvington. For meeting information call Craig Martin **973-508-2729** (day)

Grandma K.A.R.E.S., Inc. (Kinship, Advocacy, Resources, Education and Support) *Professionally-run.* Educational, inspirational and motivational support group for "Kinship-Caregivers" and foster parents. Building is handicapped accessible. Guest speakers, literature, newsletter, phone help and buddy system. Meets 4th Fri., 1-3pm except June, July, Aug.), South Orange Library, 65 Scotland Rd., South Orange. Before attending call Louise Eagle **973-327-4114**. Website: <http://www.grandmakares.org> E-mail: grandmakares@gmail.com

Grandparents Support Group *Professionally-run.* Support for grandparents raising grandchildren. Literature. Building is handicapped accessible. Meets Tues. and Thurs., 10:30am-noon, Salvation Army, Grand Family Success Center, 699 Springfield Ave., Newark. Call Valerie Lewis **973-373-5045** ext. 225 (day). E-mail: valerie.lewis@use.salvationarmy.org

Grandparents Support Group Support for grandparents raising grandchildren. Guest speakers. Building is handicapped accessible. Meets 3rd Thurs., 10:30am, Family Support Organization of Essex County, 60 Evergreen Place, Suite 407, East Orange. Pre-registration required. Before attending call **973-395-1441** (day).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Nutley. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. Website:

<http://www.essexcountymochamoms.org> E-mail:
essexcountymochamoms@yahoo.com

MOPS (Mothers Of Preschoolers) Christian-based. Support for mothers with children under school age. Education, group discussions, socials, guest speakers, brunch, play dates and crafts. For women with the desire to be the best mother they can be. Open to women of any faith. Donation \$5 (can be waived). Meets 4th Thurs., 9:30am-noon (except July/Aug. and holidays), Montclair Community Church, 143 Watchung Ave., Upper Montclair. Before attending e-mail. Website:
<http://www.montclaircommunitychurch.com> E-mail: mbkortrey@comcast.net

New Moms' Circle *Professionally-run*. Support group for new mothers to openly discuss the ups and downs of adjusting to motherhood. Topics to be covered include: myths of motherhood, shifting identity, postpartum depression, attempting to balance it all, marriage and the transition to parenthood. Meets Mon., 10-11:30am, JCC, 760 Northfield Ave., West Orange. Pre-registration required. Before attending call **973-322-5360** (day).

Parent Support Group Support and education for parents. Helps parents gain valuable insight into their child's well-being and education. Building is handicapped accessible. Pre-registration required. Before attending call **973-395-1441** (day). Website:
<http://www.fsoec.org>

East Orange (BILINGUAL) Meets 4th Thurs., 10:30am-noon, Family Support Organization of Essex County, 60 Evergreen Place, Suite 407.

East Orange Meets Tues., 6:30-8pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 410-412.

Parents Anonymous *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their children. Meets in East Orange, Orange and Newark. Call Parents Anonymous **1-800-843-5437** (day). Website:
<http://www.pa-of-nj.org>

Gloucester County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Woodbury Family Success Center, 21 Delaware St., Woodbury. Call **856-848-7150** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Glassboro Family Success Center, 110 East High St., Glassboro. Call **856-347-4338** (day).

Parents Anonymous *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their children. Meets in Woodbury. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Time for Mom Support Group *Professionally-run*. Support, encouragement and reassurance to moms with a focus on postpartum depression. Babies welcome. Building is handicapped accessible. Meets Thurs., 11:30am-1pm (except holidays), Kennedy Health and Wellness Center, 405 Hurffville-Cross Keys Rd., 2nd Floor Conference Center, Turnersville. Before attending call **856-582-3098** (Mon.-Fri., 8:30am-4:30pm).

Hudson County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Horizon Health Center Family Success Center, 115 Christopher Columbus Dr., Jersey City. Call **201-451-4767** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Palisades Family Success Center, 1408 New York Ave., Union City. Call **201-758-8792** (day).

Fathers with Vision and Unity Support and discussion group for fathers or caregivers of any child. Being a father today is not easy, but getting help is. Topics of discussion include: children's education, fathering and family roles, positive parenting, styles of discipline, etc. Meets Wed., 5-7pm, 453 Martin Luther King Dr., Jersey City. Before attending call Gerard Crawford **201-918-9942**. Website: <http://www.pa-of-nj.org>

Hoboken Moms Meetup Provides a network of support to mothers by other mothers. Connects local moms in order to exchange information, find out about resources and support one another. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Hoboken. Contact Madiia Sikorski or Punita Jani via website. Website: <http://www.meetup.com/HobokenMoms> Facebook: <https://www.facebook.com/hobokenmomsmeetup>

Just for the Fellas *Professionally-run*. Support and education for fathers, male caregivers, brothers and mentors. Topics discussed include stress, alcohol and work, fathering and family roles, power to meet own needs, positive parenting, styles of discipline and more. Building is handicapped accessible. Meets Mon., 7-9pm, Family Partners of Hudson County, 911 Bergen Ave., 2nd Floor, Jersey City. Pre-registration required. Before attending call Hezekiah Brayboy **201-915-5140** (day).

Mommy's Club *Professionally-run*. Support and education for new and expectant moms. Offers a safe and confidential place to connect, explore and share experiences surrounding motherhood. Includes those at risk for post-partum depression. Babies welcome. Building is handicapped accessible. Guest speakers and literature. Meets

Thurs., 4-5:30pm, Jersey City Medical Center, 395 Grand St., Jersey City. Pre-registration required. Before attending call Jenna Whiteside **551-226-0420** (day).

New Moms Support Group *Professionally-run*. Support for new mothers to discuss the ups and downs of adjusting to motherhood. Babies welcome. Building is handicapped accessible. Meets Wed., 11am, Hoboken University Medical Center, 308 Willow Ave., Assumption Hall, Hoboken. See website for information on group. Website: <http://www.pamperedpregnancy.com>

Hunterdon County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Hunterdon County Family Success Center, 3 East Main St., Flemington. Call **908-237-0465** (day).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Clinton. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Joy of Parenting Support Group *(SPANISH) Professionally-run*. Support and discussion group for mothers and grandmothers. Babies welcome. Meetings vary, 2-3:30pm, Hunterdon Behavioral Health, 2100 Wescott Dr., Flemington. Pre-registration required. Before attending call ACCESS Center **908-788-6401** prompt # 4 (day).

Mercer County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Trenton North Ward Family Success Center, 1554 Princeton Ave., Trenton. Call **609-393-2980** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Trenton South Ward Family Success Center, 635 South Clinton Ave., Trenton. Call **609-695-6274** (day).

Grandparents Need More Than A Hug Emotional support for grandparents raising their grandchildren. Building is handicapped accessible. Meets 3rd Thurs., 6pm (except June, July and Aug.), Trenton. Before attending call Harriet **609-695-4260** (5pm-9pm). E-mail: grandparentsneedhugs@verizon.net

Grandparents Support Group *Professionally-run.* Support for grandparents raising grandchildren. Meets 2nd and 4th Mon., 11am-12:30pm, Family Support Organization, IBIS Plaza, 3535 Quakerbridge Rd., Suite 400, Hamilton. Registration required for childcare. Call **609-586-1200** (day).

New Parent Mornings *Professionally-run.* Support and discussion group for new parents and their babies ages birth to 8 months. Guest speakers and literature. Building is handicapped accessible. Meets Tues. (except holidays), 10:30am-noon, Capital Health Hamilton, 1445 Whitehorse-Mercerville Rd., Conference Room, Hamilton. Before attending call **609-303-4140** (day).

Parent Support Group Support for parents to improve relationships with their children by sharing resources, information, thoughts, ideas and feelings in a safe, supportive setting. Guest speakers. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.mercerfso.org> E-mail: info@mercerfso.org

Hamilton Meets Wed., 10am-noon, Mercer County Family Support Organization, 3535 Quakerbridge Rd., Suite 400, Before attending call **609-586-1200** (day).

Trenton Meetings vary. Call Parents Anonymous.

Middlesex County

The Central New Jersey Muslim Moms Group Provides an opportunity for support, to meet other mothers and make new friends. Group is for Muslim moms with children under 18 living in central NJ. Mother's outings, play dates and entire family get-togethers. Annual membership dues of \$10 which pays for the subscription to meetup.com in order to run this site. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Franklin Park, South Brunswick, North Brunswick, Edison, Metuchen, Piscataway, Princeton, Hillsborough and Bridgewater. Contact Shahla via website. Website: <http://www.meetup.com/The-Central-NJ-Muslim-Moms-Group>

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. New Brunswick Family Success Center at the Puerto Rican Action Board, 90 Jersey Ave., New Brunswick. Call **732-828-4510** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Family Success Center, 149 Kearny Ave., Perth Amboy. Call **732-638-5063** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Jewish Renaissance Family Success Center, 242 Madison Ave., Perth Amboy. Call **732-638-5063**.

Gay Dad's Group Mutual support and discussion for gay dads. Discussions range from how to raise kids as a gay dad, how to come out to your kids and how to deal with your spouse or ex-spouse in relation to your kids. Dues \$3/mtg. Meets 1st Wed., 7:30-9pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Check website for meeting information or e-mail Joel. Website: <http://www.pridecenter.org> E-mail: explorejoel@yahoo.com

Life Will Never Be The Same Adjusting to The First Year of Motherhood *Professionally-run*. Support and discussion group for new moms. Topics discussed include sleep deprivation, breastfeeding, postpartum, childcare issues and more. Building is handicapped accessible. Babies welcome birth to 6 months. Meets 1st Fri., noon-1pm, St. Peter's University Hospital, 254 Easton Ave., New Brunswick. Pre-registration required. Before attending call Donna Makris 732-745-8579 (day).

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. Website: <http://www.middlesexmochas.org> E-mail: info@middlesexmochas.org

New Moms - New Babies Support Group *Professionally-run*. Support and discussion group for new moms. Babies welcome. Topics to be discussed include: sleep deprivation, breastfeeding, postpartum, childcare issues and more. Building is handicapped accessible. Meets Thurs., noon-2pm, Robert Wood Johnson Univ. Hosp., One Robert Wood Johnson Place, BMS Children's Hospital, 1st Floor Conference Room, New Brunswick. Pre-registration required. Before attending call Jo Ann Peck 732-253-3871 (day).

Monmouth County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Long Branch Concordance Family Success Center, 300 Broadway, Rear Entrance, Long Branch. Call 732-571-1670 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Bayshore Family Success Center, 945 Highway 36, Leonardo. Call 732-497-3811 ext. 0 (day).

"Father Time" Support Groups Several support groups run by and for fathers who seek to nurture and protect their children and deepen their father-mentor/child relationship. Member-planned community family activities. Training available. Meets Wed., 6-8pm, Port Monmouth Rd. School, Elementary School, 142 Port Monmouth Rd., Keansburg. Before attending call Jeff Johnson 732-787-2007 ext. 5200 (day).

Grandparents Raising Grandchildren *Professionally-run*. Support for grandparents raising grandchildren. Building is handicapped accessible. Meets 3rd Wed., 7-9pm, Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call **732-730-9112** (day).

Holistic Moms Network Mutual support for moms with an interest in natural health, alternative therapies and mindful parenting. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Little Silver. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Jersey Shore Dar a Luz Network *Professionally-run*. Provides knowledge, support and power to women at all stages of motherhood. Guest speakers, newsletter and phone help. Babies and children welcome. Membership dues \$25/yr. Building is handicapped accessible. Meets 3rd Wed., 6:30-8:30pm, Natural Beginnings, 200 Route 71, Spring Lake. Call Beth **908-492-4987**. Website: <http://www.jerseyshoredaraluz.blogspot.com>

MOPS (Mothers Of Pre-Schoolers) Christian-based. Support and encouragement for mothers of preschoolers. Program includes fellowship, lectures on Christian womanhood, discussion groups and crafts. Suggested \$4/mtg. Meets 2nd and 4th Thurs., 9-11am (Sept.-May), First Presbyterian Church at Red Bank, 255 Harding Rd., Red Bank. Call Carol Andrews **732-671-0553** (day) or church **732-747-1348** (day).

Mother to Mother Support Group *Professionally-run*. Provides support and education for new mothers to help with topics such as feeding, sleeping, crying, recovery from childbirth and postpartum depression. Newborns up to 6 months welcome. Building is handicapped accessible. Meets Mon., 11am-12:30pm, Monmouth Medical Center, 300 Second Ave., 4th Floor, Long Branch. Pre-registration required. Before attending call Lisa Madden **732-923-6990** (day).

New Moms Support Group *Professionally-run*. Support and information for new moms. Topics discussed include breastfeeding, sleeping, crying, postpartum depression, etc. Babies welcome. Meets 1st and 3rd Fri., noon-1pm, CentraState Medical Center, 901 West Main St., Star and Barry Tobias Health Awareness Center, Freehold. Pre-registration required. Before attending call **732-308-0570** (day). Website: <http://www.centrastate.com/healthprograms>

New Moms Support Group *Professionally-run*. Support and information for mothers of infants (ages birth to 12 months). Rap sessions, guest speakers and phone help. Building is handicapped accessible. Meets Thurs., 1-3pm, Jersey Shore University Medical Center, 1945 Route 33, Lance Auditorium, 1st Floor, Neptune. Pre-registration required. Before attending call Linda Carroll **732-776-4281** (day). E-mail: lcarrroll@meridianhealth.com

Parents Anonymous (KEANSBURG RESIDENTS ONLY) *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their

children. Childcare available. Meets in Keansburg and Asbury Park. Call Parents Anonymous 1-800-843-5437 (day). Website: <http://www.pa-of-nj.org>

Morris County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Morris County Family Success Center, 73 Bassett Highway, Dover. Call 973-620-9711 (day).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Chester and Kinnelon. For monthly meeting information call 1-877-465-6667. Website: <http://www.holisticmoms.org>

Ocean County

Circle of Moms *Professionally-run.* Support and education for new moms. Topics discussed include feeding, sleeping, postpartum depression, etc. Babies welcome. Building is handicapped accessible. Meets 1st and 3rd Mon., 10-11am, Community Medical Center, 99 Highway 37 West, Community Education Classroom, 5th Floor, Toms River. Pre-registration required. Before attending call 732-557-8034 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. LCSC Family Success Center, 415 Carey St., Lakewood. Call 732-901-6001 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Ocean County Family Success Center, 1433 Hooper Ave., Suite 121, Toms River. Call 732-557-5037 (day).

Grandparents Raising Grandchildren *Professionally-run.* Support, education and social group for grandparents raising grandchildren. Meets Wed., 10:30am-12:30pm, Center for Healthy Living, 198 Prospect St., Lakewood. Pre-registration required. Before attending call Kathy Holahan 732-730-9112 (Mon.-Wed.).

Passaic County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. New Destiny Family Success Center of Paterson, 79 Ellison St., Paterson. Call 973-278-0220 (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Straight and Narrow Family Success Center, 101 Cedar St., Paterson. Call **973-333-6240** (day).

Grandparents As Parents (GAP) Support and education for grandparents raising grandchildren. Guest speakers and literature. Building is handicapped accessible. Meets 3rd Wed., 9:15-11:30am (except May, June, July), Paterson Public Library, 250 Broadway, Paterson. Call Dr. Janna Hill **973-720-2260** (day).

New Moms Group *Professionally-run.* Support and socialization for new moms. Babies welcome. Guest speakers. Building is handicapped accessible. Meets 2nd and last Fri., 10:30am-noon, Babies R Us, 465 Route 46 West, Totowa. Call Janet Amore **973-831-5475** (day).

Parents Anonymous *Professionally-run.* Support for parents who are under stress and who want to improve their relationships with their children. Meets in Paterson. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Salem County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Salem Family Success Center, 14 New Market St., Salem. Call **856-935-0944** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Riverview Family Success Center, 157 West Main St., Penns Grove. Call **856-517-0029** (day).

“Father Time” Support Groups Several support groups run by and for fathers who seek to nurture and protect their children and deepen their father-mentor/child relationship. Member-planned community family activities. Training available. Meets Tues., 5-7pm, Riverview Family Success Center, 157 West Main St., Penns Grove. Before attending call **1-800-843-5437** (day).

Parents Anonymous *Professionally-run.* Support for parents who are under stress and who want to improve their relationships with their children. Childcare available. Meets in Salem. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Somerset County

Central New Jersey Muslim Moms Group, The Provides an opportunity for support, to meet other mothers and make new friends. Group is for Muslim moms with children .

under 18 living in central NJ. Mother's outings, play dates and entire family get-togethers. Annual membership dues of \$10 which pays for the subscription to meetup.com in order to run this site. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Franklin Park, South Brunswick, North Brunswick, Edison, Metuchen, Piscataway, Princeton, Hillsborough and Bridgewater. Contact Shahla via website. Website: <http://www.meetup.com/The-Central-NJ-Muslim-Moms-Group>

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. EmPower Family Success Center, 34 West Main St., Second Floor, Somerville. Call **908-722-4400** (day).

GrandParentsSupport (GPS) *Professionally-run.* Support, education and advocacy for grandparents denied access to grandchildren. Building is handicapped accessible. Meets 2nd Tues., 7:30-9pm, Centre at Raritan, 1124 Highway 202 South, Suite A-2, Raritan. Pre-registration required. Call Barbara Ronca, PhD., LCSW **908-218-9062** (Mon.-Fri., 9am-3pm).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Bridgewater. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. Website: <http://www.somersetunionmochas.com> E-mail: president@somersetunionmm@yahoo.com

Parents Anonymous *Professionally-run.* Support for parents who are under stress and who want to improve their relationships with their children. Meets in Somerville. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Sussex County Family Success Center at Project Self-Sufficiency, 127 Mill St., Newton. Call **973-940-3500** (day).

Grandparents Raising Grandchildren Support for grandparents raising grandchildren. Building is handicapped accessible. Guest speakers, literature and newsletter. Meets 2nd Wed., 10:30am-noon (except July, Aug., Sept.), Family Partners of Morris and Sussex, 67 Spring St., Newton. Pre-registration required. Before attending call **973-940-3194** (day).

Union County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Jefferson Park Ministries Family Success Center, 213 Jefferson Ave., Elizabeth. Call **908-469-9508** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Bayway Family Success Center, 688 Maple Ave., Mravlog Manor Community Center, Elizabeth. Call **908-289-0136** (day).

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. Plainfield Family Success Center, Plainfield Public Schools, 504 Madison Ave., Plainfield. Call **908-731-4200** ext 5242 (day).

Grandparents Support Group (SPANISH) Support for grandparents raising grandchildren. Meets Tues., 5:30-7pm, Josephine's Place, 622 Elizabeth Ave., Elizabeth. Call **908-436-0099** (day).

Holistic Moms Network Mutual support for moms, dads and expectant parents with an interest in natural health, alternative therapies, mindful parenting and green living. Families welcome. Rap sessions and guest speakers. Dues \$45/yr. Meets in Springfield. For monthly meeting information call **1-877-465-6667**. Website: <http://www.holisticmoms.org>

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. Website: <http://www.somersetunionmochas.com> E-mail: president@somersetunionmm@yahoo.com

Mothers and More, Greater Summit (NJ) Area Chapter Provides support, education and advocacy for mothers. Annual membership dues \$45. For meeting information on this group check Meetup.com (registration is free). Meets in Summit. Contact Heather via website. Website: <http://www.meetup.com/Mothers-More-Greater-Summit-NJ-Area-Chapter>

Prevention Through Parenting *Professionally-run.* Support and education for teenagers who are pregnant or parents of young children. Fathers welcomed also. Literature and phone help. Meets Thurs., 3:30-5pm, United Family and Children's Society, 305 West 7th St., Plainfield. Call Karen Flanagan, CSW **908-755-4848**. E-mail: info@unitedfamily.org

Warren County

Family Success Center Sometimes offers support groups for parents/families that meet for a few weeks at a time. Also offers educational programs on parenting, budgeting, housing, social services and other helpful programs. NORWESCAP Family Success Center, 459 Center St., Phillipsburg. Call **908-213-2674** (day).

NJ Statewide

Education Network of Christian Homeschoolers (ENoch) of NJ Evangelical-based. Information on support groups, throughout the state of NJ, for families who educate their children at home. See website for meeting times and locations. Write: ENOCH, Box 308, Atlantic Highlands. Call **732-291-7800**. Website: <http://www.enochnj.org/index.php/supportorg> E-mail: office@enochnj.org

Mocha Moms Support for stay-at-home mothers of color. Sponsors support group meetings, monthly moms-only events and community projects. There are presently 6 local groups in Bergen, Essex, Mercer, Monmouth, Somerset and Union counties. Visit their national website for contact information and details on status of NJ groups. Website: <http://www.mochamoms.org> E-mail: newjersey@mochamoms.org

MOMS Club Support for stay-at-home moms. There are several groups that meet in NJ. Check website for local groups. Website: <http://www.momsclub.org> (click on chapters)

MOPS (Mothers Of Preschoolers) Provides non-denominational Christian support for mothers of preschoolers. Approximately 10 MOPS groups that meet in NJ. For information about a local chapter call **1-800-929-1287**. Website: <http://www.mops.org>

Mothers and More Support groups for women who have altered their career paths to care for their children at home. Check website for listing of these chapters. Call **1-855-373-6673** (9am-5pm EST). Website: <http://www.mothersandmore.org> E-mail: info@mothersandmore.org

NJ Family Success Center 51 centers statewide, which is a neighborhood gathering place where a community resident can go for support, information and services. Most centers have different support groups for parents/grandparents/caregivers that meet for a few weeks at a time. Also offers various educational workshops on parenting, budgeting, housing, social services and other helpful programs. Check website for a center nearest you and call them for current group(s) and services. Website: <http://www.state.nj.us/dcf/families/support/success>

NJ Kinship Legal Guardianship Clearinghouse (KinKonnnect) Information and resource service for any caregiver raising a family member. Resource directory, support

groups, lending library, handbooks, advocacy, publications and newsletter. Call **1-877-554-5463**. Website: <http://www.kinkconnect.org> E-mail: warmline@kinkconnect.org

Parents Anonymous (BILINGUAL) Professionally-run. Support for parents who are under stress and who want to improve their relationships with their children. Groups meet weekly and are facilitated by a volunteer professional. Many groups provide childcare. Groups meet in most counties throughout the state with some bilingual groups available. Online parent support group available. Write: Parents Anonymous, 127 Route 206, Suite 10, Hamilton, NJ 08610. Call **1-800-843-5437** (stress-line) or **609-585-7666** (office). Website: <http://www.pa-of-nj.org> or <http://panonlinegroup.org> (online group) E-mail: panjstress@aol.com or parentrap@gmail.com (online group)

PARENTS OF CHILDREN WITH BEHAVIORAL PROBLEMS

Atlantic County

Atlantic / Cape Family Support Organization (Parents Supporting Parents) Provides support, education and advocacy for parents and caregivers of children with emotional, mental and behavioral challenges. Guest speakers, buddy system, literature, speakers' bureau, newsletter and phone help. Building is handicapped accessible. Call **609-485-0575** ext. 102 (day). Website: <http://www.acfamsupport.org> E-mail: info@acfamsupport.org

Hammonton Meets 2nd and 4th Wed., 6-7:30pm, Hammonton Presbyterian Church, 326 Bellevue Ave.

Northfield Meets 1st and 3rd Wed., 6:30-8:30pm, Atlantic Cape Family Support Organization, 1601 Tilton Rd., Unit #1, Call Laura Marcy **609-485-0575** ext. 105 (day).

Bergen County

Family Support Organization Professionally-run. Provides support, education and advocacy to families and caregivers of children with complex emotional and behavioral challenges. Meets Wed., 7-8:30pm, Family Support Organization of Bergen County, 0-108 29th St., Fair Lawn. Before attending call **201-796-6209** (day). Website: <http://www.fsobergen.org>

Parents Take Charge Support Group Support for parents of children (all ages) experiencing behavioral problems at home and/or school, alcohol or substance abuse, acting disrespectfully to parents, getting in trouble with the police, etc.. Phone help and online e-mail discussion. Meets Wed., 7:45pm, Community Church of Glen Rock, 354 Rock Rd., 2nd Floor, Glen Rock. Before attending call George **201-725-9016** (eve.) or Robert **201-315-5181**. E-mail: robertgamer@hotmail.com

Burlington County

Parents Anonymous *Professionally-run*. Support and advocacy to families and caregivers of children with complex emotional and behavioral challenges. Educational lectures offered. Meets Thurs., 6:30-8:30pm, Family Support Organization of Burlington, 1632 Route 38 East, Lumberton. Before attending call **609-265-8838** (day).

Camden County

Parents Anonymous *Professionally-run*. Support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Building is handicapped accessible. Discussions, guest speakers, networking, literature and phone help. Childcare provided. Meets in Merchantville. Before attending call Parents Anonymous **1-800-843-5437** or **856-662-2600** (day). Website: <http://www.camdenfso.org>

Cape May County

Parents Anonymous *Professionally-run*. Support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Building is handicapped accessible. Discussions, guest speakers, networking, literature and phone help. Meets in Rio Grande. Before attending call Parents Anonymous **1-800-843-5437** or Patricia Rocanella **609-778-6217** (day). Website: <http://www.pa-of-nj.org>

Essex County

Family Support Organization of Essex County (*SPANISH*) Support for parents and caregivers raising a child with emotional, behavioral, developmental, mental health challenges and alcohol/drug abuse. Building is handicapped accessible. Guest speakers and literature. Pre-registration required. Before attending call **973-395-1441** (day). Website: <http://www.fsoec.org>

East Orange (Spanish) Meets 4th Thurs., 10:30am-12:30pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 410-412.

East Orange Meets Tues., 6:30-8pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 410-412.

Parent Support Group Mutual support for parents disturbed by their children's unacceptable behavior. Helps parents take a firm stand with their kids. Building is handicapped accessible. Meets Tues., 7:45pm, Livingston Senior and Community Center, 204 Hillside Ave., Livingston. Call Paul and Nancy **908-464-1590**.

Hudson County

I Need You, You Need Me *Professionally-run*. Support for parents raising a child with emotional and/or behavioral challenges. Educational series, advocacy, guest speakers, phone help, literature and buddy system. Building is handicapped accessible. Meets

Fri., 11am-1pm, Family Partners of Hudson County, 911 Bergen Ave., 2nd Floor, Jersey City. Call **201-915-5140** (day). Website: <http://familypartnershc.org>

Parents Anonymous *Professionally-run*. Support for parents who are under stress and who want to improve their relationships with their children. Meets in Bayonne, Jersey City and North Bergen. Call Parents Anonymous **1-800-843-5437** (day). Website: <http://www.pa-of-nj.org>

“We Can Make a Change” Parent Support Group (BILINGUAL) *Professionally-run*. Support for parents raising a child with emotional and/or behavioral challenges. Educational series, advocacy, guest speakers, phone help, literature and buddy system. Building is handicapped accessible. Meets Thurs., 11am-1pm, Family Partners of Hudson County, 911 Bergen Ave., 2nd Floor, Jersey City. Before attending call **201-915-5140** (day).

Hunterdon County

Family Support Organization *Professionally-run*. Support for parents and caregivers of children with behavioral, emotional or mental health challenges. Building is handicapped accessible. Light meal and refreshments available. Meets 3rd Wed., 6:30pm, Hunterdon Prevention Resources, 4 Walter E. Foran Blvd., Suite 410, 2nd Floor, Flemington. Call **908-223-1191** (day). E-mail: info@fso-hsw.org

Hunterdon County Lunch Group *Professionally-run*. Support for parents and caregivers of children with behavioral, emotional or mental health challenges. Building is handicapped accessible. Light meal and refreshments available. Meets 2nd Fri., noon, Hunterdon County Family Success Center, 87 Park Ave., Flemington. Call **908-223-1191** (day). E-mail: info@fso-hsw.org

Mercer County

Parent Support Group *Professionally-run*. Support and information for parents of adolescents. Opportunity to share ideas, concerns, strategies, learn helpful parenting skills and techniques. Building is handicapped accessible. Meets Mon., 6-7pm, Anchor House, 482 Centre St., Trenton. Call **609-396-8329**.

Middlesex County

B.I.L.Y. (Because I Love You) Mutual support to help parents with children of any age who have behavioral challenges. Literature, newsletter and phone help. Meetings vary, 6 week session, Family Support Organization of Middlesex County, 1 Ethel Rd., Building 108, Edison. Pre-registration required. Before attending call **732-287-8701** (day). Website: <http://www.fsomiddlesexcounty.net>

Monmouth County

Parent Support Group Mutual support for parents whose children are experiencing emotional or behavioral problems. Rap sessions, guest speakers, literature, phone help and newsletter. Building is handicapped accessible. Childcare and limited transportation. Website: <http://www.fbsanj.org>

Eatontown Meets Thurs., 6-8pm, Family Based Services Association, 6 Industrial Way West, Suite D. Pre-registration required. Before attending call **732-542-4502** (day).

Freehold (SPANISH) Meets 1st and 3rd Mon., 5:30-7:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Pre-registration required. Before attending call Luz Velasquez **732-546-1996** (day).

Youth Partnership Group Peer support and advocacy to empower youth (ages 13-21) with emotional or behavioral challenges. Rap sessions, guest speakers, literature, phone help and newsletter. Meets Tues., 6-8pm, Family Based Services Association, 6 Industrial Way West, Suite D, Eatontown. Before attending call **732-542-4502** (day).

Morris County

Parent Networking Group *Professionally-run.* Support for parents and caregivers who are raising children with emotional, behavioral and mental health challenges. Meets Tues., 5-6:30pm, Cornerstone, 62 Elm St., Morristown. Pre-registration required. Before attending call **973-940-3194** (day).

Ocean County

Parents Empowering Parents Provides support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Discussions, guest speakers, workshops, networking, literature and phone help. Childcare and light dinner provided. Pre-registration required. Before attending call Michelle **609-693-4121** ext. 16 (day). Website: <http://www.oceanfso.org>

Bayville Meets 2nd, 3rd and 4th Tues., 6:30-8:30pm, Ocean Mental Health/Ocean Academy, 160 Atlantic City Blvd. (Route 9).

Brick Meets 2nd Wed., 6:30-8:30pm, Ocean Partnership for Children, 1610 Route 88, 3rd Floor.

Little Egg Harbor Meets 2nd and 4th Thurs., 6-8pm, St. Theresa Roman Catholic Church, 450 Radio Rd., Parish Building (back parking lot).

Passaic County

Behavioral Support Group *Professionally-run.* Support for parents raising a child with behavioral challenges. Literature and phone help. Building is handicapped accessible. Meets last Tues., 8-9pm, Hillcrest Community Center, 1810 Macopin Rd., Room 25, West Milford. Pre-registration required. Before attending call Julie Rikon **973-728-8744** (day). Website: <http://www.ascfamily.org> E-mail: ascfamily@hotmail.com

Family Support Organization of Passaic County (*SPANISH*) Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets Wed., 7-8:30pm, Family Support Organization of Passaic County, 810 Belmont Ave., 2nd Floor, North Haledon. Before attending call **973-427-0100**. Website: <http://www.fso-pc.org> E-mail: eramos@fso-pc.org

Somerset County

Proactive Parenting Group Support group for parents and caregivers raising a child with emotional, behavioral and mental health challenges. Building is handicapped accessible. Meets 1st Wed., 7-9pm, EmPower Family Success Center, 34 West Main St., 2nd Floor, Somerville. Call **908-223-1191** (day). E-mail: mwall@fso-hsw.org

Warren County

Family Support Organization *Professionally-run*. Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 4th Fri., 6pm, Family Support Organization, 315 West Washington Ave., Suite 5, Washington. Call **908-223-1191** (day). Website: <http://www.fso-hsw.org>

Warren County Caregivers Group *Professionally-run*. Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 2nd Mon., 10am-noon, Catholic Charities, 700 Sayre Ave, Phillipsburg. Call **908-223-1191** (day). Website: <http://www.fso-hsw.org>

NJ Statewide

New Jersey Parents' Caucus (*BILINGUAL*) Statewide coalition of families of children with special emotional and behavioral needs. Works to ensure that the needs of children are met through parent support groups, parent empowerment training, advocacy efforts and direct services at local offices. Helps parents to start local groups. Training and materials also in Spanish. Write: New Jersey Parents' Caucus, 275 Route 10 East, Suite 220-414, Succasunna, NJ 07876. Call **908-994-7471**. Website: <http://www.newjerseyparentcaucus.org> E-mail: info@njparentcaucus.org

SEPARATION | DIVORCE

Atlantic County

DivorceCare Christian-based support group that helps in recovery from separation and divorce. Sharing of experiences, video showings, education, and online message board. Building is handicapped accessible. Dues \$30 (workbook and refreshments). Meets Tues., 7-9pm, 13 sessions/3 times/yr., Seaview Baptist Church, 2025 Shore Rd., Linwood. Call Ned and Karen Flexer **609-601-2718**. Website: <http://www.divorcecare.org> E-mail: revflex@comcast.net

Intensive Family Support Services Offers supportive activities to assist families who have a relative diagnosed with mental illness. Families are offered a variety of services based on the individuals need. Services are available to any family, free of charge. Psychoeducation, single family consultations, family support, respite, advocacy and referrals. Call **1-866-626-4437**.

Bergen County

New Beginnings *Professionally-run*. Support group for separated or divorced persons. Building is handicapped accessible. Meets Tues., 7:30pm, Montvale Evangelical Free Church, 141 West Grand Ave., Montvale. Call Dr. Brian Cistola **845-353-1433** or Church **201-391-6233** (day).

Rainbows Peer Support Group *Professionally-run*. Peer support for children (ages 4-teens) who experienced a family loss because of separation, divorce, death or abandonment. Goals are to provide peer support, furnish an understanding of the grief experience, assist in building a stronger sense of self-esteem and teach appropriate coping mechanisms. Parents' group meets concurrently. Meets Tues., 7-8pm (Sept.-Dec.) and Wed., 7-8pm (Jan.-Apr.), Ridgewood YMCA, 112 Oak St., Ridgewood. Pre-registration required. Call John Duke **201-444-5600** ext. 332 (day).

Separated and Divorced Catholics Referrals to groups for emotional, spiritual support and social activities for separated and divorced men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Newark **973-497-4327**.

St. Peter's Support Group Offers peer-to-peer support for anyone coping with a divorce, loss of a spouse or who have never been married. Guest speakers, rap sessions and social activities. Donation \$1. Meets 1st and 3rd Thurs., 7:30-9pm, St. Peter Academy School, 431 5th Ave., Library, River Edge. Call Camille **201-796-0988** (day) or Colleen **201-390-4375** (day). Website: <http://www.support-group-nj.com>

Burlington County

DivorceCare Christian-based support group that helps in recovery from separation and divorce. Sharing of experiences, video showings and education. Building is handicapped accessible. Meets Wed., 6:30-8:30pm (4 times/year), First United Methodist Church, 446 Camden Ave., Moorestown. Pre-registration required. Before attending call **856-235-0450** (day).

Relationship Recovery Support Group Christian-based psycho-education and support group for persons going through divorce. Open to people of any faith. Facilitators have gone through divorce or separation. Rap sessions. Building is handicapped accessible. Meets Wed., 7-9pm, Fellowship Alliance Chapel, 199 Church

Rd., Red Barn, Medford. Call Pastor Brent Brendle **609-953-7333** (day). Website: <http://www.myfac.org>

Separated and Divorced Catholics Mutual support for separated or divorced men and women. Open to people of any faith. Various meeting locations and times. Call Office of Family Life, Catholic Diocese of Trenton **609-403-7157** (day).

Cumberland County

DivorceCare Christian-based support group that helps in recovery from separation and divorce. Building is handicapped accessible. Childcare available. Literature. Meets Thurs., 6:30-8pm, Ramoth Church, North Delsea Dr. and Forest Grove Rd., Vineland. Call Nelda Wheat **856-696-4380**. Website: <http://www.ramothchurch.com> E-mail: nwheat@havenofvineland.com

Essex County

Rainbows, Inc. *Professionally-run.* Peer support for children (kindergarten - sixth grade) who are grieving a loss due to death, divorce, abandonment or other life altering situation. Meets Mon., 10 week sessions (Spring and Fall), 5:30-6:30pm, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994** (day). Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Rainbows, Inc. *Professionally-run.* Peer support for children and adolescents (kindergarten - eighth grade) who are grieving a loss due to death, divorce or abandonment. Meets Mon., 7 week sessions (Spring and Fall), First Presbyterian Church, 10 Fairview Ave., Verona. Before attending call **973-239-3561** (day).

Separated and Divorced Catholics Emotional and spiritual support for separated and divorced men and women. Groups are held at various churches throughout the diocese and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Newark **973-497-4327**.

Women Coping with Separation and Divorce Support for women coping with separation and divorce. Groups start periodically and run for 6 weeks. Registration fee \$45. Building is handicapped accessible. Meetings vary, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994** (day). Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Women's Divorce Support Group of NJ Support for women as they go through separation, divorce and post divorce healing process. Membership \$5/yr. Donation \$1-2 to cover meeting room space. Meets monthly in Montclair. To join group one must first join Meetup.com. Website: <http://www.meetup.com/womensdivorcesupportnj>

Gloucester County

Center for People in Transition *Professionally-run.* Assists displaced homemakers whose major source of financial support has been lost due to separation/divorce, death or disability of a spouse. Helps individuals to become emotionally and economically self-sufficient through life skills training, career decision making, education or vocational training and supportive services. Evening divorce and bereavement support groups open to men and women. Meetings vary, 8 week sessions, Gloucester County College, 1400 Tanyard Rd., Sewell. Pre-registration required. Before attending call **856-415-2222** (Mon.-Fri.). E-mail: peopleintransition@gccnj.edu

Separated and Divorced Catholics Referrals to groups for emotional, spiritual support and social activities for separated and divorced men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, Catholic Diocese of Camden **856-583-6121** (day).

Hudson County

Women's Project Groups *Professionally-run.* Support, education, workshops and groups to help women on subjects such as self-esteem, separation/divorce, domestic violence, employment and stress management. Meetings vary, Christ Hospital, 179 Palisades Ave., Counseling Resource Center, Jersey City. Pre-registration required. Before attending call Shakia Mayer **201-418-7010** (Mon.-Fri.). E-mail: smayer@christhospital.org

Hunterdon County

Divorce Support Group *Professionally-run.* (LAWYER) Support and education for anyone currently struggling with divorce-related issues. Whether in the mist, on the verge or ten years out of a divorce and experiencing related problems such as communicating with your ex-spouse, co-parenting or financial entanglements. Families and friends welcome. Guest speakers, literature and newsletter. Meets every other Mon. in Whitehouse. Pre-registration required. Before attending call Rachel Alexander, Esq. **908-832-2305**. E-mail: rachel@alexandermediation.com

Men's Separation/Divorce Group Support and discussion group for men going through a separation or divorce. Guest speakers. Meets 3rd Tues., 6:30-8pm, United Way, 4 Walter E. Foran Blvd., Suite 401, Flemington. Pre-registration required. Before attending call William Rudnik **908-735-5161** (day). E-mail: brudnik@gklegal.com

Mercer County

Dealing with Parents' Divorce *Professionally-run.* Support for young adults (ages 18-30) whose parents are separated or recently divorced. This group offers a safe environment to process the changes and challenges in your family and emphasizes

personal growth. Meets 3rd Fri., 7:30pm, Princeton Church of Christ. Call Phyllis Rich **609-581-3889** (eve.). E-mail: divorcerecovery@softhome.net

Divorce Recovery Program *Professionally-run.* Support and education seminar for separated or divorced persons. Building is handicapped accessible. Support group meets 1st and 4th Fri., 7:30pm; seminar meets 2nd Fri., 7:30pm, Princeton Church of Christ, 33 River Rd., Princeton. Call Phyllis Rich **609-581-3889** (eve.). Website: <http://www.princetonchurchofchrist.com/divorcerecovery.html> E-mail: divorcerecovery@softhome.net

Separated and Divorced Catholics Mutual support for separated or divorced men and women. Open to people of any faith. Various meeting locations and times. Call Office of Pastoral Care, Catholic Diocese of Trenton **609-403-7157**(day).

St. James Separated and Divorced Support Group *Professionally-run.* Mutual support for men and women in all stages of separation and divorce. Guest speakers, literature and buddy system. Building is handicapped accessible. Meets 2nd Mon., 7-9pm, St. James Church, 115 East Delaware Ave., Pennington. Call Diane **609-737-0122** (day). E-mail: st.jamessupportgroup@gmail.com

Middlesex County

CONCORDS Mutual support for divorced or separated people. Discussion and presentations. Meets 2nd Wed., 7:30pm (except July/Aug.), Our Lady of Fatima, 50 Van Winkle Place, Parish Center, Piscataway. Call Mel **732-926-1963** or Lucy **732-968-4093**.

MASH (Mutual Aid Self-Help) Group Support, education, discussion and social activities for men and women who are separated, divorced or widowed. Donation \$3/mtg. Meets Mon., 7:30pm, JFK Hospital, 70 James St., Conference Center, Edison. Before attending call **732-548-6580**.

Separated and Divorced Catholics Mutual support for recently separated or divorced men and women. Open to people of any faith. Various meeting times and locations. For information call the Family Life Office, Catholic Diocese of Metuchen **732-562-1990** ext. 2467 (day).

Monmouth County

Separated and Divorced Catholics Mutual support for separated or divorced men and women. Open to people of any faith. Various meeting locations and times. Call Office of Family Life, Catholic Diocese of Trenton **609-403-7157** (day).

Separated and Divorced Support Group Christian-based. Support for men and women in all stages of separation and divorce. Meets Thurs., 7:30-9pm, St. Veronica's

School, 4215 Route 9, Library, Howell. Pre-registration required. Before attending call Maria 732-363-5698 (day).

Transitions Support for persons in all stages of separation and divorce to provide comfort, support and recovery. Rap sessions. Building is handicapped accessible. Meets Tues., 7:30-8:30pm, Monmouth County Library, 125 Symmes Dr., Manalapan. Call David Nasoff 732-687-1680 and Patty Appel 908-770-6780.

Women's Support Group *Professionally-run*. Helps women who are displaced homemakers (facing the loss of their primary source of income due to separation, divorce, disability or death of a spouse). Issues addressed include self-sufficiency, career development, assertiveness, self-esteem, divorce/separation, widowhood, military deployment and other related topics. Meets Fri., 10am-noon, Brookdale Community College, Lincroft. Pre-registration required. Before attending call Laurie Salka 732-739-6020 (day) or Eve Holliday 732-739-6018 (day). E-mail: lsalka@brookdaleecc.edu or eholliday@brookdaleecc.edu

Morris County

Divorce Support Group *Professionally-run*. Support and education for anyone currently struggling with divorce-related issues. Whether in the mist, on the verge or ten years out of a divorce and experiencing related problems such as communicating with your ex-spouse, co-parenting or financial entanglements. Families and friends welcome. Guest speakers, literature and newsletter. Meets 1st Mon., 7pm, 154 Route 206, 2nd Floor, Suite A, Chester. Call Rachel Alexander, Esq. 908-832-2305 rachel@alexandermediation.com.

My Rainbows Place * Peer support for children and adolescents (ages 4-13) who are grieving a loss due to death or divorce in the family. Group runs for 14 weeks in the winter and 7 weeks in the summer. Parent group meets concurrently. Building is handicapped accessible. Meets Tues., 7-8pm, St. Francis Residential Community, 122 Diamond Spring Rd., Denville. Pre-registration required. Before attending call Diane 973-627-2134 or Wendy 973-625-3352.

Parental Alienation Support and Advocacy NJ (PASA-NJ) Support and advocacy for any parent experiencing parental alienation. Families and friends welcome. Occurs when one parent turns a child against the other parent. Provides a haven for discussion, offer solace to each other, encouragement and recommendations. Guest speakers, literature, rap sessions and newsletter. Meets 3rd Mon., 7-9pm, Parsippany Public Library, 449 Halsey Rd., Parsippany. Call Anna 862-206-0621. Website: <http://www.pasanj.org> or www.meetup.com/parental-alienation-support-and-advocacy-group-nj E-mail: parentalalienationnj@gmail.com

Puzzle Pieces Support for separated and divorced persons. Open to persons of any faith who have experienced the pain of a broken marriage. Meets 1st & 3rd. Sun., 6:45-8:30pm, Parsippany PAL, 33 Baldwin Rd., Parsippany. Call 973-896-3124.

Rainbows and Prism *Professionally-run*. Peer support for children and adolescents (kindergarten - eighth grade) who are grieving the loss of a parent due to death or divorce. Parent group meets concurrently. Building is handicapped accessible. Meets Tues., 7:15-8pm (Oct.-Jan.), Our Lady of Magnificat, 2 Miller Rd., Kinnelon. Call Claudette Meehan **973-492-9406** (eve.) or Elaine Porter **973-283-8208**.

Ocean County

Separated and Divorced Catholics Mutual support for separated or divorced men and women. Open to people of any faith. Various meeting locations and times. Call Office of Family Life, Catholic Diocese of Trenton **609-403-7157** (day).

Separation and Divorce Support Group *Christian-based*. Support group for persons who are separated or divorced. Meets Wed., 7pm, St. Mary's Church, 747 West Bay Ave., Rectory, Barnegat. Pre-registration is required. Before attending call Deacon Ron **609-607-9447** (day) or Lois **609-290-8929** (day).

Passaic County

Circle of Friendship Mutual support for those who are separated and divorced. Guest speakers, phone help and social events. Meets Thurs., 7:30pm, St. Mary's Church, 17 Pompton Ave., Pompton Lakes. Call **973-835-0374** (day).

Somerset County

DivorceCare Christian-based support group for persons recovering from a separation or divorce. Website: <http://www.divorcecare.org>

Bedminster Meets Tues., 6:45-9pm (8-12 week sessions), Liberty Corner Presbyterian Church, 45 Church St. Offers video program and mutual sharing. Workbook provided for \$15. For meeting information call Lynne **908-234-9727** (day).

Bridgewater Meets Tues., 7pm, St. Bernard R.C. Church Library, 500 Route 22 East. Sharing of experiences, video showings and education and online message board. Call Michael **908-627-1819** (day).

Divorce Support Group Provides support to help separated and divorced people open the door to a new beginning. Meets 2nd and 4th Tues., 7-9pm, Hillsborough Presbyterian Church, Route 206 and Homestead Rd., Hillsborough. Call Mary **908-295-6740** (eve.).

JANUS Bereavement Group *Professionally-run*. Support and education for anyone who has experienced a loss such as a separation/divorce, death, retirement, loss of a job, health or relocation. Helps individuals accept and adjust to the loss. Building is handicapped accessible. Meets 2nd Tues., 7:30-9pm, Bridgewater and Raritan. Call Barbara Ronca, PhD, LCSW **908-218-9062** (Mon.-Fri., 9am-3pm).

Separated and Divorced Catholics Mutual support and social events for separated or divorced men and women. Open to people of any faith. Various meeting times and locations. For information call the Office of Family Life, Catholic Diocese of Metuchen 732-562-1990 ext. 2467 (day)

Single Senior Women Support for women (ages 60+) who are divorced, separated, widowed, never married or who have a spouse who is ill. Guest speakers and recreational activities. Building is handicapped accessible. Meets 2nd and 4th Thurs., 10am-noon (except Nov. and Dec.), Office on Aging and Disability Services, 27 Warren St., Somerville. Call Faye Doland 908-541-9473 (day).

Sussex County

Parent Networking Group *Professionally-run.* Support for parents and caregivers who are raising children with emotional, behavioral and mental health challenges. Meets Fri., 5-6:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., 2nd Floor, Newton. Pre-registration required. Before attending call 973-940-3194 (day).

Parent Support Group *Professionally-run.* Provides support, education and advocacy to parents and caregivers of children with emotional, behavioral or mental health challenges. Building is handicapped accessible. Meets 2nd Wed., 10:30am, Family Partners of Morris and Sussex Counties, 67 Spring St., 1st Floor, Newton. Pre-registration required. Before attending call 973-940-3194 (day).

Union County

DivorceCare Christian-based support group for persons recovering from a separation or divorce. Offers video program and mutual sharing. Workbook provided for \$12. Meets Tues., 7:30-9pm (8-12 week sessions), New Providence. Pre-registration required. Before attending call Maury 908-665-2994. E-mail: fryer@pcnp.org

Holy Spirit Church Divorce Support Group Mutual support for separated and divorced persons. Open to people of any faith. Meets 1st and 3rd Thurs., 7:30pm, Holy Spirit Roman Catholic Church, 984 Suburban Rd., Drexler Hall, Union. Call Marie 908-931-9073 or Mary 973-670-3018.

Parental Alienation Support and Advocacy NJ (PASA-NJ) Support and advocacy for any parent experiencing parental alienation. Families and friends welcome. Occurs when one parent turns a child against the other parent. Provides a haven for discussion, offer solace to each other, encouragement and recommendations. Call or check website for meeting information. Call Anna 862-206-0621. Website: www.meetup.com/parental-alienation-support-and-advocacy-group-nj E-mail: parentalalienationnj@gmail.com

Rainbows, Inc. Peer support for children and adolescents (ages 5-18) who are grieving a loss due to death, divorce or abandonment. Group runs for 7 weeks in Spring and Fall. Parent group meets concurrently. Building is handicapped accessible. Meets Mon.,

6:30pm, Holy Trinity School, 336 First St., Westfield. Pre-registration required. Before attending call Lindsey 908-246-0694 (day). E-mail: rainbowshelp@gmail.com

Seasons Support Group Support for individuals who are divorced, separated and widowed. Guest speakers and social activities. Donation \$2/mtg. Meets 2nd and 4th Thurs., 7:15-9pm, St. Helen's Church, 1600 Rahway Ave., Activities Center Building, Westfield. Call Joan 908-930-2791 (day). E-mail: 2008seasons@live.com

NJ Statewide

Catholic Divorce Ministry (*The Ministry of the North American Conference of Separated and Divorced Catholics*) Ministry serving individuals experiencing separation, divorce or death of a spouse. Offers leadership training conferences, resource materials, support groups and annulment information workshops. Call Maria 732-363-5698. Website: <http://www.nacsd.org> (click into Region 3) E-mail: region3@nacsd.org

FACE (Father's And Children's Equality) Support group for non-custodial parents, their families and others involved with Family Court. Helps members effectively represent themselves in court and/or effectively direct their lawyers. Areas of interest include: divorce, child custody, parental alienation, false allegations of child or domestic abuse and male victims of domestic violence. Write: FACE, P.O. Box 3302, Cherry Hill, NJ 08034-0309. Call 1-888-763-2239. Website: <http://www.facenj.org> E-mail: info@facenj.org

SINGLE PARENTING

Essex County

Northern NJ Single Parents Support Group Support and education for single moms and dads of children of all ages. Expecting parents welcome also. Meetings vary, Verona and Montclair area. Call Stefanie 510-825-1251 (day). E-mail: stefanie@purposefulpalate.com

NJ Statewide

Parents Without Partners *5 chapters in NJ.* Devoted to the interests and welfare of single parents over 18 and their children. Provides recreational, educational and social activities. Rap sessions. Membership dues \$25-40/yr. Call 1-800-637-7974 (day). Website: <http://www.parentswithoutpartners.org>

STEPPARENTING

Stepmom Support Group Support for stepmoms. Topics include stepfamily life including children, husbands and partners, former spouses, new family issues, finances,

etc. Meetings vary, 6:30pm, Stepping Stones Counseling Center, 312 Warren Ave., Suite 2, Hohokus. Call Isabella **914-260-3768** (day). E-mail: ilowson@live.com

TWINS AND TRIPLETS

Mercer County

Central Jersey Mothers of Multiples, Inc. Support for parents, expectant parents and legal guardians of multiples (twins, triplets or more). Education, social events and friendship. Guest speakers, literature, newsletter, buddy system and online message board. Also offers support to parents who are currently pregnant with multiples. Membership \$30/yr. Building is handicapped accessible. Meets 2nd Thurs., 7-10pm (except July and Aug.), Hamilton Library, 1 Justice Samuel A. Alito Jr. Way, Basement Level, Hamilton. Website: <http://www.cjmom.org> E-mail: membership@cjmom.org

Monmouth County

Moms of Multiples *Professionally-run.* Support and education for moms of multiples. Topics discussed include feeding and caring for more than one baby, sleep patterns, relationship changes and more. Building is handicapped accessible. Guest speaker. Meets 3rd Wed., 11am-12:30pm, Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call **732-923-6990** (day).

NJ Statewide

NJ Association of Twins' Mothers Clubs Support for mothers of twins to help broaden the understanding of those aspects of child development and rearing which relate especially to multiples. Share information, concerns and advice on dealing with their unique challenges. Check website for meeting information. Website: <http://www.njatmc.com>

HEALTH

ADDISON'S | ADRENAL DISEASE

Addison's Support Group Mutual support and information for those with Addison's disease. Rap sessions, literature, phone help and guest speakers. Meets Sat., 2 times/yr., Holy Eucharist Church, 344 Kresson Rd., Cherry Hill. Call Janice Judge **856-354-6029**. E-mail: janjpt@comcast.net

AIDS | HIV

Atlantic County

HIV Support Group *Professionally-run.* Support for persons with HIV. Families and friends welcome. Social activities, literature and buddy system. Building is handicapped accessible. Meets 3rd Mon., 5:30-7pm, Access One, 730 Shore Rd., Somers Point. Call Michele Keenan, MSW **609-927-6662** ext. 6 (day). E-mail: hivaccess@aol.com

HIV/AIDS Support Group *Professionally-run.* Support for persons with HIV/AIDS. Guest speakers and literature. Building is handicapped accessible. Meets 2nd and 4th Wed., 9-11am, Health Plex, 1401 Atlantic Ave., Atlantic City. Call **609-441-2104** ext. 2 (day).

Second Chances Support Group *Professionally-run.* Support and education for adults with HIV. Guest speakers. Building is handicapped accessible. Meets 3rd Wed., 1-3pm, Oasis, 32 South Tennessee Ave., Atlantic City. Pre-registration required. Before attending call Mike **609-347-1085** (day). E-mail: miken@sj aids.org

South Jersey AIDS Alliance *Professionally-run.* Support, education and information for anyone affected by AIDS (patients, families, partners, friends and prevention case management. Buddy system. Call support centers: Atlantic City 609-347-1085; Bridgeton 856-455-6164; Camden 856-203-3471; Cape May County **609-861-2631** or Hotline **1-800-281-2437**. Website: <http://www.southjerseyaidsalliance.org> E-mail: info@sj aids.org

Bergen County

New Jersey Buddies *Professionally-run.* Provides support and education to people infected with or affected by HIV/AIDS. Support groups for HIV positive women, gay men, men and women, substance abusers, as well as a group for those who have engaged in risky activities, but have not been tested. Meetings vary, Buddies of New Jersey, 149 Hudson St., Hackensack. Call **201-489-2900** (9am-5pm). Website: <http://www.njbuddies.org>

S.E.L.F. (Support, Education, Learning, Friendship) Mutual support and education for HIV+ gay men. Rap sessions and guest speakers. Building is handicapped accessible. Meets Mon., 7-8:30pm, Buddies of New Jersey, Inc., 149 Hudson St., Hackensack. Call **201-489-2900** (day).

Camden County

South Jersey AIDS Alliance *Professionally-run.* Support, education and information for anyone affected by AIDS (patients, families, partners, friends) and prevention case management. Buddy system. Call support centers: Atlantic City **609-347-1085**; Bridgeton **856-455-6164**; Camden **856-203-3471**; Cape May County **609-861-2631** or

Hotline 1-800-281-2437. Website: <http://www.southjerseyaid alliance.org> E-mail: info@sj aids.org

Cape May County

South Jersey AIDS Alliance *Professionally-run*. Support, education and information for anyone affected by AIDS (patients, families, partners, friends) and prevention case management. Buddy system. Call support centers: Atlantic City 609-347-1085; Bridgeton 856-455-6164; Camden 856-203-3471; Cape May County 609-861-2631 or Hotline 1-800-281-2437. Website: <http://www.southjerseyaid alliance.org> E-mail: info@sj aids.org

Cumberland County

South Jersey AIDS Alliance *Professionally-run*. Support, education and information for anyone affected by AIDS (patients, families, partners, friends) and prevention case management. Buddy system. Call support centers: Atlantic City 609-347-1085; Bridgeton 856-455-6164; Camden 856-203-3471; Cape May County 609-861-2631 or Hotline 1-800-281-2437. Website: <http://www.southjerseyaid alliance.org> E-mail: info@sj aids.org

Essex County

Double Trouble *Professionally-run*. Support and education group for people living with HIV/AIDS who suffer from substance abuse or those living with HIV and have someone in their life suffering from addiction. Lunch will be provided. Building is handicapped accessible. Meets Wed., noon-2pm, North Jersey Community Research Initiative, 393 Central Ave., 2nd Floor, Newark. For meeting information call Sammy 973-483-1065 or 973-483-3444. E-mail: s.manoharan@njcri.org

Hyacinth AIDS Foundation Support Group (ESSEX COUNTY RESIDENTS ONLY) Mutual support for persons who are infected with AIDS or HIV+. Latina women HIV+ group meets Mon., 9:30-11:30am; Co-ed HIV+ meets Tues., 2-4pm; Co-ed HIV+ and substance abuse group meets Wed., 1-3pm, Hyacinth AIDS Foundation, 194 Clinton Ave., Lower Level, Newark. Before attending call Loretta Scales or Kim Hunter 862-240-1461 (day). Website: <http://www.hyacinth.org>

Our Place *Professionally-run*. Provides a safe and confidential environment to offer support for persons infected with the HIV virus, their loved ones and caregivers. Building is handicapped accessible. Meets every other Wed., 6:30pm, Montclair. Pre-registration required. Before attending call Ilene Palent 973-783-6655 (day). Website: <http://www.copecenter.net>

Hudson County

Hyacinth AIDS Foundation Support Group (BILINGUAL) Mutual support for persons who are infected with AIDS or HIV+. Men's group meets 1st and 3rd Thurs., 3-5pm; co-ed group meets 2nd and 4th Thurs., 2:30-4:30pm; women's group 3rd Thurs., 1-3pm,

Jersey City. Pre-registration required. Before attending call 201-432-1134 or the Hyacinth Foundation 1-800-433-0254 (10am-6pm). Website: <http://www.hyacinth.org>
E-mail: info@hyacinth.org

Transview Support Group Provides support to HIV+ transgender women. Discussions and social events. Meets Tues., 6-9pm, Hudson Pride Connections, 32 Jones St., Jersey City. Call 201-963-4779 ext. 116 (day).

Mercer County

Men's HIV Support Group *Professionally-run*. Support for men with HIV. Guest speakers. Building is handicapped accessible. Meets 2nd Wed., 6pm, St. Francis Medical Center, 601 Hamilton Ave., Trenton. Pre-registration required. Before attending call 609-599-5560 (day).

Women's HIV Support Group *Professionally-run*. Support for women with HIV. Building is handicapped accessible. Meets 1st Thurs., 1pm, St. Francis Medical Center, 601 Hamilton Ave., Trenton. Pre-registration required. Before attending call Jalyne Stiuiv 609-599-5560 (day).

Middlesex County

HIV Infected / Affected Group *Professionally-run*. Mutual support and education for persons infected or affected by HIV. Rap sessions and literature. Building is handicapped accessible. Meets Mon., 6-8pm, Raritan Bay Medical Center, 530 New Brunswick Ave., Perth Amboy. Before attending call Ed Kelly, Early Intervention Program 732-324-5352 (day).

Morris County

AIDS/HIV+ Relapse Prevention Support Group *Professionally-run*. Mutual support and education for persons with AIDS or HIV+ who are in recovery from a substance abuse problem. Must become a client by going through an intake process. All services are free. Meets Tues., 1pm, Morris Plains. Call Rob 973-285-0006 (day).

AIDS/HIV+ Support Group *Professionally-run*. Mutual support and education for persons with AIDS or HIV+. Must become a client by going through an intake process. All services are free. Meets Tues., 1pm, Morris Plains. Call Rob 973-285-0006 (day).

Ocean County

HIV/AIDS Infected/Affected Group *Professionally-run*. Support for persons who are infected or affected by HIV/AIDS. Members build a support network and share knowledge. Guest speakers and literature. Building is handicapped accessible.

Meetings vary, Ocean County Health Dept., 175 Sunset Ave., Toms River. Pre-registration required. Before attending call Kerri **732-341-9700** ext. 7682 (day); TTD: **1-800-852-7899**.

Somerset County

Ryan White Support Group *Professionally-run.* Provides support and education for those affected by HIV disease. Guest speakers. Building is handicapped accessible. Meets 1st Thurs., 6-7:30pm, Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., Somerville. Pre-registration required. Before attending call **908-685-2444** (day).

Somerset Treatment Services Activity Group Mutual support for anyone living with HIV/AIDS. Dinner discussion group with hot meal provided. Building is handicapped accessible. Meets Thurs., 5:30-8pm, Somerset Treatment Services, 118 West End Ave., Somerville. Call Grace Wosu **908-722-1232** ext. 3015 (day).

Union County

HIV Support Group *Professionally-run.* Support, education and discussion group for individuals with HIV. Building is handicapped accessible. Meets 2nd and 4th Thurs., 7-9pm, Overlook Medical Center, 99 Beauvoir Ave., Summit. Before attending e-mail Sue. E-mail: sue.calcara@atlantichhealth.org

ALLERGY

Essex County

Food Allergy and Asthma Support Group of North Jersey Support, education and advocacy for parents of food allergic and asthmatic children. Guest speakers and literature. Dues \$20/yr. Building is handicapped accessible. Meets 3rd Mon., 7:30-9pm (except July), St. Barnabas Ambulatory Care Center, 200 South Orange Ave., Livingston. For meeting information e-mail or call. Call Lisa Giuriceo **973-785-3348** (eve.). E-mail: palkidz1@verizon.net

Mercer County

Allergy and Asthma Support Group of Central New Jersey Support, advocacy and social group for adults and parents of children with food allergies, environmental allergies, asthma or any combination. Share stories, personal experiences, wisdom, suggestions and knowledge. Families and friends welcome. Guest speakers and phone help. Dues \$20/yr. Meetings vary, 6 times/yr., in Princeton. Call Allison **732-516-9852**. Check website for meeting information. Website: <http://www.allergyfriendsnj.org>

Monmouth County

Celiac and Allergy Support Mutual support and social group for individuals with Celiac disease, who are gluten intolerant or have food allergies. Meetings are held in restaurants that cater to gluten-free clients. Includes information, recipes, where to dine out and shop. Check website for information. Call Sarah **732-856-0425**. Website: <http://www.meetup.com/allergy> E-mail: sarant207@hotmail.com

ALS (LOU GEHRIG'S DISEASE)

Bergen County

ALS Association *Professionally-run*. Mutual support for patients and families to learn to cope with ALS. Building is handicapped accessible. Meets 1st Thurs., 7-8:30pm, Kessler Institute, 300 Market St., Saddle Brook. Call **732-710-8832**. Website: <http://www.alsa-ny.org> E-mail: schlossberg@als-ny.org

ALS Support Group *Professionally-run*. Support for individuals with ALS. Families, friends and caregivers welcome. Guest speakers, literature and newsletter. Building is handicapped accessible. Meets 3rd Thurs., 5-6:30pm, JCC, 411 East Clinton Ave., Tenafly. Pre-registration required. Before attending call Gloria English **201-843-4452** (day). E-mail: genglish@mdausa.org

Essex County

MDA/ALS Support Group *Professionally-run*. Mutual support for individuals with muscular dystrophy or ALS. Families and caregivers welcome. Sharing of information, experiences, ideas and resources. Meets 3rd Thurs., 5-6:30pm, JCC, 411 East Clinton Ave., Tenafly. Pre-registration required. Before attending call **201-843-4452** (day).

Middlesex County

ALS Association *Professionally-run*. Mutual support for patients and families to learn to cope with ALS. Building is handicapped accessible. Meets 3rd Sat., 1pm, Rutgers Fitness & Wellness Center, 100 Kirkpatrick St., 2nd Floor, New Brunswick. Call **732-710-8832**. Website: <http://www.alsa-ny.org> E-mail: schlossberg@als-ny.org

Monmouth County

Caregivers and Family Members Resource Group *Professionally-run*. Mutual support for caregivers and family members to learn how to cope with the daily changes associated with ALS. Meets 3rd Tues., 6:30-8pm, Riverview Medical Center, 1 River Plaza, 5th Floor, Blaisdell Building, Red Bank. Pre-registration required. Before attending call Patricia Schaeffer, RN **732-239-4724** (day) or Kathy Valentino, LCSW **609-433-6333** (day).

Monmouth/Ocean Resource Group Mutual support for patients and their families to learn how to cope with the daily changes associated with ALS. Meets 1st Tues., 6:30-8pm, Riverview Medical Center, 1 River Plaza, 5th Floor, Blaisdell Building, Red Bank. Pre-registration required. Before attending call Patricia Schaeffer, RN **732-239-4724** (day) or Kathy Valentino, LCSW **609-433-6333** (day)

ALZHEIMER'S DISEASE | DEMENTIA

Atlantic County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Atlantic City, Galloway, Linwood and Northfield. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Bergen County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementias. Group provides opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Cresskill, Dumont, Oradell, Paramus, Park Ridge, Rockleigh, Rutherford and Tenafly. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Caregiver Resource Group Provides support to people caring for loved ones suffering from dementia and other medical problems related to aging. Building is handicapped accessible. Literature and speakers' bureau. Meets 1st Tues., noon-1pm, Christian Health Care Center, 301 Sicomac Ave., Adult Day Services, Wyckoff. Call Kerri Sherer, LSW **201-848-5830** (day).

Burlington County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Bordentown, Burlington, Delran, Maple Shade, Marlton, Medford, Moorestown, Riverton, and Willingboro. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Frontal Temporal Dementia (FTD) Support Group *Professionally-run*. Support for caregivers of individuals with frontal temporal dementia (FTD). Meets 4th Thurs., 6:30-8pm, Alzheimer's Association, 3 Eves Dr., Suite 310, Marlton. Call **856-797-1212** (day).

Camden County

Alzheimer's Association Caregivers Support **Group** *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Atco, Berlin, Blackwood, Camden, Cherry Hill, Collingswood, Haddonfield, Laurel Spring, Pennsauken, Voorhees and Westmont. For meeting information call **1-800-272-3900**. Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Cape May County

Alzheimer's Association Caregiver Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in North Cape May and Ocean View. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Cumberland County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Millville. For meeting information call **1-800-272-3900**. Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Essex County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease. Provides opportunity to share practical information, exchange community resources, solve problems and learn new ways of coping with dementia. Meets in East Orange, Livingston, Verona and West Caldwell. For meeting information call **1-800-883-1180**. Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Alzheimer's Caregiver Support Group *Professionally-run*. Support for persons caring for someone with Alzheimer's or related memory impairment. Group sessions, guest speakers, literature and educational series. Building is handicapped accessible. Meets

3rd Sat., 10am, Arden Courts-Manorcare Health Services, 510 Prospect Ave., West Orange. Call Gail Kuchavik or Bill Milianes **973-736-3100** ext. 205 (day). Website: <http://www.hcrmanorcare.com>

Caregivers Alzheimer's and Parkinson's Group *Professionally-run*. Support for caregivers of individuals with Alzheimer's and Parkinson's disease. Resources available. Meets 1st and 3rd Mon., Verona Park Boathouse, Bloomfield Ave. and Lakeside Ave., Verona. Pre-registration required. Before attending call Ruth Rothbart-Mayer **917-916-8002** (day).

Gloucester County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Mullica Hill, Pitman, Sewell, Thorofare, Williamstown and Woodbury. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Hudson County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Jersey City and Secaucus. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Hunterdon County

Alzheimer's Association Caregivers Support Group Professionally-run. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Flemington and Lebanon. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Mercer County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Hamilton and Hopewell. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Middlesex County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Edison, Highland Park, Monmouth Junction, Monroe Township, Piscataway and South Plainfield. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Caregivers of Alzheimer's *Professionally-run*. Support for family members and caregivers of patients with Alzheimer's and/or dementia. Topics discussed include basics of understanding dementia, early warning signs of dementia, disease progression and practical solutions for caregivers, safety, everyday care, adapting activities, planning ahead and more. Building is handicapped accessible. Meets Sun., 3-4pm, Millennium Memory Care, Inc., 310 Buckelew Ave., Monroe Twp. Pre-registration required. Before attending call Galina Markovitch **732-361-2777** (day).

Caregiver Support Group Support for family members and caregivers of patients with Alzheimer's and/or dementia. Topics discussed include basics of understanding dementia, early warning signs of dementia, disease progression and practical solutions for caregivers, safety, everyday care, adapting activities, planning ahead and more. Building is handicapped accessible. Meets 3rd Sun., 1pm, RWJ Fitness and Wellness Center, 100 Kirkpatrick St., New Brunswick. Pre-registration required. Before attending call Galina Markovitch **732-361-2777** (day).

COPSA Spouse Support Group *Professionally-run*. Mutual support and understanding for spouses of persons with any type of memory loss including Alzheimer's, Parkinson's, vascular disease, stroke, head injury or dementia. Meets 1st and 3rd Mon., 9:30-11am, 100 Metroplex Dr., Edison. Call Mary Catherine Lundquist **1-800-424-2494** (day).

Monmouth County

Alzheimer's Association Caregivers **Support Group** Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Bradley Beach, Freehold, Howell, Lincroft, Manalapan, Marlboro, Middletown, Tinton Falls and Wall. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Alzheimer's Caregiver Support Group *Professionally-run*. Support for caregivers and family members coping with Alzheimer's disease. Building is handicapped accessible. Meets last Mon., 2-3:30pm, Monmouth Medical Center, 300 Second Ave., Maysie Stroock Pavilion, Geriatric Conference Room, Long Branch. Pre-registration is required. Before attending call Robin DeNucci, CSW **732-923-7560** (day).

Morris County

Alzheimer's Association Caregivers **Support Group** *Professionally-run*. Support and education for caregivers and friends of individuals afflicted with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Boonton, Chatham, Denville, Morris Plains, Morristown, Pompton Plains and Whippany. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Dementia|Memory Changes Caregivers Support Group *Professionally-run*. Support for caregivers of anyone with dementia or experiencing any type of memory changes. Guest speakers and literature. Building is handicapped accessible. Meets 1st Wed., 10:30am, Cornerstone Family Programs Adult Day Center, 540 West Hanover Ave., Morris Plains. Call **973-326-7288** (day).

Early Stage Alzheimer's Support Group *Professionally-run*. Mutual support for individuals with early stage dementia and their care partner, who will both attend the meeting. Building is handicapped accessible. Meets vary, 8-10 sessions, Alzheimer's Association, 400 Morris Ave., Suite 251, Denville. For meeting information call **973-586-4300** (day).

Younger Onset Alzheimer's|Dementia Support Group *Professionally-run*. Support for individuals with younger onset Alzheimer's or dementia. Guest speakers and literature. Building is handicapped accessible. Meetings vary, 11am, Victorian Garden Adult Day Center, 353 Main St., Chatham. Pre-registration required. Before attending call Peggy **973-635-2266** (day).

Ocean County

Alzheimer's Association **Caregivers Support Group** *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Barnegat, Brick, Toms River, West Creek and Whiting. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Alzheimer's Caregiver Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease. Meets 1st Mon., 1pm, Family Resource Center at Meridian Fitness and Wellness, 700 South Main St., West Creek. Call **609-978-3559**.

Passaic County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease or other related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Clifton and Wayne. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Salem County

Alzheimer's Association Caregivers Support Group Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Woodstown. For meeting information call **1-800-272-3900** (day). Check website for additional meeting information. Website: <http://www.alz.org/desjsepa>

Somerset County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease or related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets Bridgewater and Hillsborough. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://www.alz.org>

Sussex County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease or related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Newton and Sparta. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Alzheimer's Support Group *Professionally-run*. Support for caregivers and their families to discuss the challenges of caring for someone with Alzheimer's disease. Building is handicapped accessible. Meets 3rd Wed., 7-9pm, Visiting Nurse Association, 191 Woodport Rd., Sparta. Call Linda Schurmann **973-729-7078** (day). E-mail: lindaschurmann@saintclares.org

Union County

Adult Caregivers Support Group *Professionally-run*. Support and education for men and women who are caregivers. Guest speakers and literature. Meets 1st Wed., 3:30-5pm and 7-8:30pm, RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Conference Room, Scotch Plains. Before attending call **732-499-6193** (day).

Caregiver Connection *Professionally-run*. Support and education for individuals who are caring for loved ones. Guest speakers and literature. Building is handicapped accessible. Meets 1st Tues., 7-8pm and 1st Thurs., 10-11am, Overlook Medical Center, 99 Beauvoir Ave., Thomas Glasser Caregivers Center, Summit. Pre-registration required. Before attending call Marian Teehan, MSW **908-522-6347** (day). E-mail: marian.teehan@atlantichealth.org

Caregivers of Adults *Professionally-run*. Mutual support and encouragement for adults who are taking care of a sick or elderly adult. Building is handicapped accessible. Rap sessions. Meetings vary, Thurs., 5:15pm, Pascack Valley Hospital, 250 Old Hook Rd., Westwood. For meeting information call Trish Shine **201-781-1326**.

Caregivers of the Elderly Support Group Mutual support for people responsible for the care of an elderly family member. Assists through group discussions. Building is handicapped accessible. Meets 1st Mon., 7:30pm (except July and Aug.), St. Helen's Parish Center, 1600 Rahway Ave., Westfield. Before attending call Marilyn Ryan **908-232-1867** (day). E-mail: mryan@sainthelen.org

P.R.E.P. (People Responsible for Elderly Persons) *Professionally-run*. Mutual support and education for caregivers of elderly people. Building is handicapped accessible. Meets 3rd Wed., 7-9pm, SAGE Eldercare, 290 Broad St., Summit. Call Ellen McNally **908-598-5509** (day). Website: <http://www.sageeldercare.org> E-mail: emcnally@sageeldercare.org

Special Needs Caregiver's Support Group Support for caregivers of children or adults with special needs. Meetings vary, 7:30-9pm, Jewish Community Center of Central NJ, 1391 Martine Ave., Scotch Plains. Pre-registration required. Before attending call Laura Weitzman **908-352-8375** (day). E-mail: lweitzman@jfscentralnj.org

Union County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Cranford, Elizabeth, Summit, Union and Westfield. For meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Warren County

Alzheimer's Association Caregivers Support Group *Professionally-run*. Support for caregivers of persons with Alzheimer's disease and related dementia. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Meets in Oxford and Phillipsburg. For

meeting information call **1-800-883-1180** (day). Check website for additional meeting information. Website: <http://goo.gl/EyMID>

Alzheimer's Caregiver Support Group Support for caregivers of persons with Alzheimer's disease or any form of dementia. Meets 2nd and 4th Wed., 10am-noon, Selah Care Center, 443 Schooleys Mountain Rd. (across from Heath Village), Hackettstown. Before attending call **908-850-0099** (day).

Caregiver Support Group Professionally-run. Support for caregivers of persons with dementia. Meets 3rd Sat., 11am, Comfort Zone, St. Lukes-Hillcrest Plaza, 755 Memorial Parkway, Ste 302B, Phillipsburg. For meeting information call **908-859-6700** ext. 2276 (day).

NJ Statewide

Alzheimer's Association *Delaware Valley Chapter Professionally-run.* Sponsors support 05/08/14 groups for caregivers of persons with Alzheimer's and related dementias in southern New Jersey. Information, referrals, education, newsletter, advocacy, patient and family service programs. Programs for those with early stage Alzheimer's disease or other related dementias. Serves Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem counties. Write: Alzheimer's Association, Delaware Valley Chapter, 3 Eves Dr., Suite 310, Marlton, NJ 08053. Call **1-800-272-3900** or **856-797-1212** (day). Website: <http://www.alz.org/desjsepa>

Alzheimer's Association *Greater NJ Chapter Professionally-run.* Sponsors support groups for caregivers of persons with Alzheimer's and related dementias in northern and central New Jersey. Information and referral service, education, advocacy, patient and family service programs. Programs for those with early stage Alzheimer's disease or other related dementias. Serves Bergen, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren counties. Write: Alzheimer's Association, 400 Morris Ave., Suite 251, Denville, NJ 07834. Call Alzheimer's Helpline **1-800-883-1180** or **973-586-4300** (day). Website: <http://goo.gl/EyMID>

ANEMIA

Middlesex County

Aplastic Anemia and MDS Support Group Support for individuals with aplastic anemia and (MDS) myelodysplastic syndrome. Building is handicapped accessible. Meets 4th Sat., 10:30am-12:30pm, Robert Wood Johnson Fitness and Wellness Center, 100 Kirk Patrick St., 2nd Floor, New Brunswick. Before attending call **732-418-8110** ext. 2 (day). E-mail: cnjaamdspnhsupportgroup@live.com

ANKYLOSING SPONDYLITIS

Morris County

Spondylitis Support Group of New Jersey Support for people who have been diagnosed with ankylosing spondylitis and related diseases. Provides information and education on managing the disease. Families welcome. Rap sessions, guest speakers, newsletter, phone help, chatroom, speakers' bureau and visitation program. Building is handicapped accessible. Meets 1st Sat., 10am-noon, Atlantic Rehabilitation Institute, 95 Mt. Kemble Ave., Room 577, Morristown. Call Craig **973-476-8976**. Website: <http://www.njssg.org> E-mail: believe5154@verizon.net

ANORCHIDISM

NJ Statewide

Anorchidism Support Group - USA Provides support and information for families and persons affected by anorchidism (absence of the testes) whether congenital or acquired. Phone support, information and referrals, newsletter, pen pals and literature. Write: Anorchidism Support Group - USA, c/o Marianne Bittle, 4 Funny Bone Court, Sicklerville, NJ 08081. Call **856-740-1748** (eve.). Website: <http://www.asg4u.org> E-mail: asg.uk@virgin.net

APHASIA

Bergen County

Aphasia Caregiver Support Group *Professionally-run*. Support for caregivers of those with aphasia. Lecture series, social group and guest speakers. Building is handicapped accessible. Meets 2nd Mon., 7pm; Tues., 11:30am, Wed., 11:30am, Adler Aphasia Center, 60 West Hunter Ave., Maywood. Pre-registration required. Before attending call Karen Castka **201-368-8585** (day). Website: <http://www.adleraphasiacenter.org> E-mail: info@adleraphasiacenter.org

Aphasia Support Group *Professionally-run*. Support, advocacy and education for persons suffering with aphasia. Guest speakers and literature. Dues \$5/mtg. for refreshments and material. Building is handicapped accessible. Meets 2nd and 4th Mon., 4:15-5:15pm (except July and Aug.), Kessler Institute, 300 Market St., Saddle Brook. Call Patricia Halloran **201-368-6095** (day).

Essex County

Aphasia Caregiver Support Group *Professionally-run*. Support and social group for caregivers of those with aphasia. Meets Thurs. (twice a month), 12:30-1:30pm, Alder Aphasia Center at JCC MetroWest, 760 Northfield Ave., West Orange. Pre-registration required. Before attending call **973-530-3981** (day). Website: <http://www.alderaphasiacenter.org> E-mail: wgreenspan@alderaphasiacenter.org

Middlesex County

Aphasia Support Group *Professionally-run*. Support, education, discussions and information for persons with aphasia and their families. Meets Wed., 1-2pm, JFK Johnson Rehab Institute, JFK Hospital, Speech and Audiology Dept., 65 James St., 1st Floor, Edison. Pre-registration required. Before attending call Kristy Soriano **732-321-7063** (day).

Morris County

Adler Aphasia Center Communication Group *Professionally-run*. Support and education for men and women to help cope with the challenges of living with aphasia. Building is handicapped acceptable. Meets 1st and 3rd Fri., 10am-noon, Cornerstone Family Programs, 62 Elm St., Morristown. Pre-registration is required. Before attending call Wendy Greenspan **973-530-3981** (Mon., Tues., Thurs.). E-mail: wgreenspan@adleraphasiacenter.org

Somerset County

Aphasia Support Group *Professionally-run*. Support for patients living with aphasia. Literature. Meets 2nd and 4th Wed., 10:30-11:30am, Bridgewater. Pre-registration required. Before attending call Wendy Greenspan **973-530-3981** (day). E-mail: wgreenspan@adleraphasiacenter.org

Union County

Aphasia Support (SPANISH) *Professionally-run*. Support and education for men and women to help cope with the challenges of living with aphasia. Building is handicapped accessible. Meets 2nd and 4th Mon., 12:30-2:30pm, Gateway Family YMCA, 1000 Galloping Hill Rd., Union. Pre-registration required. Before attending call Wendy Greenspan **973-530-3981** (Mon., Tues., Thurs.). E-mail: wgreenspan@adleraphasiacenter.org

Aphasia Support *Professionally-run*. Support and education for men and women to help cope with the challenges of living with aphasia. Building is handicapped accessible. Meets 2nd and 4th Fri. 10am-noon, JCC of Central New Jersey, 1391 Martine Ave., Scotch Plains. Pre-registration required. Before attending call Wendy Greenspan **973-530-3981** (Mon., Tues., Thurs.). E-mail: wgreenspan@adleraphasiacenter.org

APNEA, SLEEP

A.W.A.K.E. (American Sleep Apnea Association) Network Group Provides support and education for persons with sleep apnea. Building is handicapped accessible. Guest speakers and literature. Meetings vary, 5:30pm, 2 times/yr., Bacharach Institute for Rehabilitation, 61 West Jimmie Leeds Rd., Pomona Room, Galloway. For meeting information call Mary 609-748-5405 (day). E-mail: sleep@bacharach.org

ARTHRITIS

Hunterdon County

Arthritis Support Group *Professionally-run.* Mutual support and education for people with arthritis or osteoporosis. Families welcome. Meets 2nd Mon., 1-3pm, Hunterdon Medical Center, 2100 Wescott Dr., Center for Healthy Aging, 4th Floor, Flemington. Call 908-788-6373.

Morris County

Arthritis Support Group *Professionally-run.* Support and education for persons (ages 50+) with arthritis. Guest speakers and literature. Building is handicapped accessible. Meets 4th Tues., 10:30-11:30am, Chilton Health Network Building, 242 West Parkway, Pompton Plains. Call Kathy Ferrara 973-831-5175 (day).

Somerset County

Living with Autoimmune Disease Support Group Mutual support for those with rheumatoid arthritis, lupus, fibromyalgia, chronic fatigue or other autoimmune disorders. Building is handicapped accessible. Meets 1st and 3rd Sat., 2-3:30pm, Robert Wood Johnson University Medical Center-Somerset, 110 Rehill Ave., Hamilton Conference Room, Main Floor, Somerville. Pre-registration required. Before attending call Joanne 908-358-7167. Website: <http://www.lwadnj.org> E-mail: autoimmunegroup@hotmail.com

NJ Statewide

Arthritis Foundation NJ Chapter Mutual support and education for people with arthritis and their families. Write: The Arthritis Foundation, New Jersey Chapter, 555 Route 1 South, Suite 320, Iselin, NJ 08830. Call 1-888-467-3112. Website: <http://www.arthritis.org> E-mail: info.nj@arthritis.org

AUTOIMMUNE DISORDERS

Morris County

ME/Chronic Fatigue Syndrome/Fibromyalgia Support Group Mutual support and encouragement for persons diagnosed with myalgic encephalomyelitis, chronic fatigue syndrome and fibromyalgia. Family and friends welcome. Opportunity to share information on managing and coping with these chronic illnesses. Meetings are fragrance-free for those with chemical sensitivities. Meets 2nd Sat., 2-3:30pm, Morris County Library, 30 East Hanover Ave., Conference Room, Whippany. Call 1-888-835-3677. Website: <http://www.njcfsa.org> E-mail: pstrunck@optonline.net

N-NJ Auto Immune Support Group Provides support for individuals with autoimmune diseases such as rheumatoid arthritis, myositis, thyroid, lupus, chronic fatigue syndrome, fibromyalgia, Lichen Planus or other chronic pain or disease. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Denville. Contact Carol H. via website. Website: <http://www.meetup.com/north-nj-autoimmune-support>

Somerset County

Living with Autoimmune Disease Support Group Mutual support for those with rheumatoid arthritis, lupus, fibromyalgia, chronic fatigue or other autoimmune disorders. Building is handicapped accessible. Meets 1st and 3rd Sat., 2-3:30pm, Robert Wood Johnson University Medical Center-Somerset, 110 Rehill Ave., Hamilton Conference Room, Main Floor, Somerville. Pre-registration required. Before attending call Joanne 908-358-7167. Website: <http://www.autoimmunegroup.com> E-mail: autoimmunegroup@hotmail.com

BONE MARROW | STEM CELL TRANSPLANT

Bergen County

Life After Transplant Support Group *Professionally-run.* Provides emotional support and education to post-bone marrow or stem cell transplant patients, their family and friends. Guest speakers. Meets 3rd Thurs., 5-6:30pm, John Theurer Cancer Center, 92 2nd St., 3rd Floor Conference Room, Hackensack. Call Renee Stein-Goetz, LCSW 551-996-8290 (day).

Camden County

Aneurysm/AVM Support Group *Professionally-run.* Support and discussion group for survivors of a brain aneurysm and arteriovenous malformation. Families welcome. Topics include: managing daily activities, healthy living, nutrition, exercise, etc. Building is handicapped accessible. Guest speakers, literature, newsletter and phone help. Meets 4 times/yr., April (Hopewell), May (Voorhees), Sept. (Hopewell) and Oct. (Voorhees), Voorhees Hospital in Voorhees and Capital Health Medical - Hopewell in Pennington. Pre-registration required. Before attending call **609-537-7300** (day). E-mail: aneurysmsupport@capitalhealth.org

Mercer County

Aneurysm/AVM Support Group *Professionally-run.* Support and discussion group for survivors of a brain aneurysm and arteriovenous malformation. Families welcome. Topics include: managing daily activities, healthy living, nutrition, exercise, etc. Building is handicapped accessible. Guest speakers, literature, newsletter and phone help. Meets 4 times/yr., April (Hopewell), May (Voorhees), Sept. (Hopewell) and Oct. (Voorhees), Voorhees Hospital in Voorhees and Capital Health Medical - Hopewell in Pennington. Pre-registration required. Before attending call **609-537-7300** (day). E-mail: aneurysmsupport@capitalhealth.org

Middlesex County

NJ Brain Aneurysm and AVM Support Group *Professionally-run.* Support and discussion group for survivors of a brain aneurysm and arteriovenous malformation. Families welcome. Topics include: managing daily activities, healthy living, nutrition, exercise, faith and spiritual healing. Meets 1st Wed., 6-7:30pm (Jan., Mar., May, July, Sept., Nov.), Robert Wood Johnson Fitness and Wellness Center, 100 Kirkpatrick St., 2nd Floor, Wellness Community Room, New Brunswick. Parking is located on Paterson St., between Joyce Kilmer Ave. and Kirkpatrick St. For meeting information call Sandia Royal **732-937-8820**. E-mail: basg@rwjuh.edu

Atlantic County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with brain injuries, their families and friends. Building is handicapped accessible. Meets 2nd Thurs., 7pm, Bacharach Institute for Rehabilitation, 61 W. Jimmie Leeds Rd., Pomona. Call Nutan Ravani 856-589-5797 (day). Website: <http://www.bianj.org> E-mail: info@bianj.org

Bergen County

Bergen/Passaic Brain Injury Support Group *Professionally-run.* Support group for brain injury survivors. Families, friends and caregivers group meets concurrently. Guest speakers and literature. Building is handicapped accessible. Meets 2nd Wed., 6:30-8pm, Rehabilitation Specialists, 18-01 Pollitt Dr., Suite 1A, Fair Lawn. Call Dawn King, ME **201-478-4200** ext. 19 (survivors) or Jennifer Victoria-Proano, MA **201-478-4200** ext. 31 (families). E-mail: dking@rehab-specialists.com

Brain Injury Alliance of New Jersey, Inc. Emotional support and education for persons with brain injuries, their families and friends. Building is handicapped accessible. Meets 3rd Mon., 6:30pm, Englewood Hospital, Engle St., Englewood. Call Joe **201-666-2015** (day). Website: <http://www.brain411.org> E-mail: jjconco@optonline.net

Burlington County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Support group for survivors of mild/moderate brain injuries and their families. Guest speakers and literature. Meets 2nd Tues., 10:30am (except July and Aug.), Marlton Rehabilitation Hospital, 92 Brick Rd., Marlton. Before attending call Eileen Weinstock, LCSW **856-745-0891** (day). E-mail: eweinstock@marltonrehab.com

Camden County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Support group for survivors of mild/moderate brain injuries and their families. Guest speakers and literature. Meets 2nd and 4th Wed., 7pm., 1020 Kings Highway No., #210, Cherry Hill. Call Mark Rader **856-667-3330** or Nutan Ravani **856-589-5797**.

Brain Tumor Support Group *Professionally-run.* Provides support for individuals who have been diagnosed with brain tumors. Family and friends are welcome. Meets 1st Wed., 6pm, Cooper Community Health Education Center, 931 Centennial Boulevard, Voorhees. Call or register online. Before attending call **1-800-826-6737**. Website: <http://www.events.cooperhealth.org/event/support-groups>

Cape May County

Stroke | Brain Injury Support Group *Professionally-run.* Support for stroke and mild/moderate brain injury survivors. Families welcome. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Thurs., 1-2pm, Cape Regional Medical Center, Two Stone Harbor Blvd., Maruchi Room, Cape May Courthouse. Call Bonnie Kratzer, RN **609-463-4043** (day).

Cumberland County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with brain injuries, their families and friends. Meets 1st Tues., 7-8:30pm, Healthsouth Rehabilitation Hospital of Vineland, 1237 West Sherman Ave., Vineland. Call Cheryl Canada **856-696-7100** (day). Website: <http://www.bianj.org>

Essex County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with brain injuries, their families and friends. Building is handicapped accessible. Meets 2nd and last Tues., 6:30pm, Kessler Institute for Rehabilitation, 1199 Pleasant Valley Way, West Orange. Call Judi Weinstein **973-677-4260** (day). Website: <http://www.bianj.org>

Rutgers Brain Tumor Support Group *Professionally-run.* Support for brain tumor patients, their families, caregivers and friends. A confidential place to come and ask questions, express feelings and concerns. Rap sessions and literature. Building is handicapped accessible. Meets 3rd Thurs., 5-6:30pm, DOC Building, 90 Bergen St., Suite 8100, Newark. Call LaDawn McClamb **973-972-1164**.

Gloucester County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with traumatic brain injuries and their families. Guest speakers and literature. Building is handicapped accessible. Meets 4th Tues., 3-4pm, Moss Rehab at Woodbury, 135 South Broad St., Woodbury. Before attending call Dayna Scott **856-853-9900** ext. 102 (day). Website: <http://www.bianj.org>

Brain Injury Support Group Mutual support, friendship, networking and social activities for individuals who have sustained a brain injury. Meets Wed., 7-9pm, Apostles Lutheran Church, 4401 Black Horse Pike, Turnersville. Call **856-629-4228** (church).

Mercer County

Brain Injury and Stroke Support Group *Professionally-run.* Emotional support and education for persons with brain injuries or stroke, their families and friends. Building is handicapped accessible. Meets 1st Wed., 6:30-8:30pm, St. Lawrence Rehab Center, 2381 Lawrenceville Rd., Cafeteria, Lawrenceville. Call David Searles **609-896-9500** ext. 2244. Website: <http://www.slrc.org>

Middlesex County

Brain Injury Alliance of New Jersey, Inc. (Parent and Adolescent Brain Injury Support Group) *Professionally-run*. Provides support and education to parents and caregivers with teens and young adults (ages 13-21) with a brain injury. Building is handicapped accessible. Guest speakers, discussion, socialization, friendship and encouragement. Meets 3rd Thurs., 7-8:30pm, Children's Specialized Hospital, 200 Somerset St., Auditorium 1 (parent group) and Auditorium 2 (adolescent group), New Brunswick. Parking available next door in the Plum Street garage. Parking fee required. Call Doreen Bridgman **732-977-7381** (day). Website: <http://www.bianj.org> E-mail: parentandadolescentgroup@bianj.org

COPSA Spouse Support Group *Professionally-run*. Mutual support and understanding for spouses of persons with any type of memory loss including Alzheimer's, Parkinson's, vascular disease, stroke, head injury and dementia. Meets 1st and 3rd Mon., 9:30-11am, 100 Metroplex Dr., Edison. Call Mary Catherine Lundquist **1-800-424-2494** (day).

Monmouth County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run*. Emotional support and education for persons with head injuries and their families. Meets 1st Tues., 7pm, Dorbrook Park, Route 537, Recreational Program Building, Colts Neck. Call **732-745-0200**.

Monmouth and Ocean County Brain Tumor Support Group Provides support for patients and family members of those affected by all types of brain tumors. Guest speakers, literature and speakers' bureau. Building is handicapped accessible. Meets 2nd Sat., 3-4:45pm (July/Aug., 3rd Thurs., 7-8:30pm), Jersey Shore University Medical Center, 1945 Route 33, Brennan Pavilion, Rooms 104 and 105, Neptune. Check website for changes on meeting information. Call Bruce Blount **609-914-1590** (day), or e-mail Nancy Conn-Levin. Website: <http://www.njbt.org> E-mail: mngioma634@aol.com

Morris County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run*. Emotional support and education for persons with brain injuries, their families and friends.

Chester Meets 1st Tues., 6pm, Kessler Institute for Rehabilitation at Chester, 201 Pleasant Hill Rd. Before attending call Denise Holdereid **973-252-6375** (day).

Denville Meets 3rd Thurs., 6pm, DAWN Center for Independent Living, 66 Ford Rd., Suite 121. Call Lindsay Tuman **973-625-1940** ext. 220 or Carl Brand **973-625-1940** ext. 230 (day).

Center for Hope Support for patients with a brain tumor, their families or caregivers. Guest speakers and activities. Building is handicapped accessible. Light dinner and dessert served. Meets 4th Thurs., 6-8pm, Atlantic Neurosurgical Specialists, 310 Madison Ave., Morristown. Pre-registration required. Before attending call **973-285-7800** (day).

Ocean County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with head injuries, their families and friends. Building is handicapped accessible. Meets 3rd Tues., 6pm, Community Medical Center, 99 Highway 37 West, Toms River. Call Vickie Hardie **732-557-8000** ext. 10226 or Pam Lightfoot **732-557-8000** ext. 11547.

Salem County

Brain Injury Alliance of New Jersey, Inc. Emotional support and education for persons with brain injuries and their families. Guest speakers, phone help, literature and newsletter. Meets 4th Mon., 6-8pm, Friends Village, One Friends Dr., Hancock House, Woodstown. Call Diane Lynn Robbins **609-202-9902** (day). Website: <http://www.bianj.org> E-mail: rabbitshowmom@yahoo.com

Somerset County

Brain Injury Alliance of New Jersey, Inc. *Professionally-run.* Emotional support and education for persons with brain injuries, their families and friends. Meets 2nd Thurs., 6pm, Community Skills Program, 776 Mountain Blvd., Suite 102, Watchung. Call **732-745-0200**. Website: <http://www.bianj.org> E-mail: info@bianj.org

Central New Jersey Brain Tumor Support Group *Professionally-run.* Support for brain tumor patients and their families. Building is handicapped accessible. Meets 1st Thurs., 7pm (except Dec.), St. Luke's Church, 300 Clinton Ave., North Plainfield. Call Stan and Virginia 908-685-0917 or Patty Anthony **732-321-7000** ext. 66785 (day). Website: <http://www.njbt.org> E-mail: sshrodo@gmail.com

TBI (Traumatic Brain Injury) Support Group - (VETERANS ONLY) *Professionally-run.* Support for veterans who have a traumatic brain injury. Meets 2nd and 4th Mon., 11:45am-12:45pm, VA, 151 Knollcroft Rd., Bldg. 4, Room 5-13, Lyons. Call Carol Cashin **908-647-0180** ext. 4788 (day). Website: <http://www.newjersey.va.gov>

Sussex County

Sussex County Brain Injury Support Group *Professionally-run.* Emotional support and education for persons with brain injuries, their families and friends. Meets 2nd Tues., 7pm (except Dec., Jan., Feb.), Redeemer Lutheran Church, 37 Newton-Sparta Rd., Newton. Call Vince D'Orio **703-297-7726** (day). E-mail: vincentd54@msn.com

NJ Statewide

Acoustic Neuroma Association of New Jersey Support and information 05/06/14 for pre- or post-treatment patients. Quarterly meetings present programs of interest to acoustic neuroma patients and their families. Dues \$25/yr. Quarterly newsletter. Ongoing programs to create public awareness. Write: Acoustic Neuroma Association of NJ, Inc., 100 Cole Lane, #401, Lawrenceville, NJ 08648. Call **609-799-4442**. Website: <http://www.ananj.org> E-mail: info@ananj.org

Acoustic Neuroma Association of Southern New Jersey Support and information for pre- or post-treatment patients. Meetings are held twice a year. Write: Acoustic Neuroma Association of Southern NJ, P.O. Box 878, Island Heights, NJ 08732. Call **732-341-6002**.

Brain Injury Alliance of New Jersey, Inc. Provides information, education, outreach, prevention, advocacy and support services to all persons affected by brain injury. Write: Brain Injury Association of New Jersey, 825 Georges Rd., 2nd Floor, North Brunswick, NJ 08902. Call 732-745-0200 (day) or **1-800-669-4323** (day). Website: <http://www.bianj.org> E-mail: info@bianj.org

BURN SURVIVORS

Healed with Scars Provides emotional support and encouragement to individuals suffering from burn injuries. Sharing, guest speakers, resources and information. Helps survivors cope with extensive physical and mental challenges that are a result of their burns. Building is handicapped accessible. Meetings vary, Camden. For meeting information call Rosemary Washington **215-422-2022** (day). Website: <http://www.healedwithscars.com> E-mail: rwashington@healedwithscars.org

CANCER

Atlantic County

AtlantiCare Breast Cancer Support Group *Professionally-run.* Support, education and advocacy for breast cancer patients and their families. Literature and buddy system. Building is handicapped accessible. Meets 2nd Thurs., 7-8:30pm, AtlantiCare Cancer Center, 2500 English Creek Ave., Building 250, Egg Harbor Township. Pre-registration required. Before attending call **1-888-569-1000** (day). E-mail: 1-888-569-1000@atlanticare.org

Cancer Support Group Support, education, networking, workshops and social activities for adults with cancer. Meetings vary, AtlantiCare Cancer Care Institute, 2500 English Creek Ave., Building 400, 2nd Floor, Egg Harbor Township. Pre-registration required. Before attending call **609-926-2699** (day).

Gilda's Club South Jersey *Professionally-run.* Emotional and social support for anyone touched by cancer. Separate support groups, workshops, lectures and social events for family members. Programs for children also. Building is handicapped accessible. Meetings vary, Gilda's Club South Jersey, 700 New Rd., Linwood. Before attending call **609-926-2699**. Website: <http://www.gildasclubssouthjersey.org> E-mail: info@gildasclubssouthjersey.org

Living at the Shore with Lymphedema *Professionally-run.* Support for patients with Lymphedema. Families and friends welcome. Building is handicapped accessible. Meetings vary, 7pm, Shore Medical Center, 100 Medical Center Way, Somers Point. Pre-registration required. Before attending call **609-653-3512** (day).

Bergen County

Breast Cancer Support and Discussion Group *Professionally-run.* Provides support, encouragement and discussion for individuals dealing with breast cancer. Meets 1st and 3rd Wed., 5:30-6:30pm, Holy Name Medical Center, 718 Teaneck Rd., Marian Hall, Teaneck. Call **1-877-465-9626** (day).

Breast Cancer Support Group *Professionally-run.* Support for women of all ages experiencing any stage of breast cancer. Building is handicapped accessible. Meets 1st and 3rd Fri., 10:30-noon, Englewood Hospital and Medical Center, 350 Engle St., Englewood. Light refreshments served. Before attending call **201-608-2162** (day).

Cancer Support Group (KOREAN) Mutual support and education for patients who have cancer, as well as cancer survivors. Families welcome. Building is handicapped accessible. Guest speakers. Meets 1st Fri., 10am-12:30pm (Feb., Apr., June, Aug., Oct., Dec.), Holy Name Hospital, 718 Teaneck Rd., Teaneck. Pre-registration required. Before attending call Hei Young Yoon **201-833-3332** or helpline **201-833-3399** (day).

Cancer Support Group *Professionally-run.* Provides support for individuals diagnosed with cancer. Meets 2nd and 4th Wed., 4-5pm, Holy Name Medical Center, 718 Teaneck Rd., Marian Hall, Teaneck. Call **1-877-465-9626**.

Facing Cancer Together (Couples) *Professionally-run.* Support for couples coping with a cancer diagnosis. Building is handicapped accessible. Meetings vary, 8 week sessions, several times/yr., Gilda's Club of NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Tsaglos **201-457-1670** (day). Website: <http://www.gildasclubnjj.org> E-mail: carleyt@gildasclubnjj.org

Family and Friends Support (Cancer) *Professionally-run.* Support and discussion group for family and friends caring for a loved one with cancer. Building is handicapped accessible. Meets 1st and 3rd Thurs. 6-7:30pm, Gilda's Club of Northern NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Tsaglos **201-**

457-1670 ext. 125 (day). Website: <http://www.gildasclubnj.org> E-mail: carleyt@gildasclubnj.org

Gilda's Club Northern NJ *Professionally-run*. Support groups for individuals, caregivers, family members and friends touched by all types of cancer. Separate support groups include those for: breast, lung, laryngectomy, blood cancers, prostate, colon, pancreatic, and gynecological cancers; young adults (ages 18-40) with cancer; and for Life after Treatment. Programs for children and teens also. Building is handicapped accessible. Meetings vary, Gilda's Club, 575 Main St., Hackensack. Pre-registration required. Before attending call Carley Tsaglos **201-457-1670** (day). Website: <http://www.gildasclubnj.org> E-mail: carleyt@gildasclubnj.org

Hope Is In Your Hands (Breast Cancer) Professionally-run. Support group for breast cancer patients. Family and friends welcome. Building is handicapped accessible. Meets 2nd Wed., 7-8:30pm, John Theurer Cancer Center, 92 2nd St., 4th Floor, Conference Room, Hackensack. Call Betty Dorusak, LCSW **551-996-8135**.

Life After Cancer Support Group Professionally-run. Post-treatment support group for those who no longer have evidence of disease. Meets 4th Mon., 6-7:30pm, Blumenthal Cancer Center, 1 Valley Health Plaza, Paramus. Pre-registration required. Before attending call Veronica Dalcero **201-634-5422** (day).

Living with Gastrointestinal Cancer Professionally-run. Support and education for any person touched by gastrointestinal cancer which includes colon, rectal and pancreas. Family and friends welcome. Guest speakers, discussion and sharing. Meets 3rd Thurs., 1:30-2:30pm, Valley Hospital, Valley Health Plaza, Luckow Pavilion, Paramus. Call Brooke **201-634-5787** (day).

Metastatic Breast Cancer Support Group Professionally-run. Support for women with metastatic breast cancer. Meets 3rd Wed., 6-7:30pm, Blumenthal Cancer Center, 1 Valley Health Plaza, Paramus. Pre-registration required. Before attending call Brooke Laster, LSW **201-634-5787** (day).

Multiple Myeloma Professionally-run. Mutual support for patients, families and friends affected by multiple myeloma. Rap sessions, guest speakers and literature. Building is handicapped accessible. Meets 3rd Thurs., 10:30am-noon, John Theurer Cancer Center, 92 Second St., 4th Floor, Conference Room, Hackensack. Call Ann McNeill **551-996-8704** (day).

New Jersey Chapter Leukemia and Lymphoma Society Professionally-run. Emotional support and educational information for adult survivors and family members whose lives have been touched by a blood cancer diagnosis (leukemia, lymphoma, Hodgkin's disease, myeloma and MDS). Mutual sharing, guest speakers, advocacy and literature. Meets 1st Thurs., 6pm, Gilda's Club Northern NJ, 575 Main St., Hackensack. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.lls.org/nj>

Support for People with Oral & Head & Neck Cancer (SPOHNC) *Professionally-run.* Support for persons with oral, head and neck cancer. Building is handicapped accessible. Meets 3rd Tues., 4:30-6pm, Englewood Hospital and Medical Center, 350 Engle St., Conference Room C, Englewood. Free parking. Pre-registration required. Before attending call Patrick Taaffe **201-931-6394**. Website: <http://www.spohnc.org> E-mail: patspohnc@gmail.com

Tennis For Life (Breast Cancer) Peer-led support for people with breast cancer. Rap sessions, guest speaker and a free tennis lesson. Meets in Ridgewood. For meeting information call Joan Monaghan **201-996-5827** (day). E-mail: jmonaghan@hackensackumc.org

Us TOO Prostate Cancer Support Group *Professionally-run.* Support and education for men diagnosed with prostate cancer. Building is handicapped accessible.

Hackensack Meets 3rd Wed., 10am-noon, John Theurer Cancer Center, 92 Second St. Call Bob **201-357-4030** (day).

Hackensack Meets 1st Wed., 6-7:30pm, Gilda's Club Northern New Jersey, 575 Main St. Call Gilda's Club **201-457-1670** ext. 110 (day) or Joe **201-288-8223**. Website: <http://www.gildasclubnnj.org>

Young Women's Breast Cancer Support Group *Professionally-run.* Support for young women up to age 45 with breast cancer. Meets 2nd Mon., 6:30-8pm, Blumenthal Cancer Center, 1 Valley Health Plaza, Paramus. Pre-registration required. Before attending call Brooke Laster, LSW **201-634-5787** (day).

Burlington County

Breast Cancer Support Group *Professionally-run.* Support for women living with breast cancer and it's treatment. Offers opportunity to learn from breast cancer survivors, share their triumphs and concerns. Guest speakers. Building is handicapped accessible. Meets 4th Tues., 6-7pm, Virtua Memorial Hospital, 175 Madison Ave., Mt. Holly. Call Lisa **609-914-6766** (day).

Cancer Survivors Support Group *Professionally-run.* Support for cancer patients who have completed active treatment and are learning to live as cancer survivors. Building is handicapped accessible. Meets 4th Tues., 7:30-9pm, Virtua Memorial Hospital, 175 Madison Ave., Conference Room. Mt. Holly. Pre-registration required. Before attending call **1-888-847-8823** (day).

Sister Will You Help Me: Breast Cancer Support *Professionally-run.* Provides support for women who have been diagnosed with breast cancer. Meets 1st Thurs., 6pm, Willingboro Public Library, 220 Willingboro Parkway, Willingboro. Register online or call. Before attending call **1-800-826-6737** (day). Website: <http://events.cooperhealth.org/event/support-groups>

Speak Easy (Breast Cancer) Support and education for anyone with breast cancer. Guest speakers and literature. Building is handicapped accessible. Meets 1st Tues., 7-9pm, Lourdes Medical Center of Burlington County, 218A Sunset Rd., Willingboro. Call **609-835-5813** (day).

Us TOO Prostate Cancer Support Group Support and education for men diagnosed with prostate cancer. Building is handicapped accessible. Meets 3rd Tues., 7pm, Virtua Memorial Hospital, 175 Madison Ave., 1st Floor, Conference Room, Mt. Holly. Call Tony **609-265-7742** (day). Email pcsgmtholly@gmail.com

Camden County

Cancer Care Center of South Jersey Relaxation and visualization group for cancer patients. Discussions on pain control and mind-body connections. Usually meets Mon., 10am-noon, Starting Point, 215 Highland Ave., Westmont. Before attending call Margaret **856-649-9339**.

Cancer Survivors Support Group *Professionally-run.* Support for cancer patients who have completed active treatment and are learning to live life as cancer survivors. Meets 2nd Thurs., 6:30-8pm, William G. Rohrer Health and Fitness Center, 2309 East Evesham Rd., Voorhees. Pre-registration required. Before attending call **1-888-847-8823** (day).

Cancer Wellness Support Group Support, education and workshops for anyone affected by cancer. Guest speakers and literature. Meets Thurs., 1:30pm, Virtua Health and Wellness, 200 Bowman Ave., Voorhees. Pre-registration required. Before attending call **609-926-2699** (day).

Gynecologic Cancer Support Group *Professionally-run.* (WOMEN ONLY) Support for women with ovarian, cervical, uterine and other gynecologic cancers. Share feelings and concerns. Meets 4th Wed., 6:30-7:30pm, William G. Rohrer Health and Fitness Center, 2309 East Evesham Rd., Voorhees. Pre-registration required. Before attending call **1-888-847-8823** (day).

Latino Cancer Survivors Support Group (SPANISH) *Professionally-run.* Provides support and information for cancer patients. Family and friends are welcome. Meetings vary, Cooper University Hospital, One Cooper Plaza, Roberts Pavilion, Room 1014, Camden. Register online. Before attending call Jackie Tubens **856-673-4256** and Evelyn Robles Rodriguez **856-968-7315** or Cooper University Hospital I&R **1-800-826-6737**. Website: <http://www.events.cooperhealth.org/event/support-groups>

LLS Multiple Myeloma Support Group *Professionally-run.* Provides support for those diagnosed with multiple myeloma. Meets 4th Mon., 10am, Cooper Cancer Institute, Voorhees. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.lls.org/nj>

Multiple Myeloma Support Group Provides mutual support to individuals and families coping with multiple myeloma. Meets 3rd Sat. (most months), 1:30-3pm, Kennedy Memorial Hospital, 2201 Chapel Ave., Cherry Hill. Before attending confirm meeting date and room. If no access to e-mail call Helen **856-979-9950** (day). E-mail: helengrose14@comcast.net

New Jersey Chapter Leukemia and Lymphoma Society *Professionally-run.* Emotional support and educational information for adult survivors and family members whose lives have been touched by a blood cancer diagnosis (leukemia, lymphoma, Hodgkin's disease, myeloma and MDS). Mutual sharing, guest speakers, advocacy and literature. Meets 1st Mon., 6:30pm, Cherry Hill Public Library, 1100 Kings Highway North, Cherry Hill. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.ils.org/nj>

Sister Will You Help Me: Breast Cancer Support *Professionally-run.* Provides support for women who have been diagnosed with breast cancer. Meets 2nd Thurs., 6pm, Cooper University Hospital, One Cooper Plaza, Roberts Pavilion, Room 1014, Camden. Register online or call. Before attending call **1-800-826-6737** (day). Website: <http://events.cooperhealth.org/event/support-groups>

Us TOO (Prostate Cancer Support Group) Provides support and education for men with prostate cancer and their families. Building is handicapped accessible. Meetings vary, Cooper Cancer Institute, 900 Centennial Blvd., Voorhees. Pre-registration required. Call or register online. Before attending call Frank Del Rossi, CSW **856-325-6779** (day) or Cooper University Hospital I&R **1-800-826-6737**. Website: <http://www.events.cooperhealth.org/event/support-groups>

Young Women with Breast Cancer (YSC) Support Group *Professionally-run.* Provides support for women diagnosed with breast cancer at age 40 or younger. Meetings vary, 6:30pm, Ripa Center for Women, 1011 Main St., Promenade, Voorhees. Call or register online. Before attending call Jackie Davies **856-357-0263** or Cooper University Hospital I&R **1-800-826-6737**. Website: <http://www.events.cooperhealth.org/event/support-groups> E-mail: jackiebrad04@comcast.net

Cape May County

Breast Cancer Support Group *Professionally-run.* Support, breast health education and a safe place to have a voice and be among others with breast cancer. Guest speakers, literature and newsletter. Building is handicapped accessible. Meets 2nd Tues., 2-3pm, Cape Regional Medical Center, Two Stone Harbor Blvd., Maruchi Room, Cape May Court House. Call Bonnie Kratzer, RN **609-463-4043** (day).

Cancer Wellness Support Group Support and education for anyone affected by cancer. Guest speakers and literature. Meets 2nd and 4th Tues., 10am, Hope

Community Cancer Center, 211 North Main St., Suite 100, Cape May Courthouse. Pre-registration required. Before attending call **609-926-2699** (day).

Prostate Cancer Support Group *Professionally-run*. Support, education and resources for prostate patients as well as survivors. Building is handicapped accessible. Meets 2nd Tues., 7:30pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Cape May Court House. Call Bonnie Kratzer, RN **609-463-4043** (day).

Cumberland County

Inspira Prostate Cancer Support Group *Professionally-run*. An educational, information sharing and emotional support group designed to meet the challenge of living with prostate cancer. Meets 4th Wed., 7pm (except Nov. and Dec.), Inspira Fitness Connection, 1430 West Sherman Ave., Vineland. Call Joe **856-641-8674** (day). E-mail: profettoj@sjhs.com

ThyCa Southern New Jersey Support Group Support, education and communication for thyroid cancer survivors, families, friends and health care professionals. Guest speakers, literature, newsletter, phone help, buddy system and message board. Building is handicapped accessible. Meets 3rd Sat., 11:30am-1pm, The Fitness Connection, Sherman Ave. and Orchard St., Vineland. Call Louise **215-742-5636** (day). Website: http://www.thyca.org/sg/nj_vineland.htm

Essex County

Breast Cancer Support Group *Professionally-run*. Support for adults with breast cancer. Meets 3rd Wed., 10am, Newark Beth Israel Medical Center, 201 Lyons Ave., Cancer Center, Newark. Pre-registration required. Before attending call **973-926-7976** (day).

Breast Cancer Support Group *Professionally-run*. Support for adults with breast cancer. Building is handicapped accessible. Meets 3rd Mon., 6-7:30pm, Gilda's Club, 208 Lyons Ave., Newark. Pre-registration required. Before attending call **973-923-3110** (day).

Breast Cancer Support Group *Professionally-run*. Support for individuals with breast cancer. Building is handicapped accessible. Meets 4th Mon., 6-7:30pm (except July and Aug.), St. Barnabas Cancer Center, 94 Old Short Hills Rd., 2nd Floor, East Wing, Livingston. Pre-registration required. Before attending call **973-322-2540** (day).

Cancer Caregiver Support Group *Professionally-run*. Support and education for caregivers of someone with cancer. Building is handicapped accessible. Meets 2nd Thurs., 1-2pm, Newark Beth Israel Medical Center, 201 Lyons Ave., Frederick B. Cohen Conference Room, Newark. Pre-registration required. Before attending call Leon Lejda **973-926-7565** (day).

Clara Maass Breast Cancer Support Group *Professionally-run.* Support for breast cancer patients. Discussion and guest speakers. Meetings vary, Clara Maass Medical Center, 1 Clara Maass Dr., Cancer Center Conference Room, Belleville. Pre-registration required. Before attending call Raylene Langish **973-450-2332** (day).

FORCE (Facing Our Risk of Cancer Empowered) Support and education for women whose family history and genetic status put them at high risk of getting ovarian or breast cancer. Open to family members. Meetings vary, 4 times/yr. (Jan., Apr., June and Sept.), Montclair Breast Center, 37 North Fullerton Ave., Montclair. For meeting information call or e-mail Jessie. Call Jessie **914-420-7936**. E-mail: jessieb@facingourrisk.org

General Cancer Support Group *Professionally-run.* Support and education for cancer patients. Building is handicapped accessible. Meets 3rd Thurs., 1:30-2:30pm, Newark Beth Israel Medical Center, 201 Lyons Ave., Frederick B. Cohen Conference Room, Newark. Pre-registration required. Before attending call Leon Lejda **973-926-7565** (day).

Living with Cancer Support Group *Professionally-run.* Support and education for cancer patients, families and friends. Provides positive coping skills to handle the practical and emotional challenges of living with cancer. Building is handicapped accessible. Meets 3rd Thurs., 10-11am, Hackensack UMC Mountainside, 1 Bay Ave., Harries Pavilion, Cancer Center Conference Room, Montclair. For meeting information call **973-429-6098** (day).

Partners in Caring Mutual support for cancer survivors, fighters and their caregivers. Provides information, hope, encouragement, resources and literature. Building is handicapped accessible. Meets 1st and 3rd Mon., 7:30-9pm (except Aug.), Christ Church, Church St. and Trinity Place, Montclair. Before attending call Church **973-783-1010** (day).

Sisters Network Essex County Mutual support for female African American breast cancer survivors. Membership is open to women outside the County. Aim is also to increase awareness of the impact of breast cancer. Literature and phone help. Building is handicapped accessible. Meets 2nd Mon., 6:30-8:30pm, Society Hill Clubhouse at University Heights, 1 Cornerstone Lane, Newark. Call **908-351-0034**. E-mail: essexcounty@sistersnetworkinc.org

WINGS (Women Inspiring Nurturing Giving Strength and Support) Support and education for women affected by cancer before, during and after treatment to alleviate stress and anxiety through the healing arts. Helps to regain physical, emotional and spiritual health. Guest speakers. Meetings vary, 7-9pm, Verona Community Center, 880 Bloomfield Ave. (behind the firehouse), Verona. Call **973-400-9529** (day). Check website for meeting information. Website: <https://www.wingscancersupportverona.com> E-mail: wingscancerhelp@gmail.com

Gloucester County

Breast Cancer Support Group *Professionally-run.* Support for those who are facing breast cancer for the first time, at any phase of treatment, sharing of experiences with others who are facing the same issues. Rap sessions, guest speakers, e-mail discussion group and literature. Meets 1st Thurs., 4:30-5:30pm, Kennedy Cancer Center, 900 Medical Center, Suite 205, Sewell. Pre-registration required. Before attending call **856-218-5322** (day). E-mail: a.hassel@kennedyhealth.org

Hudson County

Breast Cancer Support Group *Professionally-run.* Support for breast cancer survivors and patients. Building is handicapped accessible. Pre-registration required. Before attending call Vivian **201-915-2000** ext. 4855 (day) Email: vrohrsetzer@libertyhcs.org

Jersey City Meets 2nd Thurs., 5-6pm, Cristie Kerr Women's Health Center, 377 Jersey Ave.

Jersey City (SPANISH) Meets 2nd Thurs., 4-5pm, Cristie Kerr Women's Health Center, 377 Jersey Ave.

Cancer Survivor Support Group (SPANISH) Support for cancer survivors. Information on resources and benefits. Meetings vary, 5:30pm (Feb., Apr., June, Aug., Oct., Dec.), Save Latin America, Inc., 138 39th St., Union City. Pre-registration required. Before attending call Ivelisse **201-271-7474** (day).

Community Cancer Support Group Support for adults with any type of cancer. Guest speakers. Building is handicapped accessible. Meets 2nd Wed., 7pm, Bayonne Medical Center, 29th St. and Ave. E., Bayonne. Call Barbara Hojnowski **201-823-9980** (day).

Mercer County

Advanced Breast Cancer Support Group *Professionally-run.* Support for those with stage 4 breast cancer disease. Building is handicapped accessible. Meets 2nd Mon., 4th Mon., 7:30-9pm (except holidays), YWCA Princeton Breast Cancer Resource Center, 59 Paul Robeson Place, Princeton. Pre-registration required. Before attending call **609-497-2100** ext. 349 (day). E-mail: bcrc@ywcaprinceton.org

Beyond Breast Cancer Support Group *Professionally-run.* Support for breast cancer survivors to help cope with the medium and long-term effects of breast cancer and its treatment, while focusing on practical ways to move beyond breast cancer and return to wellness. Building is handicapped accessible. Meets 4th Mon., 5:30-7pm, YWCA Princeton Breast Cancer Resource Center, 59 Paul Robeson Place, Princeton. Pre-registration required. Before attending call **609-497-2100** ext. 349 (day). E-mail: bcrc@ywcaprinceton.org

Breast Cancer Support Group *Professionally-run.* Support for breast cancer patients in all phases of their journey, their families and caregivers. Meets 3rd Tues., 6-7:30pm,

University Medical Center at Princeton, Breast Health Center, 300B Princeton-Hightstown Rd., East Windsor. Call Lois Glasser, LCSW **201-301-6807** (day).

Breast Cancer Support Group *Professionally-run*. Support for people diagnosed with breast cancer. Survivors assist and support each other as they address ongoing concerns. Building is handicapped accessible. Meets 1st Tues., 6:30-8pm, Cancer Institute of New Jersey at Hamilton, 2575 Klockner Rd., Hamilton. Call **609-584-2836** (day).

Coping with Breast Cancer Support Group *Professionally-run*. Support for individuals who are in active treatment (less than 1 year from the date of their diagnosis) to cope with the short and medium-term effects of breast cancer and its treatment. Topics discussed include making treatment decisions, communication, managing hair loss and fatigue, self-esteem, etc. Building is handicapped accessible. Building is handicapped accessible. Meets Wed., 6:30-8pm, 6 week sessions/5 times/yr., YWCA Princeton Breast Cancer Resource Center, 59 Paul Robeson Place, Princeton. For meeting information call **609-497-2100** ext. 349 (day). E-mail: bcrc@ywcaprinceton.org

Support for People with Oral & Head & Neck Cancer (SPOHNC) *Professionally-run*. Support for persons with oral, head and neck cancer. Building is handicapped accessible. Meets 3rd Wed., noon-1pm (except July and Aug.), University Medical Center of Plainsboro, 1 Plainsboro Rd., Plainsboro. Call Amy Heffern **609-575-7949** (day). Website: <http://www.spoync.org> E-mail: ahheffern@princetonhcs.org

Us TOO (Prostate Cancer Support Group) Provides support and education for men with prostate cancer and their families. Meets 3rd Tues., 3pm, Capital Health Hopewell, One Capital Way, Pennington. Pre-registration required. Before attending call Karen Yacilla **609-303-4255** (day).

Young Survivors Support Group (Breast Cancer) Support for breast cancer survivors ages 40 and younger. Building is handicapped accessible. Meets 4th Wed., 7:30-9pm, YWCA Princeton Breast Cancer Resource Center, 59 Paul Robeson Place, Princeton. Pre-registration required. Before attending call **609-497-2100** ext. 349 (day). E-mail: bcrc@ywcaprinceton.org

Middlesex County

Breast Cancer Support Group *Professionally-run*. Mutual support and education for women with breast cancer. Guest speakers. Building is handicapped accessible. Meets 1st Wed., 5:30-7pm, RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. Before attending call **732-499-6193** (day).

Breast Cancer Support Group *Professionally-run*. Mutual support and education for women with breast cancer. Guest speakers. Building is handicapped accessible. Meets 1st and 3rd Mon., 7-8:30pm, Rutgers Cancer Institute of NJ, 195 Little Albany St., 2nd Floor, Waiting Room, New Brunswick. Call Deborah Leif **732-235-7011** (day).

Cancer Support Group *Professionally-run.* Support and education for persons with cancer, their families and caregivers. Rap sessions, discussion, literature and phone help. Building is handicapped accessible. Meets 3rd Tues., 1:30-3pm, Monroe Township Senior Center, 12 Halsey Reed Rd., Monroe Township. Call Lois Glasser, LCSW 201-301-6807 (day).

Gynecologic Cancer Support Group *Professionally-run.* Support for women facing a diagnosis of a gynecologic cancer. Families and friends welcome. Promotes mutual problem solving and facilitates sharing. Building is handicapped accessible. Meets 2nd Tues., 7-8:30pm, Cancer Institute of NJ, 195 Little Albany St., 1st Floor, Women Center, Waiting Room, New Brunswick. Pre-registration required. Before attending call 732-235-6781 (day).

Latina Women Cancer Support Group (BILINGUAL) Support for Latina women with cancer. Discussions on how to cope with cancer, reduce stress learn ways to care for yourself. Light meal included. Building is handicapped accessible. Meets 2nd Sat., 10am-1pm, St. Peter's University Hospital, 254 Easton Ave., Sister Marie de Pazzi Conference Center, New Brunswick. Pre-registration required. Before attending call Ellen Levine 908-658-5400 ext. 102 (day).

Living with Cancer Support Group *Professionally-run.* Mutual support for anyone who has been diagnosed with cancer, their families and friends. Building is handicapped accessible. Meets 2nd and 4th Wed., 7-8:30pm, Cancer Institute of NJ, 195 Little Albany St., 2nd Floor Waiting Room, New Brunswick. Pre-registration required. Before attending call Rose Slirzewski 732-235-6781 (day).

The New Jersey Carcinoid Cancer Network (NJCCN) Provides help and education to patients and caregivers. Discusses experiences and options for those with carcinoid or other neuroendocrine tumors. Building is handicapped accessible. Meets 1st Sun., 1:30pm (except Feb., Apr., July, Aug., Oct.), Woodbridge Public Library, 1 George Fredrick Plaza, Woodbridge. Check website for meeting information. Call 609-812-9294. Website: <http://www.njcarcinoidnetwork.org>

Prostate Cancer Support Group *Professionally-run.* Support and education for those with prostate cancer and their families. Rap sessions, guest speakers, literature and phone help. Meets 2nd Wed., noon-1:30pm, University Medical Center of Princeton at Plainsboro, One Plainsboro Rd., Edward and Marie Matthews Center for Cancer Care, Plainsboro. Call Lois Glasser, LCSW 201-301-6807 (day).

Voices of Healing (Breast Cancer) *Professionally-run.* Support for women with breast cancer to decrease their feelings of isolation and provide a sense of purpose and belonging. Empowerment, body image and family roles are discussed. Members are encouraged to discover the strength of their own inner resources. Meets 4th Tues., 6:30-8pm, JFK Medical Center, 65 James St., Edison. Pre-registration required. Before attending call Laurie Sussman 732-321-7000 ext. 66224

Monmouth County

Blood Cancer Family Support Group *Professionally-run.* Support for adult patients, caregivers and family members affected by blood cancers and related blood disorders. Building is handicapped accessible. Meets 3rd Mon., 5:30-7pm., Monmouth Medical Center, 300 Second Ave., Long Branch. Preregistration required. Before attending call 732-923-6575 (day) E-mail: johogan@barnabushealth.org

Breast Cancer Support Group *Professionally-run.* Support and education for mastectomy and lumpectomy patients. Peer-counseling and guest speakers. Building is handicapped accessible. Meets 1st Tues., 7pm, Riverview Medical Center, 1 Riverview Plaza, Women's Center Conference Room, Red Bank. Pre-registration required. Before attending call 732-530-2577 (day).

Breast Cancer Support Group *Professionally-run.* Support for women with breast cancer. Guest speakers and newsletter. Building is handicapped accessible. Meets 1st Thurs., 1:30-3pm, Jersey Shore University Medical Center, 1945 Route 33, Amdur Pavilion, Neptune. Pre-registration required. Before attending call Kimberly Higgins 732-776-3316 (day). E-mail: khiggins@meridianhealth.com

Breast Cancer Support Group *Professionally-run.* Support for women with breast cancer. Building is handicapped accessible. Meets 2nd and 4th Fri., 10-11:30am, Jacqueline Wilentz Breast Cancer at Monmouth Medical Center, 300 Second Ave., Breast Cancer Conference Room, Long Branch. Pre-registration required. Before attending call 732-923-7582 (day).

Breast Cancer Support Group *Professionally-run.* Support, information and mutual sharing for breast cancer survivors. Rap sessions and phone help. Building is handicapped accessible. Meets 1st Mon., 7:30-9pm, Health Awareness Center, 901 W. Main St., Freehold. Call 732-308-0570 (day).

Breast Cancer Support Group Support for newly diagnosed, those under treatment and breast cancer survivors. Guest speakers. Building is handicapped accessible. Meets 1st Tues., 7-8:30pm, Riverview Medical Center, 1 Riverview Plaza, Red Bank. Before attending call Rose 732-859-8857 (day).

Colorectal Cancer Support Group Support and education for anyone affected by colorectal cancer including survivors, caregivers and family members. Rap sessions and guest speakers. Building is handicapped accessible. Meets 2nd Tues., 7-8:30pm, CentraState Medical Center, 901 West Main St., Health Awareness Center, Ambulatory Campus, Freehold. Before attending call 732-308-0570 (day).

Healing Helpers Support Group *Professionally-run.* Provides support for those diagnosed with cancer or other serious illness. Families and caregivers welcome. Rap sessions and literature. Building is handicapped accessible. Meets 2nd and 4th Thurs.,

10:30am-noon (except July/Aug.), Bayshore Community Hospital, 727 North Beers St., Holmdel. Pre-registration required. Before attending call **732-739-5832** (day).

Healing Ourselves Together *Professionally-run*. Support for those dealing with any type of cancer. Building is handicapped accessible. Meets 1st Tues., 1:30-2:30pm, Monmouth Medical Center, 200 Second Ave., Long Branch. Pre-registration required. Before attending call **732-923-6575** (day).

The Inner Circle Support Group *Professionally-run*. Support for families, friends and caregivers of those diagnosed with cancer. Rap sessions, guest speakers and literature. Building is handicapped accessible. Meets 3rd Wed., 4-5:30pm, Jersey Shore University Medical Center, 1945 Route 33, Amdur Pavilion, Cancer Conference Room, Neptune. Pre-registration required. Before attending call Kimberly Higgins **732-776-3316** (day). E-mail: khiggins@meridianhealth.com

Living with Cancer Support Group *Professionally-run*. Support for women and men diagnosed with cancer. Rap sessions, guest speakers and literature. Building is handicapped accessible. Meets 1st Wed., 4-5:30pm, Jersey Shore University Medical Center, 1945 Route 33, Amdur Pavilion, Cancer Conference Room, Neptune. Pre-registration required. Before attending call Kimberly Higgins **732-776-3316** (day). E-mail: khiggins@meridianhealth.com

New Jersey Chapter Leukemia and Lymphoma Society *Professionally-run*. Emotional support and educational information for adult survivors and family members whose lives have been touched by a blood cancer diagnosis (leukemia, lymphoma, Hodgkin's disease, myeloma and MDS). Mutual sharing, guest speakers, advocacy and literature. Meets 1st Wed., 7pm, CentraState Medical Center, 901 West Main St., Freehold. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.lls.org/nj>

Ovarian Cancer Support Group *Professionally-run*. Provides support for women with ovarian, cervical and endometrial cancers. Guest speaker. Building is handicapped accessible. Meets 2nd Tues., 11:30am-1:30pm, Monmouth Medical Center, 300 2nd Ave., Pauline Fromkin Family Lounge, Long Branch. Call Leslie Shepherd, RN **732-890-5713**.

Ovarian Cancer Support Group *Professionally-run*. Support for women diagnosed with cervical, endometrial, ovarian and uterine cancers. Rap sessions, guest speakers and literature. Building is handicapped accessible. Meets 1st and 3rd Tues., 11:30am-1:30pm, Jersey Shore University Medical Center, 1945 Route 33, Amdur Pavilion, Cancer Conference Room, Neptune. Pre-registration required. Before attending call Kimberly Higgins **732-776-3316** (day). E-mail: khiggins@meridianhealth.com

Prostate Support Group *Professionally-run.* Support and education for prostate cancer patients. Building is handicapped accessible. Meets 2nd Thurs., 3-5pm, Riverview Medical Center, 1 Riverview Plaza, Blaisdell Building, Conference Room D, Fifth Floor, Red Bank. Call Joan Toole **732-530-2468** (day).

SPOHNC (Support for People with Oral, Head and Neck Cancer) *Professionally-run.* Support for persons with oral, head and neck cancer. Families welcome. Guest speakers, newsletter and phone help. Building is handicapped accessible. Meets 2nd Thurs., 6-7pm, Monmouth Medical Center, 300 Second Ave., Radiation Oncology Conference Room, Long Branch. Pre-registration required. Before attending call Rebecca Kopke **732-923-6575** (day).

Thyroid Cancer Support Group *Professionally-run.* Support and education for persons with thyroid cancer. Building is handicapped accessible. Meets 1st Mon., 6-7:30pm (except Jan. and Sept.), Jersey Shore University Medical Center, 1945 Route 33, Brennan Lobby, Neptune. Pre-registration required. Before attending call **1-800-560-9990** (24 hr.).

Us TOO (Prostate Cancer Support Group) Provides support & education for men with prostate cancer and their families. Building is handicapped accessible. Meets 1st Thurs., 7-9pm, Monmouth Medical Center, 300 Second Ave., Breast Center, Long Branch. Pre-registration required. Before attending call Cancer Services **732-923-7582**.

Us TOO Prostate Cancer Support Group Support and education for men diagnosed with prostate cancer and their families. Building is handicapped accessible. Guest speakers, literature and online discussions. Meets 3rd Thurs., 7-9pm (except Dec.), Midtown Community Elementary School, 1150 Embury Ave., Neptune. Call Rich **732-493-3913**. E-mail: rguilfoy@monmouth.edu

Morris County

Breast Cancer Support Group (SPANISH) *Professionally-run.* Support for women who are diagnosed with breast cancer. Guest speakers, chair yoga and literature. Building is handicapped accessible. Meetings vary, 10:30am-noon, Zufall Health Center, 18 West Blackwell St., Dover. Pre-registration required. Before attending call Sarah Aleman, LCSW **973-328-3344** ext. 322 (day).

Breast Cancer Support Group *Professionally-run.* Information and support for women with breast cancer. Building is handicapped accessible. Meets 3rd Tues., 7-8:30pm, Morristown Memorial Hospital, Carol G. Simon Cancer Center, 100 Madison Ave., Radiation Dept., Waiting Room, Morristown. Call Diane Haley **973-971-6299** (day).

Children's Group *Professionally-run.* Provides support to children (ages 6-12) dealing with family issues of cancer. Building is handicapped accessible. Group meets for 8 week sessions in Denville. Parent group meets concurrently. For information call Brandy Johnson **973-625-6176** (day). E-mail: brandyjanson@saintclares.org

GI Cancer Support Group *Professionally-run.* Support for patients with any type of GI cancer diagnosis. Building is handicapped accessible. Meets 3rd Tues., 11am-noon, Morristown Memorial Hospital, Carol G. Simon Cancer Center, 100 Madison Ave., 3rd Floor, Conference Room, Morristown. Call Diane Haley **973-971-6299** (day).

Head and Neck Cancer *Professionally-run.* Support for any person afflicted with head and neck cancer. Building is handicapped accessible. Meets 3rd Wed., 1:30-3pm, Morristown Memorial Hospital, Carol G. Simon Cancer Center, 100 Madison Ave., 3rd Floor, Conference Room, Morristown. Call Kathleen Crowley **973-971-4063** (day).

Head, Neck, Oral and Throat Cancer Support Group Support for survivors who want to help others going through cancer treatments which include surgery, chemo and radiation for head, neck, oral and throat cancer. Caregivers welcome. Building is handicapped accessible. Guest speakers, literature and phone help. Meets 2nd Mon., 1pm, American Cancer Society, 7 Ridgedale Ave., Ste 103, Cedar Knolls. For meeting information call Rita **973-660-0257** [has an electro-larynx] (day) or Dom **973-455-1051** (day). E-mail: ritaburfitt@gmail.com

Living with Cancer *Professionally-run.* Support for patients, friends and family members affected by cancer. Meets last Wed., 1-2pm, Cancer Care of Saint Clare's, 23 Pocono Rd., Conference Room, Denville. Pre-registration required. Before attending call **973-625-6176**. E-mail: brandyjohnson@saintclares.org

Lung Cancer Support Group *Professionally-run.* Support for people with any stage of lung cancer. Spouses are welcome. Building is handicapped accessible. Meets 4th Wed., 2-3:30pm, Morristown Memorial Hospital, Carol G. Simon Cancer Center, 100 Madison Ave., 3rd Floor, Conference Room, Morristown. Call Lisa Picciuti, LCSW **973-971-7971** (day). E-mail: lisa.picciuti@atlantichhealth.org

Tri-County New Voice Laryngectomy Support Group Mutual support and social activities for laryngectomees. Also includes neck, head and/or oral cancers. Hospital visitation for new laryngectomees. Family and friends are welcome. Building is handicapped accessible. Meetings vary, 7:15pm, Saint Clare's Hospital, 25 Pocono Rd., Silby Hall, Denville. For meeting information call Tom Beneventine **973-694-8417** (eve.).

Us TOO (Prostate Cancer Support Group) Provides support and education for those with prostate cancer and their families. Monthly speaker and individual support groups. All are welcome. Building is handicapped accessible. Meets 1st Tues., 7:30-9:30pm, Morristown Memorial Hospital, 100 Madison Ave., Malcolm Forbes Amphitheater, Morristown. Call Bill Grassmyer **973-895-2135**. E-mail: wjgrassmyer@yahoo.com

Women Helping Women Cancer Group *Professionally-run*. Support for women who are dealing with cancer. Meets 3rd Wed., 7-8:30pm, Saint Clare's Hospital, 25 Pocono Rd., Executive Dining Room, 1st Floor, Denville. Before attending call Brandy Johnson 973-625-6176 (day). E-mail: brandyjohnson@saintclares.org

Women to Women Support Group *Professionally-run*. Mutual support for women living with cancer. Building is handicapped accessible. Meets 1st and 3rd Tues., 1-2:30pm, Chilton Health Network, 242 West Parkway, 2nd Floor, Conference Room, Pompton Plains. Call 973-831-5311.

Ocean County

Breast Cancer Support Group *Professionally-run*. Education and sharing for women diagnosed with breast cancer. Rap sessions and occasional guest speaker. Building is handicapped accessible. Meets last Wed., 5-6:30pm, Community Medical Center, 99 Highway 37 West, Radiation Oncology, Ground Floor, Toms River. Before attending call Tracie Barberi, LCSW 732-557-8000 ext. 11303 (day).

Breast Cancer Support Group *Professionally-run*. Support and education for persons afflicted with breast cancer. Building is handicapped accessible. Meets 2nd Tues., 7-8pm, Family Resource Center at Meridian Fitness and Wellness, 700 Route 9 South, West Creek. Call 609-978-3559.

Cancer Concern Center Support for those coping with cancer. Family and friends welcome. Yoga, meditation and wigs. Phone help available. Meets Tues., noon-1pm, Cancer Concern Center, 1101 Richmond Ave., Route 35 South, Point Pleasant. Call 732-701-0250.

Cancer Support Group Mutual support for individuals with cancer. Share coping strategies, resources and networking with one another. Literature. Meets 3rd Tues., 3-4:30pm, Southern Ocean Medical Center, 1140 Route 72 West, Beach Plum Conference Room, Manahawkin. Call Joyce Fields, MSW, LCSW 609-978-8900 ext. 2708 (day).

Cancer Support Group *Professionally-run*. Support for men and women with any type of cancer. Building is handicapped accessible. Meets 2nd Mon., 3pm, Ocean Medical Center, 425 Jack Martin Blvd., Brick. Call 732-836-4048 (day).

Inner Circle Support Group *Professionally-run*. Support for families, friends and caregivers of those diagnosed with cancer. Building is handicapped accessible. Meets 3rd Wed., 2:30pm, Ocean Medical Center, 425 Jack Martin Blvd., Brick. Call 732-836-4048 (day).

New Jersey Chapter Leukemia and Lymphoma Society *Professionally-run.*

Emotional support and educational information for adult survivors and family members whose lives have been touched by a blood cancer diagnosis (leukemia, lymphoma, Hodgkin's disease, myeloma and MDS). Mutual sharing, guest speakers, advocacy and literature. Meets last Wed., 2pm, Community Medical Center, 99 Route 37 West, Toms River. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.lls.org/nj>

Prostate Cancer Support Group Provides support and education for men diagnosed with prostate cancer and their families. Building is handicapped accessible. Meets 3rd Thurs., 2pm, The Lighthouse, Riverwood Plaza, 67 Route 37, Bldg. 1, Toms River. Call **1-800-621-0096** (day).

SPOHNC (Support for People with Oral & Head & Neck Cancer) *Professionally-run.*

Support for persons with oral, head and neck cancer. Families welcome. Phone help. Building is handicapped accessible. Meets last Thurs., 3pm, Community Medical Center, 99 Route 37 West, Radiation - Oncology Dept., Toms River. Call Sherry **732-557-8270** (day). Website: <http://www.spohnc.org> E-mail: slaniado@barnabashealth.org

Us TOO Prostate Cancer Support Group Support and education for men diagnosed with prostate cancer. Families welcome. Building is handicapped accessible. Meets 3rd Thurs., 2pm, Community Medical Center, 99 Rte 37 West, Toms River. Before attending call Larry **732-349-2950** (day). E-mail: Lpuccio1@comcast.net

Passaic County

Cancer Support Group *Professionally-run.* Support for cancer patients and survivors with any type of cancer. Meets 2nd Mon., 4:30-5:30pm, St. Joseph's Medical Center, 703 Main St., Barclay Room, Basement Level, Paterson. Pre-registration required. Before attending call Doreen Mitchell **973-754-2832** (day).

Salem County

Cancer Survivors Group *Professionally-run.* Support and education for anyone with cancer. Family and friends welcome. Guest speakers occasionally. Building is handicapped accessible. Meets 2nd and 4th Thurs., 4:30pm, Memorial Home Health and Hospice, Memorial Hospital of Salem County, 310 Woodstown Rd., 4th Floor Conference Room, Salem. Call Libby Maurer **856-468-1167** (day) or Gaye **856-678-3785** (day).

Somerset County

Advanced Breast Cancer Support Group *Professionally-run.* Provides an opportunity for individuals with advanced breast cancer and their loved ones to discuss and exchange information. Rap sessions. Meets 1st and 3rd Wed., 11:30am-1pm, Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. Call Ellen Levine, LCSW **908-658-5400** ext. 102. Website: <http://www.cancersupportcnj.org>

Angeles Rosados (Breast Cancer) (SPANISH) Support for anyone diagnosed with breast cancer. Families welcome. Meets 3rd Sat. in Hillsborough. Call Ingrid Rincon **908-635-4553** (day) or Olga Berrio **908-240-7726** (day) or Website: <http://www.facebook.com/angelesrosados>

Breast Cancer Support Group *Professionally-run.* Support for women with breast cancer. Building is handicapped accessible. Meets 2nd Tues., 6:30-8pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Before attending call **908-927-8721** (day).

Cancer Spirituality Support Group Support for cancer patients and survivors to discuss and explore spirituality. Guest speakers. Meets 1st and 3rd Wed., 1-2pm, RWJ Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Pre-registration required. Before attending call **908-685-2425** (day).

Central Jersey Multiple Myeloma Support Group Mutual support for patients, families and friends affected by multiple myeloma. Building is handicapped accessible. Meets 1st Wed., 7pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Call Paula **908-725-4948** (eve.). Website: <http://www.centraljersey.myeloma.org> E-mail: pvanriper1122@gmail.com

Family and Friends Support Group *Professionally-run.* Support for family members and friends who are caring for an adult with cancer. Sharing of thoughts, feelings and information. Meets 1st and 3rd Wed., 11:30am-1pm, Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. Pre-registration required. Before attending call Ellen Levine, LCSW **908-658-5400** ext. 102 (day).

Gynecological Cancer Support Group *Professionally-run.* Support for women with gynecologic cancer. Meets 2nd Mon., noon-1:30pm, Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. Call Ellen Levine **908-658-5400** (day).

Kids Connect/Parents Connect *Professionally-run.* Support for children (ages 7-17) to help them cope with a parent's cancer diagnosis. Children participate in creative activities to help them express their feelings. Parents develop skills to talk with children about their cancer. Meetings vary, Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. Pre-registration required. Before attending call Ellen Levine, LCSW **908-658-5400** ext. 102 (day).

Living with Cancer Support Group *Professionally-run.* Provides support for cancer patients to share thoughts, feelings and information with others diagnosed with cancer. Meets Thurs., Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. Pre-registration required. Before attending call Karen Larsen, LCSW **908-658-5400** ext. 104 (day). Website: <http://www.cancersupportcnj.org>

Men's Cancer Support Group *Professionally-run.* Support for men who are currently dealing with issues relating to their cancer diagnosis. Building is handicapped

accessible. Meets 2nd and 4th Wed., 6:30-8pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Call Ellen Levine **908-658-5400** ext. 102 (day). Website: <http://www.cancersupportcnj.org>

Sisters Network of Central New Jersey Mutual support for female African American breast cancer survivors. Aim is to increase awareness of the impact of breast cancer. Literature and phone help. Building is handicapped accessible. Meets 2nd Mon., 7-8:30pm, Sisters Network of Central New Jersey, 1201 Hamilton St., Somerset. Call Dorothy Reed **732-246-8300** (day). Website: <http://www.sncnj.org> E-mail: sistercentral@sncnj.org

SPOHNC (Support for People with Oral & Head & Neck Cancer) *Professionally-run.* Support for persons with oral, head and neck cancer. Families welcome. Meets 3rd Wed., 6-7pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Call Kelly Harth, MSW **908-343-8247** (day). Website: <http://www.spoync.org> E-mail: kharth161@comcast.net

Women's Cancer Support Group *Professionally-run.* Support for women with any type of cancer. Building is handicapped accessible. Meets 2nd and 4th Wed., 9:30am, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Before attending call **908-927-8721** (day).

Young Women's Cancer Support Group Support for young women (under age 45) with cancer. Building is handicapped accessible. Meets 3rd Tues., 6:30-8pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Before attending call **908-927-8721** (day).

Sussex County

Breast Cancer Support Group *Professionally-run.* Support for women with breast cancer. Guest speakers. Building is handicapped accessible. Meets 2nd Tues., 6pm, Sparta Health and Wellness Center, 89 Sparta Ave., Suite 130, Sparta. Call Toni McCambridge **973-726-0005** ext. 251 (day).

Cancer Support Group *Professionally-run.* Support and education for those whose lives have been affected by any form of cancer. Families and caregivers are welcome. Building is handicapped accessible. Meets 4th Thurs., 3-4pm, Newton Medical Center, 175 High St., Newton. Pre-registration is required. Before attending call **973-579-8620** (day).

Union County

Breast Cancer Support Group *Professionally-run.* Mutual support and education to women with breast cancer. Building is handicapped accessible. Meets 1st Wed., 5:30-7pm, RWJ Rahway, Fitness and Wellness Center, 2120 Lamberts Mills Rd., Conference

Room, Scotch Plains. Pre-registration required. Before attending call **732-499-6193** (day).

Breast Cancer Survivorship Group *Professionally-run.* Support for women who have experienced breast cancer. Building is handicapped accessible. Meetings vary, 5pm, Summit Medical Group, 1 Diamond Hill Rd., Breast Care Center, Waiting Room, Berkeley Heights. Before attending call **908-277-8670** (day).

Facing Breast Cancer Together *Professionally-run.* Support for women with breast cancer, diagnosed at any age and at any stage of diagnosis and treatment, where resources and coping strategies are shared. Literature, newsletter and phone help. Building is handicapped accessible. Meets 1st and 3rd Thurs., 6-7:15pm (except holidays), Pathways, 79 Maple St., Summit. Pre-registration required. Before attending call **908-273-4242** ext. 154 (day). Email: pathways@theconnectiononline.org

Gynecological Cancer Support Group *Professionally-run.* Support for women afflicted with gynecological cancers at any stage of diagnosis and treatment. Resources and coping strategies are shared. Building is handicapped accessible. Meets 2nd and 4th Tues., noon-1:15pm (except holidays), Pathways, 79 Maple St., Summit. Pre-registration required. Before attending call **908-273-4242** ext. 154. Email: pathways@theconnectiononline.org

New Jersey Chapter Leukemia and Lymphoma Society *Professionally-run.* Emotional support and educational information for adult survivors and family members whose lives have been touched by a blood cancer diagnosis (leukemia, lymphoma, Hodgkin's disease, myeloma and MDS). Mutual sharing, guest speakers, advocacy and literature. Meets 3rd Mon., 10:30am, Cranford Community Center, 220 Walnut Ave., Cranford. Pre-registration required. Before attending call **908-956-6608** (day). Website: <http://www.lls.org/nj>

Newly Diagnosed Breast Cancer Support Group *Professionally-run.* Support for women who are newly diagnosed with breast cancer. Building is handicapped accessible. Meets 1st Mon., 5pm, Summit Medical Group, 1 Diamond Hill Rd., Breast Care Center, Berkeley Heights. Before attending call **908-277-8670** (day).

Prevention Through Parenting *Professionally-run.* Support and education for teenagers who are pregnant or parents of young children. Fathers welcomed also. Literature and phone help. Meets Thurs., 3:30-5pm, United Family and Children's Society, 305 West 7th St., Plainfield. Call Karen Flanagan, CSW **908-755-4848**. E-mail: info@unitedfamily.org

Warren County

Breast Cancer Support Group *Professionally-run.* Mutual support and encouragement for women with breast cancer. Meetings vary, 7-8:30pm, Joan Knechel Cancer Center at Hackettstown Regional Medical Center, 651 Willow Grove St., Hackettstown. Before attending call Joan Runfola, LCSW **908-441-1503**.

CAREGIVERS

Bergen County

ARC (Adult Reach Center) *Professionally-run.* Provides emotional support, information and referrals for caregivers. Guest speakers. Building is handicapped accessible. Meets 2nd Mon., 7pm (except Aug.); 2nd Tues., 11am and 4th Thurs., 11am (except Nov.), Kaplen JCC on the Palisades, 411 East Clinton Ave., Tenafly. Call Judi Nahary **201-408-1450** (day).

Caregiver Support Group *Professionally-run.* Provides mutual support for people caring for an ill relative (ages 60+). Building is handicapped accessible. Meets Tues., 10-11am, Northwest Senior Center, 50 Center St., Midland Park. Call Sheila Brogan **201-447-5695** (Tues. and Wed., 9am-3pm). E-mail: sheilabrogan@optonline.net

Caregivers of the Disabled or Elderly *Professionally-run.* Mutual support, sharing of coping skills and education for persons who are caregivers of elderly or disabled adults. Building is handicapped accessible. Meets 1st Wed., 3pm, Day-A-Way, Holy Name Hospital, 725 Teaneck Rd., Community Services Building, Teaneck. Call Rachel Cohen **201-833-3000** ext. 3757 (day).

Burlington County

Caregiver Support Group *Professionally-run.* Support for anyone caring for a loved one. Literature. Meets last Tues., 6-7:30pm, Associated Home Healthcare Services, 137 High St., Mt. Holly. Pre-registration required. Before attending call **609-303-3113** (day). E-mail: info@associatedhomehealthcareservices.com

Camden County

Senior Care of Laurel Springs Caregiver Support Group *Professionally-run.* Offers information and support for families or caregivers of any senior. Lecture series, mutual sharing, education and guest speakers. Building is handicapped accessible. Meets last Wed., 6:30-7:30pm, Senior Care of Laurel Springs, 1361 Chews Landing Rd., Laurel Springs. Call **856-784-4000** (day).

Well Spouse Association Support for a loved one who cares for a chronically-ill spouse or partner (MS, Parkinson's, emphysema, diabetes, etc.). Opportunity to share common feelings and concerns. Building is handicapped accessible. Meets 1st Fri., 7pm, Cherry Hill Library, 100 Kings Highway North (Route 41), Cherry Hill. Call Bob **856-354-6391** (day).

Cape May County

Caring for You, Caring for Me *Professionally-run*. Support for those who provide care for family or friends. Discussion, activities, speakers and refreshments. Building is handicapped accessible. Meets 1st Tues., 1-3pm, Cape Regional Medical Center, 2 Stone Harbor Blvd., Maruchi Room, Cape May Courthouse. Call Bonnie Kratzer, RN **609-463-4043** (day).

Essex County

Caregivers Support Group *Professionally-run*. Support and education for caregivers. Guest speaker and literature. Building is handicapped accessible. Meets 1st Wed., 10-11am, Barnabas Health Hospice and Palliative Care, 95 Old Short Hills Rd., West Orange. Call **973-322-4804** (day).

Caregivers Support Group *Professionally-run*. Support and information for caregivers. Guest speakers and literature. Meets 1st and 3rd Mon., 7-8:30pm, Verona Park Boat House, Bloomfield Ave. and Lakeside Ave., Verona. Pre-registration required. Before attending call Ruth Rothbart-Mayer **917-916-8002** (day).

Women Caring for an Ill Spouse Support for women caring for an ill spouse. Groups start periodically and run for 6 weeks. Registration fee \$45. Building is handicapped accessible. Meetings vary, Linda and Rudy Slucker NCJW Center for Women, 70 South Orange Ave., Suite 120, Livingston. Pre-registration required. Before attending call **973-994-4994** (day). Website: <http://www.centerforwomennj.org> E-mail: centerforwomen@ncjwessex.org

Gloucester County

Circle of Caring *Professionally-run*. Promotes the well-being of caregivers through emotional support and information. Families welcome. Phone help, guest speakers and literature. Building is handicapped accessible. Meets last Fri., 9:30am-noon, Division of Senior Services, 115 Budd Blvd., West Deptford. Call Barbara Valdez, RN **856-686-8338** (day).

Hunterdon County

Caregiver Support Group *Professionally-run*. Support for anyone who is a caregiver for the elderly. Building is handicapped accessible. Meets 1st Thurs., 1-3pm, Hunterdon Medical Center, 2100 Wescott Dr., 5th Floor, Flemington. Call Kathy Mason **908-237-2364** (day).

Caregiver Support Group Support for men and women who are caregivers. Meets 3rd Wed., 6:30pm, 4 Walter E. Foran Blvd., 2nd Floor, Suite 410, Flemington. Call Michelle Wall **908-223-1191** (day). E-mail: mwall@fso-hsw.org

Families Anonymous 12-Step. Mutual support for relatives and friends concerned about the use of drugs, alcohol or related behavioral problems of a loved one. Building is handicapped accessible. Meets Thurs., 6:30pm, Flemington Jewish Community Center, 5 Sergeantsville Rd., Flemington. Call Dennis **908-619-3552** (day). Website: <http://www.familiesanonymous.org>

Nurse Recovery Group *Professionally-run.* Mutual support and information for nurses who are recovering from addictions. Sharing of professional concerns and encouragement. Meets in Flemington. Call **1-800-662-0108** (day). Website: <http://www.njsna.org> (click on RAMP; next click on Peer Assistance)

Mercer County

Caregiver Support Group *Professionally-run.* Support for people who care for a chronically-ill spouse, partner or friend coping with Alzheimer's, Parkinson's, stroke, heart, chronic obstructive pulmonary disease or other illnesses of aging. Building is handicapped accessible. Meets 2nd Mon., 1:30-3pm (except July), Princeton Senior Resource Center, Suzanne Patterson Building (behind Borough Hall), 45 Stockton St., Princeton. Call Susan Hoskins **609-924-7108** (day). Website: <http://www.princeton senior.org> E-mail: info@princeton senior.org

CAPS (Children of Aging Parents) *Professionally-run.* Information, education and peer support for adult children who are caring for aging parents near or far. Literature and guest speakers. Building is handicapped accessible. Meets 2nd Wed., 4:30-6pm, Princeton Senior Resource Center, Suzanne Patterson Building (behind Monument Hall), 45 Stockton St., Princeton. Call Susan Hoskins **609-924-7108** (day). Website: <http://www.princeton senior.org> E-mail: info@princeton senior.org

Middlesex County

Buckingham's Spouse Caregiver Support Group *Professionally-run.* Support and education for those caring for an elderly parent, spouse or relative with memory loss. Meets 4th Mon., 1:30-3pm, Buckingham Place Adult Day Center, 700 Woods Lane, Monmouth Junction. Pre-registration required. Before attending call Minda **732-329-8954** ext. 5 (day).

Caregivers Support Group *Professionally-run.* Provides a safe environment for caregivers to share feelings in a non-judgmental environment and obtain useful information. Guest speakers, education and literature. Building is handicapped accessible. Meets 3rd Tues., 2-3:15pm, Reformed Church Home, 1990 Route 18 North, Old Bridge. Pre-registration required. Before attending call **732-607-9230** (day).

EARS (Educate, Advocate, Reduce Stress for Caregivers) *Professionally-run.* Support and education for caregivers of the elderly. Guest speakers and phone help. Building is handicapped accessible. Meets 2nd Wed., 1-3pm, Rutgers University Behavioral Healthcare, 100 Metroplex Dr., Suite 200, Edison. Pre-registration required. Before attending call Susan Schwartz **1-866-300-3277** or **732-235-8424** (day) or Dale Osei-Ayisi **732-235-8452** (day).

Male Caregiver Support Group (MEN ONLY) *Professionally-run.* Support and education for male caregivers of the elderly. Guest speakers and phone help. Building is handicapped accessible. Meets 4th Mon., 2-3:30pm, Rutgers University Behavioral Healthcare, 100 Metroplex Dr., Suite 200, Edison. Pre-registration required. Before attending call Susan Schwartz **1-866-300-3277** or **732-235-8424** (day) and Dale Ofei-Ayisi **732-235-8452** (day).

Spouses Caregiver Support Group *Professionally-run.* Mutual support for elderly persons caring for a spouse. Building is handicapped accessible. Meets 2nd Thurs., 1:30-3pm, St. Peter's Adult Daycare Center, Pondview Plaza, 200 Overlook Dr., Monroe. Call Stephanie Fitzsimmons, RN, NP **1-800-269-7508** ext. 8662 (day).

Monmouth County

Well Spouse Association Provides peer-to-peer emotional support for spousal caregivers or significant others who care for a chronically ill or disabled spouse. Quarterly newsletter. Dues \$30/yr. Meets 2nd Tues., 7pm, Freehold. Call Donna **732-577-8899** or **1-800-838-0879**. Website: <http://www.wellspouse.org> E-mail: info@wellspouse.org

Morris County

Caregiver Support Group Mutual support for caregivers. Building is handicapped accessible. Meets 2nd Wed., 1-2:30pm, Chester Library, 250 West Main St., Room A, Chester. Call **908-879-2202** (day).

Caregiver's Support Group *Professionally-run.* Support for individuals who are caring for a loved one. Meets 2nd Fri., 7:30pm, St. Peter's Convent, 179 Baldwin Rd., Parsippany. Call Sister Sylvia **973-334-2090** (day).

Hand In Hand Ministry for Caregivers Support Group *Professionally-run. Christian-based.* Social and spiritual support group for caregivers. Members discuss relevant topics, reflect and offer feedback. Building is handicapped accessible. Rap sessions. Meets 3rd Wed., 9-11am, St. Mary's Roman Catholic Church, 425 West Blackwell St., Dover. Call Ruth Anne **973-366-6413**.

Victorian Garden Caregiver Support Group *Professionally-run.* Support for men who are caregivers. Building is handicapped accessible.

Chatham Meets 3rd Wed., 7-8:30pm, Victorian Garden Adult Day Center, 353 Main St. Call Phyllis or Peg **973-635-2266** (day).

Morristown (MEN ONLY) Meets 1st Thurs., 7-9pm, 95 Madison Ave., Suite B6. Call Peter Flemming Jr. **973-635-0899** (day).

Ocean County

Caregivers Support Group *Professionally-run*. Mutual support for caregivers. Meets 3rd Mon., 3pm, Family Resource Center at the Ocean Club, 700 Route 9 South, Stafford Township. Call **609-978-3559** (day).

Caregivers Support Group *Professionally-run*. Mutual support for caregivers. Building is handicapped accessible. Meets 4th Mon., 7pm, 67 Route 37 West, Toms River. Pre-registration required. Before attending call **1-888-724-7123**.

Caregivers Support Group *Professionally-run*. Support and encouragement for caregivers. Guest speakers, literature and phone help. Building is handicapped accessible. Meets Tues., noon-2pm and Wed., 12:15-2:15pm, Kimball Medical Center, Center for Healthy Living, 198 Prospect St., Lakewood. Call Kathy Holahan **732-730-9112** (Mon.-Wed.).

Well Spouse Support Group *Professionally-run*. Mutual support and encouragement for wives, husbands and partners of the chronically ill and/or a disability. Meets 4th Wed., 7pm, St. Aloysius Church, 935 Bennetts Mills Rd., Parish Office, Jackson. Pre-registration required. Before attending call **732-370-0500** ext. 205 (day).

Somerset County

F.A.R.E. (Friends And Relatives of the Elderly) *Professionally-run*. Mutual support for emotional and practical concerns facing those taking care of an elderly or chronically disabled adult. Building is handicapped accessible. Call F.A.R.E. Hotline **908-766-0180** ext. 241. Website: <http://www.visitingnurse.org>

Basking Ridge Meets 4th Mon., 1:30pm, Somerset Hills Adult Day Center, 200 Mt. Airy Rd.

Bridgewater Meets 2nd Wed., 6-7:30pm, The Chelsea at Bridgewater, 680 Highway 202/206 North. Bring your own dinner. Dessert and drinks provided.

Sussex County

Spousal Caregivers Support Group Mutual support for persons who are caring for a chronically ill or disabled spouse. Exchange of practical, day-to-day information. Building is handicapped accessible. Usually meets 1st Tues., 6-9pm, St. Thomas Episcopal Church, 3-7 Route 97, Vernon. For meeting information call Rose **973-764-3429**.

NJ Statewide

VA Caregiver Phone Support Group *Professionally-run.* Telephone support and educational group for any caregiver of a veteran. Meets monthly. Pre-registration required. Call Jennifer Adams-Barsch **973-676-1000** ext. 3085 (day).

CELIAC | GLUTEN INTOLERANCE

Bergen County

American Celiac Society - Bergen County Chapter Phone support for people with celiac disease. Call Laurie Schluskel **201-573-0397**. E-mail: fit4us1227@aol.com

Camden County

Celiac Sprue Association (Southern New Jersey Chapter) Mutual support and information to persons diagnosed with celiac sprue (gluten sensitive enteropathy), dermatitis herpetiformis and parents of celiac children. Families and friend welcome. Guest speakers, rap sessions, literature and phone help. Annual dues \$20/yr. new members; \$15/yr./thereafter. Meets 1st Sun., 2pm (except July, Aug.), Hope Church, 700 Cooper Rd., Voorhees. Check website or call for meeting information. Call James **610-999-9774** (day); Leah Edelstein **856-435-6785** (eve.) and Patti Townsend **856-854-5508** (eve.) or James **610-999-9774** (day). Website: <http://www.celiac9.com>

Essex County

Kogan Celiac Center Support Group *Professionally-run.* Support and education for patients and family members. Meetings vary, Ambulatory Care Center, 200 South Orange Ave., Livingston. Check website or call for meeting information. Call Nicole **973-322-7272** (day). Website: <http://www.koganceliaccenter.com> E-mail: ncerillo@barnabashealth.org

Middlesex County

Central NJ Celiac/DH and Cel-Kids Dietary support for persons with celiac sprue and dermatitis herpetiformis. Also Cel-Kids Network. Dues \$20/yr. Meetings vary, Old Bridge Library, Old Bridge. Before attending call Diane E. Paley **732-679-6566**. Website: <http://www.csaceliacs.org>

Monmouth County

Celiac and Allergy Support Mutual support and social group for individuals with Celiac disease, who are gluten intolerant or have food allergies. Meetings are held in restaurants that cater to gluten-free clients. Includes information, recipes, where to dine out and shop. Check website for information. Call Sarah **732-856-0425**. Website: <http://www.meetup.com/allergy> E-mail: sarant207@hotmail.com

Food Allergy and Asthma Support Group of Monmouth County *Online*. Provides mutual support for adults and parents of children with food allergies in Monmouth county and surrounding areas through an e-mail discussion group. Website: <http://www.njfoodallergy.org>

Jersey Shore Celiac Support Group Support for persons with celiac disease. Building is handicapped accessible. Guest speakers and literature. Meetings vary, 6:30pm, Jersey Shore University Medical Center, 1945 Route 33, Neptune. For meeting information call or e-mail Bernice 732-869-1162 (day). E-mail: bhettesh98@gmail.com

Kogan Celiac Center Support Group *Professionally-run*. Support and education for patients and family members. Meetings vary, Monmouth Medical Center, 300 Second Ave., Maysie Stroock Pavilion, Long Branch. Check website or call for meeting information. Call Nicole 973-322-7272 (day). Website: <http://www.koganceliaccenter.com> E-mail: ncerillo@barnabashealth.org

Ocean County

Kogan Celiac Center Support Group *Professionally-run*. Support and education for patients and family members. Meetings vary, Community Medical Center, 99 Highway 37 West, Auditorium C, Toms River. Check website or call for meeting information. Call Nicole 973-322-7272 (day). Website: <http://www.koganceliaccenter.com> E-mail: ncerillo@barnabashealth.org

Union County

Happy to Be Gluten Free in Central NJ Provides support and education for people who have recently been diagnosed as Celiac or Gluten-sensitive. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Fanwood. Contact Laura Madrigano or Sharon Goldner via website. Website: <http://www.meetup.com/Happy-to-be-gluten-free-Central-NJ>

CHARCOT-MARIE-TOOTH DISEASE

Morris County

NJ CMT Support Group (*Charcot Marie Tooth*) Mutual support and education for parents of children with Charcot-Marie-Tooth Disease (also known as peroneal muscular atrophy or hereditary motor sensory neuropathy) and adults with CMT. Group hopes to raise awareness and raise funds for research. Group meets quarterly, Morris County Library, 30 Hanover Ave., Whippany. For information call Alanna 917-612-9290. E-mail: alannarhuber@yahoo.com

CHROMOSOMAL ANOMALIES

NJ Statewide

Turner Syndrome Foundation, Inc. Support for women and girls affected by Turner syndrome and their families. Increases professional and public awareness about the disorder. Quarterly meetings, newsletter, events, online and regional groups. Write: Laura Fasciano, Turner Syndrome Foundation, Inc., P.O. Box 726, Holmdel, NJ 07733. Call **1-800-594-4585**. Website: <http://www.turnersyndromefoundation.org> E-mail: info@tsfusa.org

CHRONIC FATIGUE SYNDROME | FIBROMYALGIA

Bergen County

Bergen ME/CFS/FM Support Group Support, education and mutual assistance for patients with Chronic Fatigue Syndrome (Myalgic Encephalomyelitis) and Fibromyalgia. Family, friends and interested professionals welcome. Meetings are fragrance-free for those with allergies and chemical sensitivities. Building is handicapped accessible. Meets 3rd Sun., 2pm (except July and Aug.), Englewood Hospital and Medical Center, 350 Engle St., Englewood. Call **1-888-835-3677** (day). Website: <http://www.njcfsa.org> Yahoo: <https://groups.yahoo.com/groups/BergenCFS-FMSmtg/info> E-mail: pcl.njcfsa@gmail.com

Burlington County

Bergen ME/CFS/FM Support Group Support, education and mutual assistance for patients with Chronic Fatigue Syndrome (Myalgic Encephalomyelitis) and Fibromyalgia. Family, friends and interested professionals welcome. Meetings are fragrance-free for those with allergies and chemical sensitivities. Building is handicapped accessible. Meets 3rd Sun., 2pm (except July and Aug.), Englewood Hospital and Medical Center, 350 Engle St., Englewood. Call **1-888-835-3677** (day). Website: <http://www.njcfsa.org> Yahoo: <https://groups.yahoo.com/groups/BergenCFS-FMSmtg/info> E-mail: pcl.njcfsa@gmail.com

Camden County

FibroMyalgia and Chronic Fatigue Support Group Support for people with fibromyalgia and chronic fatigue syndrome. Information and resource sharing. Rap sessions, guest speakers, literature and phone help. Meetings vary, Camden Public Library, 203 Laurel Rd., Voorhees. Before attending call Heather **609-977-6997**. E-mail: goldfish.hc@hotmail.com

Gloucester County

FibroMyalgia and Chronic Fatigue Syndrome Support Group Support for people with fibromyalgia and chronic fatigue syndrome. Information and resource sharing. Rap

sessions, guest speakers, literature and phone help. Meets 1st Thurs., 6-8pm, Kennedy Hospital, 435 Hurfville-Cross Keys Rd., Turnersville. Before attending call Heather 609-977-6997. E-mail: goldfish.hc@hotmail.com

Mercer County

Chronic Fatigue Syndrome Support Group of Mercer County Mutual support, education and sharing of resources for persons with chronic fatigue syndrome, their families, caregivers and friends. Literature and some social activities. Meets 2nd Sun., 2-4pm, Robert Wood Johnson University Hospital at Hamilton, Outpatient Services Building, 1 Hamilton Health Place, Auditorium, Hamilton. Call 609-584-5900 ext. 1.

Morris County

Fibromyalgia and Chronic Fatigue Syndrome Support Group Support for individuals with fibromyalgia and chronic fatigue syndrome, their families and friends. Guest speakers and literature. Building is handicapped accessible. Meets 1st Wed., 7-8pm (except July and Aug.), 95 Madison Ave., 1st Floor, Suite 109A, Morristown. Call Wendy 973-219-8092. E-mail: wen5500@hotmail.com

ME/Chronic Fatigue Syndrome/Fibromyalgia Support Group Mutual support and encouragement for persons diagnosed with myalgic encephalomyelitis, chronic fatigue syndrome and fibromyalgia. Family and friends welcome. Opportunity to share information on managing and coping with these chronic illnesses. Meetings are fragrance-free for those with chemical sensitivities. Meets 2nd Sat., 2-3:30pm, Morris County Library, 30 East Hanover Ave., Conference Room, Whippany. Call 1-888-835-3677. Website: <http://www.njcfsa.org> E-mail: pstrunck@optonline.net

Union County

Chronic Fatigue Syndrome Telephone Support Group Telephone network to provide support for individuals suffering from chronic fatigue syndrome. Call Ginny 908-688-8059 (day)

Fibromyalgia Support Group Mutual support and education for anyone with fibromyalgia. Guest speakers. Meets 1st Thurs., 6:30pm, RWJ Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. Pre-registration is required. Before attending call Community Education Dept. 732-499-6193 (day).

NJ Statewide

NJ Chronic Fatigue Syndrome Association, Inc. Support for people with chronic fatigue syndrome. All are welcome. Educational series, guest speakers, speakers' bureau, advocacy, social group, literature and medical conferences. E-mail may be

used to ask any question. (If you do not have an email, have a friend or relative send a note on your behalf. Include your name, email and a number at which you can be reached.) Website: <http://www.njcfsa.org> E-mail: helpdesk@njcfsa.org

CHRONIC ILLNESS | TERMINAL ILLNESS

Union County

Children and Families Coping with Illness *Professionally-run.* Support for families and children (ages 3-18) of someone with a life-altering or terminal illness. Building is handicapped accessible. Skype is available to those who cannot attend meeting. Pizza is included at 6:30pm, meets alternate Tues., 7-8:15pm, First United Methodist Church, 1 East Broad St., Westfield. Pre-registration required. Before attending call Mandi Zucker 908-264-3100 (day). Website: <http://www.imaginenj.org> E-mail: info@imaginenj.org

CLEFT PALATE | CLEFT LIP

Middlesex County

Craniofacial Girls/Guys Support Group *Professionally-run.* Separate mutual sharing support groups for children (ages 11-17) with cleft lip/palate. Also includes ear microtia and other facial syndromes. Guest speakers, education, social, phone help and buddy system. Building is handicapped accessible. Meets various Sun., 2-4pm, Saint Peter's University Hospital, 254 Easton Ave., New Brunswick. Before attending call Helene Knee, LCSW 732-745-7943 (day).

Monmouth County

Cleft Palate Support Group *Professionally-run.* Support for parents of children with a cleft palate and/or cleft lip. Provides a forum for discussing shared concerns and exploring resources. Building is handicapped accessible. Meets 2nd Thurs., Monmouth Medical Center, Long Branch. Pre-registration required. Before attending call Helene Henkel 732-923-7653. E-mail: hhenkel@barnabashealth.org

DIABETES

Atlantic County

Diabetes Community Group - Adults *Professionally-run.* Support and education for adults with diabetes. Families welcome. Building is handicapped accessible. Guest speakers. Pre-registration required. Before attending call 1-888-569-1000 (day). E-mail: 1-888-569-1000@atlanticare.org

Atlantic City Meets 1st Tues., 11:30am-12:30pm, AtlantiCare Health Plex, 1401 Atlantic Ave.

Egg Harbor Township Meets 4th Tues., 3-4pm, AtlantiCare Health Park, 2500 English Creek Ave., Building 800.

Pomona Meets 2nd Tues., 7-8pm, AtlantiCare Regional Medical Center, 65 West Jimmie Leads Rd.

Bergen County

Adult Diabetes Support Group *Professionally-run.* Support and education for adults with diabetes. Meets 4th Thurs., 7-9pm, Valley Home Care, 15 Essex Rd., Paramus. Call 1-800-825-5391. E-mail: j.brewer.cde@gmail.com

Diabetes Support for Children and Their Families *Professionally-run.* Support for children up to age 18 with diabetes. Family members welcome. Discusses nutrition, school issues, new treatments, guest speakers, rap sessions and education. Meets 2nd Tues., 7-9pm (except July/Aug.), Valley Home Care, 15 Essex Rd., Paramus. Call Judy Brewer 201-669-7097 (day). E-mail: j.brewer.cde@gmail.com

Diabetes Support Group of Englewood Hospital and Medical Center *Professionally-run.* Support and education for persons with diabetes, their families and significant others. Teaches members to become self-sufficient in the daily management of their diabetes. Building is handicapped accessible. Meets 4th Tues., 7-8:30pm (except July/Aug.), Englewood Hospital and Medical Center, 350 Engle St., Englewood. Call Diabetes Educator 201-894-3335 (day).

Burlington County

Live Well - Live Strong *Professionally-run.* Support and education for those who have diabetes. Guest speakers, weight management, stress management, nutrition and mutual aid. Meets 1st Tues., 7-8:30pm (except Jan., Feb, July, Aug., Dec.), Virtua Memorial Hospital, 401 Young Ave., Conference Center, Moorestown. Before attending call 1-888-847-8823 (Mon.-Fri., 8am-7pm).

Camden County

Diabetes Support Group *Professionally-run.* Group deals with daily life challenges related to having diabetes (both type 1 and 2). Building is handicapped accessible. Meets 4th Mon., 1:30-3:00pm, Kennedy University Hospital, 18 East Laurel Rd., Stratford. Call 1-866-224-0254 (day).

Cape May County

Diabetes Support Group *Professionally-run.* Support and education for adults with diabetes. Building is handicapped accessible. Meetings vary, Cape Regional Medical

Center, 2 Stone Harbor Blvd., Cape May Courthouse. Before attending call **609-463-2547** (day).

Cumberland County

Adult Diabetes Support Group *Professionally-run*. Mutual support for people with type 1 or 2 diabetes, their families, friends and caregivers. Phone help and guest speakers. Building is handicapped accessible. Meets 1st Wed., 2pm, Inspira Medical Center of Vineland, 1505 West Sherman Ave., Vineland. Call Cathy Giovinazzi **856-641-7542**. E-mail: giovinazzic@ihn.org

Essex County

Diabetes at Newark Beth Israel Medical Center Support Group *Professionally-run*. Support group for people of all ages with any type of diabetes. Offers an open format for educational and emotional concerns. Building is handicapped accessible. Meets last Fri., noon, Newark Beth Israel Medical Center, 201 Lyons Ave., Newark. Pre-registration required. Before attending call **973-926-3218** (day).

Diabetes Support Group *Professionally-run*. Support for adults with type 1 or 2 diabetes. Guest speakers and literature. Meets 1st Mon., 7pm, Community Church of Cedar Grove, 65 Bowden Rd., Cedar Grove. Call **973-239-3875**

Gloucester County

Diabetes Support Group *Professionally-run*. Support and education for those who have diabetes. Families welcome. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 4th Thurs. (3rd Thurs., Nov.; 2nd Thurs., Dec.), 6:45-8:45pm, Inspira Medical Center, 509 North Broad St., Woodbury. Call Marita Schroy **856-853-2141** (day).

Hudson County

Diabetes Support Group of Bayonne *Professionally-run*. Support and education for people of all ages and ethnic backgrounds with type 1 or type 2 diabetes, as well as their families. Rap sessions and guest speakers. Meets 4th Thurs., 10am, Bayonne Medical Center, 29 East 29th St., Cafeteria, Bayonne. Before attending call **201-858-5219** (day). E-mail: mwilliams@bayonnemedicalcenter.org

Hunterdon County

Insulin Pump Support Group *Professionally-run.* Support for anyone, including friends and family, interested in or using insulin pump therapy as a treatment for diabetes. Building is handicapped accessible. Meetings vary, 6:30-7:30pm (Jan., Mar., May, July, Sept., Nov.), Center for Nutrition and Diabetes Management, Wescott Medical Arts Center, 9100 Wescott Dr., Suite 102, Flemington. Call **908-237-6920** (day). Website: <http://www.hmcdiabetes.org>

Mercer County

Diabetes Support Group *Professionally-run.* Support and education for anyone living with diabetes. Families and friends welcome. Guest speakers, literature and phone help. Meetings vary, 7-8pm, Robert Wood Johnson University Hospital Hamilton, One Hamilton Health Place, Hamilton. Before attending call **609-689-7151** (day).

Diabetes Support Group *Professionally-run.* Support and education for adults with diabetes. Meetings vary, 7-8pm, Capital Health Medical Center - Hopewell, 1 Capital Way, Novo Nordisk Diabetes Family Resource Room, Lower Level, Pennington. Pre-registration required. Before attending call **609-537-7081** (day).

Middlesex County

Diabetes Support Group *Professionally-run.* Support and education for people affected by diabetes. Building is handicapped accessible. Meets 1st Tues., 7-8:30pm, Robert Wood Johnson University Hospital Rahway, 856 Stone St., Conference Room #3, Rahway. Call **732-499-6109** (day).

Diabetes Type 2 Support Group *Professionally-run.* Support for people affected with type 2 diabetes. Meets 1st Wed., 1:30pm; weight management group meets 2nd and 4th Wed., 1:30pm; insulin pump group meets 2nd Tues., 7:15pm, JFK Medical Center, Diabetes Center of New Jersey, 65 James St., Edison. Pre-registration required. Before attending call **1-800-991-6668** (day).

Monmouth County

Central Jersey Chapter JDRF Mutual support for type 1 diabetic children and their parents to discuss solutions to the problems of day-to-day living with the disease. Phone help and peer counseling. Building is handicapped accessible. Meets 3rd Wed., 7-8:30pm (Sept., Nov., Jan., Mar. and May), K. Hovnanian Children's Hospital, 61 Davis Ave., Specialty Care Center, Neptune. Parking in rear of building. For meeting information call **732-219-6654** (day). Website: <http://www.jdrf.org> E-mail: centraljersey@jdrf.org

Diabetes Support Group *Professionally-run.* Support and education for adults with diabetes. Families welcome. Guest speakers. Building is handicapped accessible. Meets 2nd Thurs., 6:30-8pm, Jersey Shore University Medical Center, 1945 Route 33, Room B-104, Neptune. Call Rosemary McCabe **732-776-4084** (day).

Morris County

Diabetes Education and Support Group *Professionally-run.* Support and education for people with diabetes. Guest speakers and literature. Building is handicapped accessible. Meets 1st Thurs., 10-11:30am and 3rd Wed., 7-8:30pm, Chilton Health Network, 242 West Parkway, Pompton Plains. Call **973-831-5229** (day).

Type 1 Diabetes Support Group *Professionally-run.* Support for people living with type 1 diabetes. Mutual sharing, educational and updates on current medical treatments. Building is handicapped accessible. Meets 1st Thurs., 7-8pm (Oct., Dec., Feb., Apr., June, Aug.), Morristown Memorial Hospital, 100 Madison Ave., Cafeteria, B Level, Morristown. Pre-registration required. Before attending call **973-971-5524** ext. 4 (day).

Type 2 Diabetes Support Group *Professionally-run.* Support for people living with type 2 diabetes. Mutual sharing, education and updates on current medical treatments. Meets 3rd Thurs., 7-8pm (Jan., Apr., July, Oct.), 435 South St., Suite 340, Morristown. Call Jane Dixon **973-971-5524** (day).

Ocean County

Center for Diabetes Support Group *Professionally-run.* Support, on-going education and social interaction for adults with type 1 or 2 diabetes and their caretakers. Rap sessions and guest speakers. Building is handicapped accessible. Building is handicapped accessible. Meetings vary, Center for Diabetes, 67 Route 37, Riverwood 1, Toms River. Before attending call Kathleen Siciliano **732-349-5757**.

Diabetes Support Group *Professionally-run.* Education and sharing for people with type 2 diabetes and their families. Building is handicapped accessible. Meets 1st Thurs., 2pm, Ocean Club, 700 Route 9 South, Stafford Township. Call Eddi **609-978-3491** (day). E-mail: enitting@soch.com

Insulin Pump Support *Professionally-run.* Support and education for anyone on an insulin pump or considering using a pump and their families. Under 18 welcome. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 3rd Tues., 7-8:30pm (Feb., Apr., June, Aug., Oct., Dec.), Community Health Education, 67 Route 37, Riverwood 1, Toms River. Pre-registration required. Before attending call Kathy Siciliano **732-557-3272** (day). E-mail: ksiciliano@sbhcs.com

Passaic County

St. Joseph's Wayne Hospital Diabetes Support *Professionally-run.* Provides support and education for those with diabetes and their families. Monthly lectures by health professionals related to diabetes. Building is handicapped accessible. Meets 3rd Thurs.

(except July, Aug., Dec.), St. Joseph's Wayne Hospital, 224 Hamburg Turnpike, Wayne. For meeting time call Mary Schneider **973-720-6733** (day).

Somerset County

Juvenile Diabetes Family Support Group Support for families with children (infant to age 15) who are type 1 diabetics. Children and siblings welcome. Guest speakers. Building is handicapped accessible. Meets 1st Thurs., 7pm, YMCA, 19 East Mountain Rd., Hillsborough. Before attending call or e-mail Kim **908-391-0220**. E-mail: **kimb3b@gmail.com**

Living Well With Diabetes Support Group *Professionally-run*. Mutual support and information for adults with diabetes type 1 or 2. Building is handicapped accessible. Meets Mar., May, Sept., Nov., Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., Somerville. For meeting information call **908-685-2846** (day).

Teen Mix Support Group Support for teens (ages 12-18) who have type 1 diabetes. Parents group meets concurrently. Activities after meeting. Building is handicapped accessible. Meets 3rd Fri., 7pm, YMCA, 19 East Mountain Rd., Hillsborough. Before attending call or e-mail Kim **908-391-0220**. E-mail: **kimb3b@gmail.com**

Sussex County

Support Group for Those with Diabetes *Professionally-run*. Provides support and education for those with diabetes. Rap sessions and guest speakers. Building is handicapped accessible. Meets 1st Wed., 10am, Newton Medical Center, 175 High St., Newton. Before attending call Diabetes Education Dept. **1-800-247-9580** (day).

Union County

Diabetes Education and Support Group *Professionally-run*. Mutual support and education for adults with any type of diabetes. Rap sessions. Building is handicapped accessible. Meetings vary, Thurs., 5:15pm, Pascack Valley Hospital, 250 Old Hook Rd., Westwood. For meeting information call Trish Shine **201-781-1326**.

Diabetes Management Support Group Support and education for persons with diabetes. Building is handicapped accessible. Meets 1st Mon., 2-3pm, Trinitas Diabetes Management Center, 65 Jefferson Ave., 2nd Floor, Elizabeth. Pre-registration required. Before attending call **908-994-5502** (day).

Diabetes Support Group *Professionally-run*. Mutual support, education and discussion group for persons with diabetes, their family and friends. Occasional guest speakers. Building is handicapped accessible. Meets 1st Tues., 7-8:30pm, Robert Wood Johnson University Hospital at Rahway, 865 Stone St., 1st Floor, Conference Room, Rahway. Call **732-499-6109** (day). E-mail: **provinsky@rwjuhr.com**

Warren County

Career and Life Transitions Center for Women - NORWESCAP *Professionally-run.* Provides support services, vocational counseling and career training for displaced homemakers who have lost their primary source of income due to divorce, separation, disability or death of a spouse. Meetings vary, 16 Broad St., Suite 7, Washington. Pre-registration required. Before attending call **908-835-2624**. Website: <http://www.norwescap.org> E-mail: transitions@norwescap.org

Diabetes Support Group *Professionally-run.* Mutual support for adults with diabetes. Guest speakers. Building is handicapped accessible. Meets 4th Mon., 7pm (except Dec.), Hackettstown Regional Medical Center, 651 Willow Grove St., West Wing Conference Center, Hackettstown. Before attending call Donna Kendrick **908-850-6937** (day).

Diabetes Support Group *Professionally-run.* Support and education for people with diabetes, their friends, family and caregivers. Building is handicapped accessible. Meets 3rd Tues., 3pm (except Dec.), St. Luke's Hospital, 185 Roseberry St., Farley Education Center, Phillipsburg. Call Education Dept. **908-859-8877** (day).

NJ Statewide

American Diabetes Association (*Northern NJ Area Office*) *Professionally-run.* Support and educational programs for persons with diabetes, their families, professionals and public. Referrals to local groups and education programs. Adult and youth discussion groups. Fundraising for research. Write: American Diabetes Association, Center Point II, 1160 Route 22 East, Suite 103, Bridgewater, NJ 08807. Call **732-469-7979**. Website: <http://www.diabetes.org>

Juvenile Diabetes Research Foundation (*Central Jersey Chapter*) Support and educational programs for parents of children with Type 1 diabetes. Referrals to local chapter support groups. Covers Essex, Union, Monmouth and Ocean counties. Write: Juvenile Diabetes Research Foundation, 740 Broad St., Suite 4, Shrewsbury, NJ 07702. Call **732-219-6654**. Website: <http://www.centraljersey.jdrf.org> E-mail: centraljersey@jdrf.org

Juvenile Diabetes Research Foundation (*Mid-Jersey Chapter*) Support and educational programs for parents of children with Type 1 diabetes. Buddy system and phone help. Quarterly newsletter. Referrals to local chapter support groups. Covers Hudson, Hunterdon, Mercer, Middlesex, Morris and Somerset counties. Write: Juvenile Diabetes Research Foundation, 28 Kennedy Blvd., Suite 180, East Brunswick, NJ 08816-1248. Call **732-296-7171**. Website: <http://www.jdrf.org> E-mail: midjersey@jdrf.org

Juvenile Diabetes Research Foundation (Northern NJ Chapter) Support and educational programs for parents of children with Type 1 diabetes. Referrals to local chapter support groups. Covers Bergen, Passaic, Sussex, Warren and Rockland counties. Write: Juvenile Diabetes Research Foundation, 560 Sylvan Ave., Ste. 1210, Englewood Cliffs, NJ 07632. Call **201-568-4838**. Website: <http://www.jdrf.org/northernnj> E-mail: rockland@jdrf.org or northernnj@jdrf.org

Juvenile Diabetes Research Foundation (South Jersey Chapter) Support and educational programs for parents of children with Type 1 diabetes. Referrals to local chapter support groups. Covers Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester and Salem counties. Write: Juvenile Diabetes Research Foundation, 1415 Route 70 East, Suite 311, Cherry Hill, NJ 08034. Call **856-429-1101**. Website: <http://www.jdrf.org/southjersey> E-mail: southjersey@jdrf.org

DYSTONIA

Monmouth County

Central Jersey Dystonia Support Group Support and education for persons with dystonia. Newsletter. Building is handicapped accessible. Meets Sat., 4 times per/yr., Centra State Medical Center, Freehold. Call Janice and Len **732-409-1112** ext. 3 (day). E-mail: cjdystonia@aol.com

EHLERS-DANLOS SYNDROME

Mercer County

Central NJ EDS Support Group Support and education for persons diagnosed with, or suspect that they have, Ehlers-Danlos Syndrome and related conditions. Offers a safe, open and non-judgmental environment where members can share experiences. Meetings vary, 1-4pm, Robert Wood Johnson Hamilton, Center for Health and Wellness, 3100 Quakerbridge Rd., Mercerville. Call **201-702-4075** (day). Website: <http://www.edsers.com/njgroup.html> E-mail: edsersunited@edsers.com

ENDOMETRIOSIS

Union County

Endometriosis Support Group *12-Step. Professionally-run.* Support and discussion of endometriosis and its effect on self, family, work and relationships. Topics include: chronic pain, infertility, grief, loss, depression and its impact on daily living. Families welcome. Rap sessions and guest speakers. Meets 2nd Thurs., 6:30pm, Hellenic Therapy Center, 567 Park Ave., Suite 203, Scotch Plains. Pre-registration required. Before attending call Christina **908-370-5713** (day).

EPILEPSY | CONVULSIVE DISORDERS

Atlantic County

Epilepsy Foundation Support Group - Atlantic/Cape May Mutual support and education for persons with epilepsy or related seizure disorder. Open to parents, caregivers and other interested persons. Rap sessions. Building is handicapped accessible. Meets 4th Sat., 10am-noon (except July and Aug.), Shore Memorial Hospital, New York Ave., Pitman Room, Somers Point. Call Marian **609-822-8783**.

Gloucester County

South Jersey Epilepsy Support Group Support for anyone diagnosed with epilepsy. Families and friends are welcome. Guest speakers and literature. Building is handicapped accessible. Meets 2nd Tues., 7pm, Deptford Free Public Library, 670 Ward Dr., Deptford. E-mail Michelle for meeting information. E-mail: deptfordepilepsygroup@gmail.com

Middlesex County

Epilepsy Support Group *Professionally-run*. Provides support, encouragement and acceptance for anyone affected by epilepsy, to increase awareness and knowledge of issues relating to epilepsy. Building is handicapped accessible. Meets 2nd Wed., 6:30-8pm (except July and Aug.), JFK Medical Center, 65 James St., NJ Neuroscience Conference Room, Edison. Pre-registration required. Before attending call Diane Poracky **732-321-7000** ext. 67245 (day).

NJ Statewide

Epilepsy Foundation of New Jersey Support, information and referrals for people of any age with epilepsy and their families. Support groups, employment services, pharmaceutical plan, respite care, camp, family services and education. Write: Epilepsy Foundation of NJ, 1 AAA Drive, Suite 203, Trenton, NJ 08691. Call Epilepsy Foundation **1-800-336-5843**; Trenton: **609-392-4900** (day); Westmont: **856-858-5900** (day); Parsippany: **973-244-0850** (day); or Brick: **732-262-8020** (day). Website: <http://www.efnj.com>

ESSENTIAL TREMOR

Monmouth County

Essential Tremor Support Group Support for individuals with essential tremor. Building is handicapped accessible. Meets 1st Thurs., 7-9pm, CentraState Medical Center, 901 West Main St., Jack Aronson Conference Center, Room B, Freehold. Call Mort **732-462-8304** (after 10am). Website: <http://www.essentialtremor.org>

HEADACHE AND MIGRAINE

Camden County

Jefferson Headache Support Group Support for adults with chronic headache pain. Meets 1st Wed., 7-9pm, Jefferson Headache Center, 111 South 11th St., Gibbon Building, Suite 8130, Philadelphia, PA. For more information call Jefferson Headache Center **215-955-2243** or Mary Ellen Crowley **215-247-0855**.

HEART DISEASE

Bergen County

Congenital Heart Defects Coalition Provides support, education, awareness and advocacy for parents with a child affected by congenital heart defects. Families welcome. Phone help and online e-mail discussion group. Meets 4 times/yr., Hackensack. For meeting information call Cathy Biamonte **973-291-4676**. Website: <http://www.chdcoalition.org> E-mail: info@chdcoalition.org

Men's Heart Disease Support Group Peer support for men who have experienced cardiac events, had surgery or stents. Guest speakers. Building is handicapped accessible. Meets 1st Thurs., 7-8:30pm, Valley Hospital, 223 Van Dien Ave., Board Room, Ridgewood. Pre-registration required. Before attending call **201-447-8125** (day).

Mended Hearts, Inc. Support, encouragement and education for those anticipating or recovering from heart surgery and/or other heart disease. Family and friends welcome. Professional speakers. Meets 3rd Thurs., 7pm, Hackensack Medical Center, 30 Prospect Ave., Cafeteria, Hackensack. Call Barbara Cecco **201-265-9296** (day). E-mail: bobbi0530@aol.com

Women's Heart Disease Support Group Peer support for women who have experienced cardiac events, had surgery or stents. Guest speakers. Building is handicapped accessible. Meets 3rd Thurs., 7-8:30pm, Valley Hospital, 223 Van Dien Ave., Board Room, Ridgewood. Pre-registration required. Before attending call **201-447-8125** (day).

Camden County

Heart and Soul Cardiac Support Group *Professionally-run.* Mutual support and education for persons with any type of heart disease. Meets 2nd Thurs., 7-8:30pm (except July/Aug./Sept./Dec.), William G. Rohrer Center for Health Fitness, 2309 Evesham Rd., Voorhees. Before attending call **1-888-847-8823** (day).

Cumberland County

Heart and Lung Support Group *Professionally-run.* Support and education for people with a history of heart and lung problems. Building is handicapped accessible. Meets 3rd Thurs., 12:30-1:30pm (Mar., June, Oct.), Inspira Health Network, 1505 West Sherman

Ave., 4th Floor, Conference Room, Vineland. Pre-registration required. Before attending call **856-641-7535** (day).

Hudson County

Healing Hearts and Connecting Hands Support for cardiac patients and those who have had cardiac procedures. Family and caregivers welcome. Guest speakers. Building is handicapped accessible. Meets 4th Mon. (except holidays), 6:30pm, Jersey City Medical Center, 355 Grand St., Jersey City. Pre-registration required. Before attending call Susan **201-384-2751** (day).

Mercer County

ICD Support Group *Professionally-run.* Support for individuals with an (ICD) implanted cardiac defibrillator. Building is handicapped accessible. Meets 3rd Tues., 6:30-8pm (Jan., Mar., May, July, Sept., Nov.), Community Education and Outreach, 731 Alexander Rd., Suite 103, Princeton. Pre-registration required. Before attending call **1-888-897-8979** (day).

Middlesex County

Cardiac Club Support Group *Professionally-run.* Support and education for cardiac patients and their families. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Mon., 7pm, Raritan Bay Medical Center, 530 New Brunswick Ave., Perth Amboy. For meeting information call **732-324-5261** (day).

Cardiac Support Group *Professionally-run.* Support and education for cardiac patients and their families. Guest speakers. Building is handicapped accessible. Meets 1st Mon., 7-8:30pm, RWJ University Hospital Rahway, 865 Stone St., Nicholas Quadrel Healthy Heart Center, Cardio-Pulmonary Rehab, 2nd Floor, Rahway. Call **732-499-6073** (day).

COPSA Spouse Support Group *Professionally-run.* Mutual support and understanding for spouses of persons with any type of memory loss including Alzheimer's, Parkinson's, vascular disease, stroke, head injury and dementia. Meets 1st and 3rd Mon., 9:30-11am, 100 Metroplex Dr., Edison. Call Mary Catherine Lundquist **1-800-424-2494** (day).

Monmouth County

Cardiac Support Group *Professionally-run.* Support, education and discussion group for cardiac patients, those with heart disease and their families. Share concerns and learn coping skills. Building is handicapped accessible. Meets 2nd Wed., 11:30am-12:45pm, Monmouth Medical Center, 300 Second Ave., Maysie Stroock Pavilion, Joel Opatut Cardiopulmonary Rehab, Long Branch. Pre-registration required. Before

attending call **732-923-6990** (day).

Mended Hearts, Inc. Mutual support for persons who have heart disease, their families, friends and other interested persons. Patient visitation program and newsletter. Building is handicapped accessible.

Neptune Meets 4th Thurs., noon (Feb., Apr., June, Aug., Oct., Dec.), and 4th Thurs., 6pm (Feb., Apr., Aug., Oct., Dec.), Jersey Shore University Medical Center, 1945 Route 33, Pre-registration required. Before attending call **1-800-560-9990** (24 hr.).

Red Bank Meetings vary, noon-1pm (Jan., Mar., May, July, Sept., Nov.), Riverview Medical Center, 1 Riverview Plaza, Blaisdel Auditorium. Before attending call Matthew **732-988-7048** (day).

Morris County

Mended Hearts of Morris County Support for heart disease patients, caregivers and their families. Patient visitation program and quarterly newsletter. Meets 4th Sun., 1:30pm (except July and Aug.), Gagnon Cardiovascular Institute of Morristown Memorial Hospital, 100 Madison Ave., Gagnon Cardiovascular Institute, Morristown. For meeting information e-mail Victor Fabry. Website: <http://www.mendedhearts.org> E-mail: fvfabry@gmail.com

Ocean County

Congestive Heart Failure Support Group *Professionally-run.* Support for individuals and their loved ones who suffer from congestive heart failure (CHF). Guest speakers. Meets 4th Wed., 1-2pm, Lighthouse, 67 Route 37, Riverwood Building 1., Toms River. Pre-registration required. Before attending call **1-800-621-0096** (day).

Mended Hearts, Inc. Mutual support for persons who have heart disease, their families, friends and other interested persons. Building is handicapped accessible. Meets 4th Tues., 1-2:30pm (Jan., Mar., May, July, Sept., Nov.), Ocean Medical Center, 425 Jack Martin Blvd., Ambulatory Care Center, Community Room, Brick. Pre-registration required. Before attending call **1-800-560-9990** (24 hr.).

Union County

Cardiac Support Group *Professionally-run.* Support and education for cardiac patients and their families. Building is handicapped accessible. Meets 1st Mon., 7-8:30pm (except June, July and Aug.), Robert Wood Johnson University Hospital at Rahway, 865 Stone St., Rahway. Call Helen Peare **732-499-6073** (day).

Warren County

Healthy Hearts Support Group *Professionally-run.* Support for individuals with cardiac disease such as congestive heart failure (CHF), high blood pressure and coronary artery disease. Building is handicapped accessible. Meets 1st Wed., 12:30-1:30pm, Hackettstown Regional Medical Center, 651 Willow Grove St., Conference Dining Room, Hackettstown. Pre-registration required. Before attending call **908-850-6819** (day).

HEMOPHILIA

NJ Statewide

Hemophilia Association of New Jersey *Professionally-run.* Self-help support for persons with hemophilia and their families. Provides information and referrals, advocacy, educational seminars, phone networking, peer counseling, guest speakers, financial assistance and vocational counseling. Dues \$20/yr. Write: Hemophilia Association of New Jersey, 197 Route 18 South, Suite 206 North, East Brunswick, NJ 08816. Call **732-249-6000** (day). Website: <http://www.hanj.org> E-mail: hemnj@comcast.net

HEPATITIS

Essex County

Hepatitis C Education Forum *Professionally-run.* Provides support and education to patients who are mono-infected and co-infected with Hepatitis C. Families welcome. Building is handicapped accessible. Guest speakers. Meets last Wed., noon-2pm (except July and Aug.), Saint Michaels Medical Center, 111 Central Ave., Liver Center, Newark. Call Nancy Scangarello **973-877-5645** (day). E-mail: nscangarello@smmcnj.org

HUNTINGTON'S DISEASE

Camden County

Huntington's Disease Support Group *Professionally-run.* Support and education for persons who have Huntington's disease, their caregivers, relatives and those at risk. Building is handicapped accessible. Meets 1st Wed., 6:30-8pm, University Doctors Pavilion @ Rowan University, 42 E. Laurel Rd., 1st Floor, Room 1013, Stratford. Before attending call Nancy Alterman, LCSW **856-566-7078**.

Middlesex County

Huntington's Disease Support Group *Professionally-run.* Support and education for caregivers of persons who have Huntington's disease. Building is handicapped accessible. Meets 4th Wed., 6:30-8pm, UMDNJ, UBHC Building, 671 Hoes Lane, Room C108, Piscataway. Call Christine Hogan, LCSW **732-235-5993** (day).

Morris County

Huntington's Disease Support Group *Professionally-run*. Support and education for caregivers of persons who have Huntington's disease. Meets 3rd Tues., 7-8:30pm, 53 Stickle Ave., 1st Floor, Rockaway. Before attending call **973-784-4965** (day). E-mail: finewine@ptd.net

NJ Statewide

Huntington's Disease Society of America (*Greater New York/New Jersey Chapter*) *Professionally-run*. Support and education for afflicted families. Fund-raising, visitation and phone help. Meets various times at various locations throughout NJ. Call HDSA **973-784-4965** or **973-448-3869**. Website: <http://www.hdsanj.org> E-mail: hdsainfo@hdsa.org

HYDROCEPHALUS

NJ Statewide

Hydrocephalus Kids Provides support and advocacy for parents of, and children with hydrocephalus. Also works on fundraising for research towards a cure. Call Kim **973-476-5122**. Website: <http://www.hydrocephaluskids.org> E-mail: kim@hydrocephaluskids.org

IDIOPATHIC THROMBOCYTOPENIC PURPURA

Morris County

ITP Support Group (*Sponsored NJ Platelet Disorder Association*) Mutual support and education for persons with immune thrombocytopenia purpura (ITP), an autoimmune disease affecting the platelets. Family and friends welcome. Building is handicapped accessible. Guest speakers, literature and newsletter. Meets 3rd Sat., 11am (Jan., Mar., May, Sept., Nov.), Morristown Memorial Hospital, Carol G. Simon Center, 100 Madison Ave., 3rd Floor, Conference Room, Morristown. Pre-registration required. Before attending call Linda McGuirl **908-764-1819** (day). E-mail: njpdsa@gmail.com

INFERTILITY | CHILDLESSNESS

NJ Statewide

RESOLVE *Professionally-run*. Provides education, support and resources (medical, therapeutic and adoption professionals) for individuals and couples experiencing infertility. Information on current medical treatments and adoption. Educational meetings and advocacy. Support group meetings also held throughout NJ. Call **1-888-765-2810**. Website: <http://www.resolve.org/support>

Bergen County

Crohn's and Colitis Foundation of America, Inc. - **NJ Chapter** *Professionally-run*. Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis. Families welcome. Does not include irritable bowel syndrome. Meets 2nd Wed., 7:30-9pm, Valley Hospital, 223 N. Van Dien Ave., Conference Center, Lower Level, Ridgewood. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

Mercer County

Crohn's and Ulcerative Colitis Support for individuals with Crohn's and ulcerative colitis. Building is handicapped accessible. Meets 2nd Wed., 6:30pm, Robert Wood Johnson Hospital Hamilton, 1 Hamilton Health Place, Hamilton. Call Bill **609-587-7215** (day).

Monmouth County

Inflammatory Bowel Disease Support Group *Professionally-run*. Support group for parents and teens dealing with inflammatory bowel disease (Crohn's and ulcerative colitis). This group is not for irritable bowel syndrome. Parents and kids groups meet separately. Meets 3rd Tues., 7-8:15pm (except June/July/Aug.), K. Hovnanian Children's Hospital, Specialty Care Center, 61 Davis Ave., Neptune Township. Parking in rear of building. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day).

Morris County

Crohn's and Colitis Foundation of America, Inc. - **NJ Chapter** *Professionally-run*. Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis. Families welcome. Does not include irritable bowel syndrome. Meets 1st Thurs., 7-9pm, Morristown. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

Ocean County

Crohn's and Colitis Foundation of America, Inc. - **NJ Chapter** *Professionally-run*. Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis. Families welcome. Does not include irritable bowel syndrome. Meets 2nd Tues., 6:30-8pm, Ocean Medical Center, 425 Jack Martin Blvd., Conference Room (across from employee cafeteria on 2 West), Brick. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

Union County

Crohn's and Colitis Foundation of **America, Inc. - NJ Chapter** *Professionally-run.* Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis. Families welcome. Does not include irritable bowel syndrome. Meets 2nd Tues., 7-9pm, JCC of Central Jersey, 1391 Martine Ave., Wilf Jewish Community Campus, Scotch Plains. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

Warren County

Crohn's and Colitis Foundation of America, Inc. - **NJ Chapter** *Professionally-run.* Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis. Families welcome. Does not include irritable bowel syndrome. Meets 3rd Wed., 7-9pm, Oxford. Pre-registration required. Before attending call **732-786-9960** ext. 3 (day). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

NJ Statewide

Crohn's and Colitis Foundation of America, Inc. - **NJ Chapter** *Professionally-run.* Provides support and education for persons with inflammatory bowel disease, Crohn's or ulcerative colitis and their families. Does not include irritable bowel syndrome. Membership dues \$30/yr. Various meeting locations throughout NJ. Write: NJ Chapter CCFA, 45 Wilson Ave., Manalapan, NJ 07726. Call **732-786-9960** (Mon.-Fri., 9am-5pm). Website: <http://www.ccfa.org> E-mail: newjersey@ccfa.org

Inflammatory Bowel Disease Phone support for persons with inflammatory bowel disease, Crohn's disease and ulcerative colitis. Call Bill **609-587-7215** (day).

INTERSTITIAL CYSTITIS

Camden County

South Jersey Interstitial Cystitis Support Group Support and information for persons with interstitial cystitis or painful bladder, their families and friends. Rap sessions, guest speakers and phone help. National ICA newsletter (\$45). Building is handicapped accessible. Meets 2nd Sat., 1-3pm (Jan., Mar., May, July, Sept., Nov.), Kennedy University Hospital, 2201 Chapel Ave. West, Cherry Hill. Before attending call Linda Benecke **856-667-5842** (day). Website: <http://www.ichelp.org>

Middlesex County

Interstitial Cystitis Support Group of Central NJ Mutual support for persons with interstitial cystitis. Families are welcome. Guest speakers. Building is handicapped accessible. Meets 3rd Tues., 7-9pm (Feb., Apr., June, Aug., Oct., Dec.), St. Peter's

University Hospital, 254 Easton Ave., CARES Building, 3rd Floor, New Brunswick. Pre-registration required. Before attending call Michelle 732-390-0422 (day). E-mail: brillo4@aol.com

KIDNEY | PANCREAS

Middlesex County

KAPS (Kidney and Pancreas Support) *Professionally-run.* Mutual support for pre- and post-kidney and pancreas transplant patients. Family and relatives welcome. Guest speakers, literature, educational series and social group. Building is handicapped accessible. Meets 3rd Mon., 7-8pm (except July/Aug.), Transplant Center at Robert Wood Johnson University Hospital, 10 Plum St., 7th Floor Conference Room, New Brunswick. Before attending call Dionne Frank 732-253-3346 (day).

Ocean County

Brick Dialysis and Post-Organ Transplant Support Group Support for dialysis patients and post-organ transplant recipients. Families welcome. Occasional guest speakers and rap sessions. Building is handicapped accessible. Meets 1st Wed., 7-8pm, Ocean Medical Center, 425 Jack Martin Blvd., Community Room, Brick. Before attending call Sue 732-477-0704 (day).

LARYNGECTOMY

Camden County

Laryngectomy Club (Nu-Voice Program) Support group for laryngectomy patients and their families. Meetings vary, noon (Feb., Apr., June, Aug., Oct.), American Cancer Society, 1851 Old Cuthbert Rd., Cherry Hill. Before attending call Ed 609-877-6589 (day).

Essex County

Laryngectomy Support Group *Professionally-run.* Support for laryngectomy patients. Family and friends welcome. Building is handicapped accessible. Meetings vary, St. Michael's Medical Center, 111 Central Ave., Newark. Pre-registration required. Before attending call 973-877-5175 (day).

Middlesex County

Laryngectomee Support Group *Professionally-run.* Support for patients who have undergone a laryngectomy. Families welcome. Guest speakers. Building is handicapped accessible. Meets 3rd Tues., 2-3pm (except July and Aug.), JFK Medical Center, 65 James St., Dept. of Speech and Audiology, Edison. Pre-registration required. Before attending call Patricia 732-321-7063 (Tues., Wed., Fri.).

Morris County

Tri-County New Voice Laryngectomy Support Group Mutual support and social activities for laryngectomees. Also includes anyone with neck, head and/or oral cancers. Hospital visitation for new laryngectomees. Family and friends are welcome. Building is handicapped accessible. Meeting day and time varies, Saint Clare's Hospital, 25 Pocono Rd., Silby Hall, Denville. For meeting information call Tom Beneventine **973-694-8417** (eve.).

Ocean County

Nu-Voice Support for people who have had a laryngectomy. Newsletter. Dues \$3/mtg. Meets Mon., 10am-noon, The Lighthouse, 591 Lakehurst Rd., Toms River. Call **1-800-621-0096**.

Somerset County

Epilepsy Foundation Support Group *Professionally-run*. Mutual support and education for persons with epilepsy. Families and friends are welcome. Meets 4th Thurs., 7pm, 20 Grove St., 2nd Floor, Conference Room, Somerville. Call Tony Sacino **908-231-7191** ext. 7268 (day) or Tom Badger **908-400-9591** (day).

LIFE THREATENING | CHRONIC | TERMINAL ILLNESS

Monmouth County

Art Therapy for Children with a Chronically Ill Loved One *Professionally-run*. Support for children (ages 4 ½-13) who have a family member with a chronic or terminal illness. Uses art therapy to help children express their feelings. Building is handicapped accessible. Meets periodically for 7 weeks, 4 times/yr., Riverview Medical Center, 1 Riverview Plaza, Red Bank. For information call Jane Weinheimer **732-530-2382** ext. 3035 (day).

Healing Helpers Support Group *Professionally-run*. Provides support for those diagnosed with cancer or a serious illness. Families and caregivers welcome. Rap sessions and literature. Building is handicapped accessible. Meets 2nd and 4th Thurs., 10:30am-noon, Bayshore Community Hospital, 727 North Beers St., Holmdel. Pre-registration required. Before attending call **732-739-5832** (day).

LIVER DISEASE

NJ Statewide

American Liver Foundation - Greater New York Division (*Covers northern NJ counties*) *Professionally-run.* Support for persons with hepatitis or any other liver disease. Advocacy, education, guest speakers, phone help and literature. Family, friends and concerned professionals welcome. Meeting day and times vary. Call **212-943-1059**. Website: <http://www.liverfoundation.org/chapters/greaterny>

LUPUS

Essex County

Lupus Foundation of America Support and information for patients, their families and caregivers with lupus. Promotes education and public awareness. Dues \$20/yr. (individual); \$30/yr. (family). Meets 2nd Wed., 7:30-9pm (except Jan., July and Aug.), St. Barnabas Medical, 94 Old Short Hills Road, Private Dining Room, Livingston. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

Gloucester County

Lupus Foundation of America Support and information for patients, their families and caregivers with lupus. Promotes education and public awareness. Meets 3rd Mon., 7-8pm, West Deptford Public Library, 420 Crown Point Rd., Deptford. For meeting information call Lupus Foundation Philadelphia Tri-State **1-800-322-5816** (day). Website: <http://www.lupustristate.org>

Hudson County

Lupus Foundation of America Support and information for lupus patients, their families and caregivers. Promotes education and public awareness. Dues \$20/yr. (individual); \$30/yr. (family). Meets 3rd Tues., 7:30pm (except Jan., Feb., July, Aug., Dec.), William V Musto Cultural Center, 420 15th St., Union City. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

Mercer County

Lupus Foundation of America Support and information for lupus patients, their families and caregivers. Promotes education and public awareness. Dues \$20/yr. (individual); \$30/yr. (family). Meetings vary, 6:30-8pm (except Jan., July and Aug.), West Windsor Library, 333 North Post Rd., Princeton Junction. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

Middlesex County

Lupus Foundation of America Support and information for lupus patients, their families and caregivers. Promotes education and public awareness. Dues \$20/yr.

(individual); \$30/yr. (family). Meets 2nd Sat., 11am (except July, Aug.), PAL Building, 1250 Maple Ave., South Plainfield. Before attending call **1-800-322-5816** (day).
Website: <http://www.lupusnj.org>

Monmouth County

Lupus Foundation of America Support and information for patients, their families and caregivers with lupus. Promotes education and public awareness. Dues \$20/yr. (individual); \$30/yr. (family). Meets 1st Sat., 11am-12:30pm, (except July/Aug.), Middletown Public Library, 55 New Monmouth Rd., Middletown. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

Union County

Lupus Foundation of America Support and information for patients, their families and caregivers with lupus. Promotes education and public awareness. Dues \$20/yr. (individual); \$30/yr. (family). Meetings vary, 3pm (except Jan., Apr., July and Aug.), Lupus Foundation of America, 150 Morris Ave., Suite 102, Springfield. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

Lupus Foundation of America Teen Youth Support Group Support and information for youth (ages 12-17) with lupus. Guest speakers and newsletter. Building is handicapped accessible. Meetings vary, Lupus Foundation of America, 150 Morris Ave., Suite 102, Springfield. Pre-registration required. Before attending call **1-800-322-5816** (day). Website: <http://www.lupusnj.org>

NJ Statewide

Lupus Foundation of America, Inc. - North Jersey Chapter

Professionally-run. Monthly support group meetings in various counties. Professional staff, volunteers and peer counselors assist and support lupus patients, their families and caregivers. Information and referral, resource library, pen pals and seminars. Quarterly newsletter to members. Provides speakers for public and professional education. Dues \$20/yr. (individual); \$30/yr. (family). Write: Lupus Foundation of America, Inc., NJ Chapter, 150 Morris Ave., P.O. Box 1184, Suite 102, Springfield, NJ 07081. Call **1-800-322-5816**. Website: <http://www.lupusnj.org> E-mail: info@lupusnj.org

LYME DISEASE

Mercer County

Lower Bucks Lyme Disease Support Group Provides support and education for individuals with Lyme disease. Meets 3rd Sun., 5pm, Middletown Township Municipal Building, 3 Municipal Way (located off of Flowers Mill Rd.), 2nd Floor, Langhorne, PA.

Before attending call to confirm meeting. Call Evelyn Throne 215-741-5902. Website: <http://www.lowerbuckslymegroup.org> E-mail: evelyn@lowerbuckslymegroup.org

Morris County

Long Valley Lyme Disease Support Group Support for lyme disease patients. Meets 2nd Tues., 7:30pm (except Dec.), Zion Lutheran Church, 11 Schooleys Mountain Rd., Long Valley. For meeting information call the church 908-876-3547 (day).

Morristown Lyme Support Group Support and education for Lyme disease patients and their families. Building is handicapped accessible. Meets 3rd Tues., 7pm, Morristown Presbyterian Church, 65 South St., Parish House, Morristown. Call Anita 973-267-2326.

NJ Statewide

Lyme Disease Network of New Jersey Provides information on support groups worldwide for individuals with Lyme disease and their families. Also provides online message boards. Website: <http://www.lymenet.org>

NewJerseyLyme Online. Information and emotional support for people with Lyme and other tick-borne diseases living in New Jersey. Website: <http://health.groups.yahoo.com/group/NewJerseyLyme>

LYMPHEDEMA

Atlantic County

Living with Lymphedema Professionally-run. Support for any type of lymphedema. Families welcome. Guest speakers, education and literature. Building is handicapped accessible. Meets 2nd Thurs., 7-8:30pm (Feb., Apr., June, Aug., Oct., Dec.), Shore Medical Center, Cancer Center, Shore Rd. and Brighton Ave., Somers Point. Call Jennifer Brooks 609-653-3512 (day).

Somerset County

Somerset County Miracle Voice Club Support, education and encouragement for laryngectomy patients, their families and/or caregivers. Building is handicapped accessible. Dues \$5/yr. Meets 4 times/yr., Cancer Support Community Central New Jersey, 3 Crossroads Dr., Bedminster. For meeting information call James 732-257-6927 or Roy 908-850-3702 (eve.). Website: <http://somersetmiraclevoiceclub.org> E-mail: centralnj@cancersupportcnj.org

MULTIPLE MYELOMA

Bergen County

Multiple Myeloma Professionally-run. Mutual support for patients, families and friends affected by multiple myeloma. Rap sessions, guest speakers and literature. Building is handicapped accessible. Meets 3rd Thurs., 10:30am-noon, John Theurer Cancer Center, 92 Second St., 4th Floor, Conference Room, Hackensack. Call Ann McNeill 551-996-8704 (day).

Camden County

LLS Multiple Myeloma Support Group Professionally-run. Provides support for those diagnosed with multiple myeloma. Meets 4th Mon., 10am, Cooper Cancer Institute, Voorhees. Pre-registration required. Before attending call 908-956-6608 (day). Website: <http://www.lls.org/nj>

Multiple Myeloma Support Group Provides mutual support to individuals and families coping with multiple myeloma. Meets 3rd Sat. (most months), 1:30-3pm, Kennedy Memorial Hospital, 2201 Chapel Ave., Cherry Hill. Before attending confirm meeting date and room. If no access to e-mail call Helen 856-979-9950 (day). E-mail: helengrose14@comcast.net

Somerset County

Central Jersey Multiple Myeloma Support Group Mutual support for patients, families and friends affected by multiple myeloma. Building is handicapped accessible. Meets 1st Wed., 7pm, Steeplechase Cancer Center, 30 Rehill Ave., Somerville. Call Paula 908-725-4948 (eve.). Website: <http://www.centraljersey.myeloma.org> E-mail: pvanriper1122@gmail.com

MULTIPLE SCLEROSIS

Atlantic County

National MS Society Support Group Fellowship of multiple sclerosis patients meeting for information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Website: <http://www.nationalmssociety.org/pae/home>

Galloway Meets 1st Tues., 6pm, Atlantic County Library, 306 East Jimmie Leeds Rd. Before attending call Jackie 609-266-8561. E-mail: frejac@juno.com

Hammonton Meets 3rd Thurs., 7-8:30pm, Presbyterian Church of Hammonton, 326 Bellevue Ave. Check website or e-mail Anne for meeting information.

Bergen County

National MS Society Support Group Support and education for African Americans diagnosed with multiple sclerosis, their families and friends. Guest speakers. Website: <http://www.nationalmssociety.org>

Bergenfield (COPE) Meets last Thurs., 11am (except July and Aug.), Cornell Medical Supply Company, 30 New Bridge Rd., Before attending call Joan **201-837-7790**.

Englewood (FAITH IS OUR PATHWAY) Meets 3rd Sat., 2pm (except July and Aug.), Ebenezer Baptist Church, 216 4th St., Before attending call Irvin **201-569-3613**. E-mail: irvinabooker@yahoo.com

Lyndhurst Meets last Tues., 6-7:30pm, Heritage at Lyndhurst, 601 Riverside Ave., Community Room (by property management office). Call William Milligan **201-889-2311**.

Paramus Meets 1st Mon., 7pm (except Jan., Feb. and Dec.), Trinity Presbyterian Church, 650 Pascack Rd., Call Joe **201-797-3386** or Lenny **973-300-2406** E-mail: jneary1174@aol.com

Saddle Brook Meets 3rd Sat., 1pm (except July/Aug.), Kessler Rehab Center, 300 Market St., Call Maria **201-666-0312** or Chris **201-843-0001**

Teaneck (FRIENDS) Meets 1st Thurs., 7pm (except July/Aug.), Holy Name Hospital, 718 Teaneck Rd., Marian Hall, Conference Room A. Call Scott **973-616-8168**.

Burlington County

National MS Society Support Group Fellowship of multiple sclerosis patients meeting for information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Website: <http://www.nationalmssociety.org/chapters/pae>

Marlton Meets 1st Mon., 1pm, Sovereign Grace Church, 111 Green Tree Rd., Community Room. Call Tricia **609-970-6098**. E-mail: telliottms@yahoo.com

Mt. Holly Meets 3rd Wed., 10:15am-noon (except Aug.), Burlington County Library, 5 Pioneer Blvd., Community Room. Before attending call Therese Ogden **609-261-3748**. E-mail: ogdenterry6@gmail.com

Camden County

National MS Society Support Group Fellowship of multiple sclerosis patients meeting for information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Meets 3rd Mon., 11am-1pm, St. Charles Borromeo Religious Center, 176 Stagecoach Rd., Sicklerville. Call Denise Savarese **856-627-6401**.

Website: <http://www.nationalmssociety.org/chapters/pae> E-mail: deeanns53@comcast.com

Essex County

National MS Society Support Group *Professionally-run.* Mutual support for gay/lesbians with multiple sclerosis. Family and friends welcome. Rap sessions. Website: <http://www.nationalmssociety.org>

Livingston Meets 4th Thurs., 10am (except July/Aug.), Barnabas Health Ambulatory Care Center, 200 South Orange Ave., Cafeteria. Before attending call Roseanne **973-334-8434** (day).

Newark (UMDNJ Survivors) Meets 3rd Thurs., 1pm (except July/Aug.), University of Medicine and Dentistry, DOC Building, 8th Floor Conference Room. Before attending call Linda **973-923-6912**.

Nutley (Gotta Laugh) Meets 3rd Thurs., 7pm (except Jan.), Vincent United Methodist Church, 100 Vincent Pl. Call Gary **973-667-5209**. E-mail: gary@garyanzovino.com

Nutley (MS Legs) (*LGBT*) Meets 3rd Thurs., 7pm (except July and Aug.), Vincent United Methodist Church, 100 Vincent Pl. Call Nancy **201-788-3663**. E-mail: mslegs@juno.com

Gloucester County

National MS Society Support Group Fellowship of multiple sclerosis patients meeting for information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Meets 4th Wed., 6:30pm (except Dec.), Deptford Library, 670 Ward Dr., Deptford. Before attending call Shirley **856-228-1991**. Website: <http://www.nationalmssociety.org/chapters/pae> E-mail: shirley619@verizon.net

Hudson County

National MS Society Support Group Mutual support and education for persons with multiple sclerosis, their families and friends. Meets 2nd Tues., 6:30-8pm (except June, July, Aug.), Secaucus Public Library, 1379 Paterson Plank Rd., Secaucus. Call Kevin **201-320-0100**. Website: <http://www.nationalmssociety.org> E-mail: chefkev21@comcast.net

Hunterdon County

National MS Society Support Group Mutual support and education for persons with multiple sclerosis, their families and friends. Guest speakers, phone help and social activities. Meets last Sat., noon-2pm (except July/Aug.), Hunterdon Health and Wellness Center, 1738 Route 31, Clinton. Call Carla **908-975-3181** (day). Website: <http://www.nationalmssociety.org>

Mercer County

National MS Society Support Group (Positive Living) Support, information and open discussions on living and managing the physical and emotional aspects of multiple

sclerosis. Meets 1st Tues., 7-9pm (except July/Aug.), Mercer County Library, 42 Robbinsville-Allentown Rd., Robbinsville. Call Steve 609-799-9585, Michael 609-516-7444 or Andrea 609-838-0231. Website: <http://www.nationalmssociety.org>

Middlesex County

National MS Society Support Group Mutual support for singles with multiple sclerosis. Group is not exclusively for singles and all are welcome. Website:

<http://www.nationalmssociety.org>

Metuchen Meets 3rd Tues., 10am-noon, First Presbyterian Church, 270 Woodbridge Ave., Social Center. Call Sonya 732-826-7754 or Priscilla 908-591-9768.

South Plainfield Meets 2nd Sat., 1pm, South Plainfield PAL, 1250 Maple St. Call Tennille Flowers 973-207-4197.

Monmouth County

Eastern Monmouth County Multiple Sclerosis Self-Help Phone support and networking for persons with multiple sclerosis and their families. Call Evelyn 732-229-2027 (day).

National MS Society Support Group Support, information, discussions on living and managing the physical and emotional aspects of multiple sclerosis. Website:

<http://www.nationalmssociety.org>

Asbury Park Meets 2nd Tues., noon-2pm, Ocean Township Historical Museum, 701 Deal Rd. Call Nancy 732-531-6756 (day) or Katie 732-502-8845 (day).

Freehold Meets 2nd Wed., 7-9pm (except Aug.), Kershaw Commons, 6000 Applewood Dr., 1st Floor Meeting Room. Before attending call Lisa 732-660-1005 (day).

Freehold Meets 3rd Mon., 1-2:30pm (except Jan., Feb., July and Aug.), Centra State Hospital, Health Awareness Center, 901 West Main St., Ambulatory Campus. Before attending call Ruth Memoli 732-294-2505 (day).

Marlboro Meetings vary, *Professionally-run*. 10am-noon (except July/Aug.), Marlboro Public Library, 1 Library Court. Families welcome. Before attending call Rachel 732-252-8617.

Tinton Falls Meets 3rd Sat., 10am-noon (except July and Aug.), Kensington Court Assisted Living and Senior Day Club, 864 Shrewsbury Ave. Families welcome. Call Bob 732-212-1673 or Don 732-546-8868.

Morris County

National MS Society Support Group *Professionally-run*. Fellowship of persons with multiple sclerosis. Provides information, networking and a creative exchange of ideas. All ages welcome. Website: <http://www.nationalmssociety.org>

Denville Meets 3rd Thurs., 1pm Saint Clare's Hospital/Dover General, 400 West Blackwell St., Call Nick **973-841-3197** Email: marchesan17@aim.com

Montville Meets 2nd Thurs., 10am (except July/Aug.), Montville Youth Center, 130 Changebridge Rd. Before attending call Roseanne **973-334-8434**.

Ocean County

National MS Society Support Group Support group for persons with multiple sclerosis and their families. Occasional guest speakers. Website:

<http://www.nationalmssociety.org>

Brick Meets last Mon., 10:30am-noon (except June, July, Aug.), Ocean Medical Center, Jack Martin Blvd., 2nd Floor Conference Room, Community Room. Before attending call Don **732-546-8868**.

Manahawkin Meets 3rd Fri., 10:30am-12:30pm (except July/Aug.), Lutheran Church of the Holy Spirit, 333 N. Main St. (Route 9), Room 6. Before attending call Luanne **732-286-4990** (day). Email: luanne.rizzo@verizon.net

Toms River Meets 4th Fri., 7-9pm (except July/Aug.), Presbyterian Church of Toms River, 1070 Hooper Ave. Call Pat **732-244-7523**, Dianne **732-892-2230** or Pat **732-569-3606**.

New Hope MS Self-Help and Social Group Mutual support and social group for multiple sclerosis patients, their families and friends. Meets 2nd Sat., 1-3pm (except July and Aug.), Epiphany Roman Catholic Church, 615 Thiele Rd., All Purpose Room, Brick. Before attending call Gene **732-920-3641** (day).

Passaic County

National MS Society Support Group (OUI Group) Support group for persons with multiple sclerosis and their families. Guest speakers. Meets 3rd Mon., 7pm, Packanack Lake Church, 120 Lake Drive East, Wayne. Before attending call Michael **973-628-8991**. Website: <http://www.nationalmssociety.org>

National MS Society Support Group - (Squeaky Wheels) Caring and sharing support group for persons with multiple sclerosis and their families. Information and advocacy. Meets 4th Wed., noon, Hillcrest Center, 1810 Macopin Rd., West Milford. Call Janice **973-728-1282** (day) or Nancy **973-697-0970**. Website: <http://www.nationalmssociety.org>

Somerset County

National MS Society Support Group Information and open discussions on living with and managing the physical and emotional aspects of multiple sclerosis for both the person with MS and their significant others. Meets 4th Tues., 7-9pm (except June, July, Aug.), People Care Center, 120 Finderne Ave., Bridgewater. Call Doug **908-334-9212** or John **908-295-1401**. Website: <http://www.nationalmssociety.org>

Sussex County

National MS Society Support Group (*Multiple Strengths*) Fellowship of multiple sclerosis patients meeting for information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Before attending call Nick **973-841-3197**.

Website: <http://www.nationalmssociety.org>

Hamburg Meets 1st Wed., 12:45pm, Sussex County YMCA, 15 Wits End Dr.

Sussex Meets 3rd Wed., 7pm, Saint Clare's Health Center - Sussex, 20 Walnut St., Cafeteria. Enter through main entrance. Email: marchesan17@aim.com

Union County

National MS Society Support Group Peer support, information and socialization for people with multiple sclerosis. Website: <http://www.natinonalmssociety.org>

Clark Meets 2nd Tues., 7pm (except July and Aug.), Clark Town Hall, 430 Westfield Ave. Call Maryellen **732-396-9145** or Susan **908-889-9144**.

Summit Meets 4th Mon., 1-2pm, Overlook Medical Center, 99 Beauvoir Ave. Call **908-522-2829**.

Warren County

National MS Society Support Group Mutual support for persons with multiple sclerosis. Guest speakers. Website: <http://www.nationalmssociety.org>

Alpha Meets 4th Thurs., 7-9pm (except July and Aug.), St. Mary's Church, 830 5th Ave. Before attending call Klara **908-619-3150** or Maria **908-454-7770**.

Hackettstown Meets 2nd Mon., 7pm, Hackettstown Hospital, 651 Willow Grove St. Call Cynthia **973-786-5382** or Michelle **908-850-6366**.

NJ Statewide

National Multiple Sclerosis Society (*New Jersey Metro Chapter*) Serves the MS community by providing local services and funding national research. Guest speakers, advocacy, respite programs, equipment loan, getaway weekends, camperships for children, quarterly newsletter, library resource center, sessions for the newly diagnosed and so much more. Groups in Bergen, Essex, Hudson, Hunterdon, Mercer, Middlesex, Monmouth, Morris, Ocean, Passaic, Somerset, Sussex, Union and Warren counties. Write: National Multiple Sclerosis Society, New Jersey Metro Chapter, Aspen Corporate Park 1, 1480 Highway 9 North, Ste 301, Woodbridge, NJ 07095. Call **1-800-344-4867** or **732-660-1005** (day). Website: <http://www.nationalmssociety.org/njm> E-mail: njminfo@nmss.org

NJ Statewide

National Multiple Sclerosis Society, Greater Delaware Valley Serves South Jersey. Resource centers and lending library information, education programs, national research and much more. Write: National Multiple Sclerosis Society / Greater Delaware

Valley, 30 South 17th St., Suite 800, Philadelphia, PA 19103. Call **1-800-548-4611** or **215-271-1500**. Website: <http://www.nationalmssociety.org/chapters/pae>

MUSCULAR DYSTROPHY

Essex County

MDA/ALS Support Group *Professionally-run*. Mutual support for individuals with muscular dystrophy or ALS. Families and caregivers welcome. Sharing of information, experiences, ideas and resources. Meets 3rd Thurs., 5-6:30pm, JCC, 411 East Clinton Ave., 2nd Floor, Board Room, Tenafly. Pre-registration required. Before attending call **201-843-4452** (day).

NJ Statewide

MDA Young Adult Network *Online Support Network*. Provides support for young adults living with Muscular Dystrophy. One will need a G-mail account and the latest version of Google Hangout, then to join, email one of the group facilitators, then log onto one's Google Account and wait for an invite from group facilitators. Call **201-843-4452**; Fax: **201-843-2324**. E-mail: jcirello@mdausa.org

MYOSITIS

Gloucester County

Myositis Support Group Support for anyone with Myositis, their families and friends. Building is handicapped accessible. Guest speakers, literature and phone help. Meets Sat., noon-3pm (Jan., Apr., July, Oct.), SOS Group, 1829 North Black Horse Pike, Williamstown. Pre-registration required. Before attending call Katherine Falcone **856-740-4000** (day). E-mail: info@sosgroup.info

NEUROPATHY

Bergen County

Northern New Jersey Peripheral Neuropathy Support Group Support, information and advocacy for persons with peripheral neuropathy. Guest speakers, educational series, phone help and literature. Building is handicapped accessible. Meets 3rd Thurs., 7-8:30pm (Mar., Apr., May, Sept., Oct., Nov.), Englewood Hospital, 350 Engle St., Englewood. Call Tom 201-692-9313, Mary 973-226-1535 or Shirley 973-853-5283. For directions to Englewood Hospital call **201-894-3000**. E-mail: mcculluma@optonline.net

Essex County

West Essex Peripheral Neuropathy Support Group Support, information and advocacy for persons with peripheral neuropathy. Families welcome. Guest speakers, educational series and phone help. Building is handicapped accessible. Meets 1st Thurs., 7-8:30pm (Apr., May, June, Oct., Nov., Dec.), Roseland United Methodist Church, 144 Eagle Rock Ave., Roseland. Call Mary **973-809-4615** (day). E-mail: ithacamom@gmail.com

Union County

Neuropathy Group of Union County Support and information for persons with neuropathy. Mutual sharing, guest speakers, literature and phone help. Building is handicapped accessible. Meets 1st Sat., 1pm (except Jan.), Westfield. Pre-registration required. Before attending call Fontaine **908-233-9709** (eve.). E-mail: fontainegatti@msn.com

NJ Statewide

Peripheral Neuropathy Telephone Support Phone support for people with peripheral neuropathy. Call Bill **609-587-7215** (day).

NEUROFIBROMATOSIS

NJ Statewide

Neurofibromatosis, Inc. (Mid-Atlantic Region) Founded 1979. Serves District of Columbia, Delaware, New Jersey, North Carolina, Pennsylvania, Virginia and West Virginia. Provides support and advocacy for those with neurofibromatosis. Provides free printed materials, conducts meetings with a real-time captionist for the hearing impaired, publishes 5 newsletters a year; videos on NF and Camp New Friends, provides peer-counseling, appropriate medical education, social referrals and speakers. Promotes research and funds some clinical studies. Write: Neurofibromatosis, Inc. Mid-Atlantic, 213 Village Square II, Baltimore, MD 21210-1624. Call **443-423-0535**. Website: <http://www.nfmidatlantic.org> E-mail: info@nfmidatlantic.org

ORGAN TRANSPLANT RECIPIENT

Bergen County

Life After Transplant Support Group *Professionally-run.* Provides emotional support and education to post-bone marrow or stem cell transplant patients, their family and friends. Facilitator is a transplant recipient. Guest speakers. Meets 3rd Thurs., 5-6:30pm, John Theurer Cancer Center, 92 2nd Street, 3rd Floor Conference Room, Hackensack. Call Renee Stein-Goetz, LCSW **551-996-8290**. E-mail: rgoetz@hackensackumc.org

Essex County

Heart Transplant Support Group *Professionally-run.* Support for heart transplant patients and their families. Building is handicapped accessible. Guest speakers and literature. Meets 1st Thurs., 6:30-8pm, Newark Beth Israel Medical Center, 201 Lyons Ave., Newark. Pre-registration required. Before attending call **973-926-7205** (day). E-mail: vcappello@barnabashealth.org

Lung Transplant Support Group *Professionally-run.* Support for persons who have received a lung transplant or are considering one. Families welcome. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Mon., 12:30pm, Newark Beth Israel Medical Center, 201 Lyons Ave., Newark. Pre-registration required. Before attending call **973-926-3178** (day). E-mail: vcappello@barnabashealth.org

Middlesex County

Heart Transplant Support Group Mutual support for heart transplant patients and their families. Building is handicapped accessible. Meets 2nd Tues., 7-8pm (except July and Aug.), Robert Wood Johnson University Hospital, 10 Plum St., Transplant Center, 7th Floor, Main Conference Room, New Brunswick. Before attending call Valerie Karlin **732-253-3699** option #1 (day).

Morris County

Lung Transplant Support Group Mutual support for persons who have received a lung transplant or are considering it. Sharing of information and concerns. Families welcome. Rap sessions. Building is handicapped accessible. Meets last Wed., 2-3:30pm, Saint Clare's Hospital Dover, 400 West Blackwell St., Dover. Before attending call Carmella Thomas, RRT **973-989-3128** mailbox #1 (day).

Multi-Organ Transplant Group Mutual support for anyone who will have or had any type of organ transplant. Families welcome. Building is handicapped accessible. Guest speakers. Meets 1st Wed., 7pm (except July and Aug.), Parsippany Police Department, 3339 Route 46 East, Community Room, Parsippany. Before attending call Nick **973-334-4300** (Mon.-Fri., 1-4:30pm) or **973-984-6966** (eve).

Ocean County

Brick Dialysis and Post-Organ Transplant Support Group Support for dialysis patients and post-organ transplant recipients. Families welcome. Occasional guest speakers and rap sessions. Building is handicapped accessible. Meets 1st Wed., 7-8pm, Ocean Medical Center, 425 Jack Martin Blvd., Community Room, Brick. Before attending call Sue **732-477-0704** (day).

OSTEOPOROSIS

Essex County

Osteoporosis Support Group *Professionally-run.* Support and education for people with osteoporosis, their families and friends. Discussions, guest speakers and literature. Meets 2nd Thurs., 11:30am-12:30pm (except Jan., Feb., July and Aug.), Barnabas Health Ambulatory Care Center, 200 South Orange Ave., Conference Room A and B, Livingston. Call Joan Petersen **973-322-7417** (day).

Hunterdon County

Arthritis Support Group *Professionally-run.* Mutual support and education for people with arthritis or osteoporosis and their families. Building is handicapped accessible. Meets 2nd Mon., 1-3pm, Hunterdon Medical Center, 2100 Wescott Dr., Center for Healthy Aging, 4th Floor, Flemington. Call **908-788-6373**.

Union County

United Ostomy Association of America *Professionally-run.* Support, education and encouragement for ostomy patients and their families. Provides outreach, visitation, peer-counseling and newsletter. Building is handicapped accessible. Guest speakers and literature. Meets 2nd Tues., 2-3pm (Jan., Mar., May, July, Sept., Nov.), Overlook Medical Center, 11 Overlook Rd., Summit. Call Angela Ryan **908-522-2156** (day).

OSTOMY

Burlington County

Ostomy Association of Southern New Jersey Education and encouragement for ostomy patients and those with related surgery. Families are welcome. Visitation, peer-counseling and newsletter. Building is handicapped accessible. Meets 3rd Mon., 7-9pm, Virtua Memorial Hospital of Burlington County, 175 Madison Ave., Conference Center, Mt. Holly. Call Ken Aukett **609-315-8115** (1-10pm). Website: <http://www.ostomysnj.org> E-mail: kenaukett@uoaa.org

Gloucester County

Ostomy Support Group *Professionally-run.* Support and education for ostomy patients, families and friends. Guest speakers. Building is handicapped accessible. Meets 3rd Wed., 6-7:30pm, Inspira Medical Center, 509 North Broad St., Medical Arts Building, Suite 14, Woodbury. Pre-registration is required. Before attending call **856-686-5101** (day).

Hudson County

Bayonne Ostomy Alliance Support, education, information and advocacy for persons who have had or will have ostomy surgery and their families. Building is handicapped accessible. Rap sessions, guest speakers, literature, phone help, visitation program, and buddy system. Meets 2nd Wed., 2-3pm, Bayonne Medical Center, 29th St. at Avenue E, Bayonne. Call Larry **201-339-5251**. Website: <http://www.premiersystems.net/boa.html> E-mail: ostomyvisitor@aol.com

Hunterdon County

Ostomy Support Group *Professionally-run*. Education and support for ostomy patients and their families. Guest speakers, lecture series and literature. Building is handicapped accessible. Meets 3rd Tues., 7-9pm (except July and Aug.), Hunterdon Medical Center, 2100 Wescott Dr., Flemington. Pre-registration required. Before attending call Beverly Phillips **908-237-5427**. E-mail: phillips.beverly@hunterdonhealthcare.org

Middlesex County

United Ostomy Association of Middlesex County Support, education and encouragement for ostomy patients and their families. Outreach, visitation, phone help and newsletter. Dues \$25/yr. Building is handicapped accessible. Meets 1st Wed., 6:30pm (except Jan., Feb., July, Aug., Sept.), American Cancer Society, 2600 Route 1 North, North Brunswick. Call Charlie **732-572-3298**. E-mail: medicamm@verizon.net

Morris County

United Ostomates of North Jersey (UONJ) *Professionally-run*. Mutual support and education for ostomy patients and their families. Provides outreach, visitation and peer-counseling. Dues \$15/yr. Building is handicapped accessible. Meets 2nd Mon., 7pm, Chilton Medical Center, 97 West Parkway, Board Room, Pompton Plains. Call JoAnn **973-831-5168** (day). (Mon.-Fri., 9am-5pm).

United Ostomy Association of America Support, education and encouragement for ostomy patients and their families. Provides outreach, visitation, peer-counseling and newsletter. Building is handicapped accessible. Meets 3rd Wed., 7:30-9:00pm, Morristown Memorial Hospital, Carol G. Simon Cancer Center, 100 Madison Ave., Conference Room, Morristown. Call Toni McTigue **973-971-5522** (day).

Ocean County

Ostomy Support Group Mutual support for ostomy patients. Meets 2nd Thurs., 1pm (except July and Aug.), Family Resource Center at Meridian Fitness and Wellness, 700 Route South Main St., West Creek. Call **609-978-3559** (day).

Somerset County

Raritan Valley Post-Polio Support Group Support for post polio survivors, their families and friends. Membership dues 10/yr. Building is handicapped accessible. Guest speakers and phone help. Meets 1st Sat., 10:30am-12:30pm (Mar., Apr., May, Oct., Nov., Dec.), at Manville Library, 100 South 10th Ave. Manville. Call Lee Bekir **908-698-2769** (day). Email: leebekir@gmail.com

Warren County

Warren County Ostomy Club (*United Ostomy Association*) *Professionally-run.* Dedicated to serving and educating persons before and after surgery for a colostomy, ileostomy or urostomy. Families welcome. Education, literature, visitation and socials. Building is handicapped accessible. Dues \$15/yr. Meets 3rd Sun., 2pm (Mar., Sept, Nov.) 4th Sun., (May), St. Luke's Hospital, 185 Roseberry St., Farley Education Room, . Call **908-852-2475** (day).

PAIN, CHRONIC

Atlantic County

Atlantic Chronic Pain Support Group Mutual support for individuals dealing with a chronic pain situation. Meets 2nd and 4th Wed., 6:30-8:30pm, Pomona. For meeting information call Bob **609-266-1198** (day).

Burlington County

Reflex Sympathetic Dystrophy & Chronic Pain Support Group Support for individuals with reflex sympathetic dystrophy or chronic pain, their families and friends. Helps members maintain as normal and pain-free life as possible. Guest speakers, educational programs, discussions, literature and phone support. Meets 4th Tues., 7-9pm, Mt. Laurel YMCA Child Care Center, 59 Centerton Rd., Childcare Center, Mt. Laurel. Call Lisa Anne Vasey **609-877-0213**. E-mail: lisav1@live.com

Camden County

Chronic Pain Support Group *Professionally-run.* Provides support for those living with chronic pain. Building is handicapped accessible. Meets 2nd Fri., 10:30-11:30am (except holidays), Voorhees Senior Assisted Living Center, 501 Laurel Oak Rd., Voorhees. Pre-registration required. Before attending call Kennedy Health System **1-800-522-1965** (day).

Essex County

American Chronic Pain Association Support Group Mutual support, encouragement and information for persons with chronic pain. Meets Tues., 11am-noon, Starbucks,

Livingston Ave. and Mt. Pleasant Ave., Livingston. Call Terri Thompson **646-831-3096** (day).

Middlesex County

American Chronic Pain Association Support Group Mutual support, encouragement and information for persons with chronic pain. Guest speakers, literature and newsletter. Building is handicapped accessible. Meets Mon., 12:30-2pm, JFK Conference Center, 70 James St., Edison. Pre-registration is required. Before attending call Susan **908-400-0966** (day).

Mercer County

Pelvic Pain and Associated Pain Disorder Support for women with pelvic pain or associated pain disorders (e.g., vulvodynia, interstitial cystitis, pelvic floor dysfunction, urinary retention, endometriosis, pudendal nerve entrapment, etc.). Share strategies for living with chronic illness. Meets 4th Thurs. (Jan., Mar., May, July, Sept., Nov.), 6:30-8pm, Hamilton Township Library, 1 Justice Samuel A. Alito, Jr. Way, Hamilton. Call Jeanne Bergren **609-610-4303** (eve.). E-mail: jeannebergren@msn.com

Union County

American Chronic Pain Association Support Group (Union-Essex Chapter) Mutual support, encouragement and information for persons with chronic pain. Rap sessions and guest speakers. Building is handicapped accessible. Meets 1st Mon., 5:30-7pm, Overlook Hospital, 99 Beauvoir Ave., Summit. Pre-registration is required. Before attending call Patricia **908-665-1988**.

PAINLESS | NONISCHEMIC PRIAPISM

NJ Statewide

Large Penis Support Group – NJ Chapters (LPSG-NJ) *NJ Chapters – North, South and Central - Online. Founded 1999.* Community support dedicated to relieving as much pain and suffering from those individuals who suffer from a condition called painless priapism or megalophallus. Offers moderated message boards, articles, blogs and more. Talk with others who face the same circumstances of having painless priapism (megalophallus) which can be a very difficult condition with which to live. Site offers opportunities for men to share concerns, embarrassment, to help ease problems of having a megalophallus such as physical discomfort; erectile dysfunctions, intimacy issues that bring pain instead of pleasure; erections leading to lightheadedness or dizziness (which may be the result of medication or a co-existing condition) and other issues. One need not suffer alone; joining with others can help make this problem seem less difficult. Open to spouses and partners. Website: <http://www.lpsg.org> E-Mail: help@lpsg.com

PAPILLOMATOSIS

NJ Statewide

Recurrent Respiratory Papillomatosis Foundation Networking for families affected by recurrent respiratory papillomatosis. Interested professionals are welcome. Website, email and phone support. Write: RRPf, P.O. Box 6643, Lawrenceville, NJ 08648-0643. Call Bill Stern 609-530-1443; Fax: 1-866-498-7559. Website: <http://www.rrpf.org> E-mail: bills@rrpf.org

PANDAS

Middlesex County

PANDAS Parent Support Group Provides support, comfort and sharing for parents of children with PANDAS/PANS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep and Pediatric Acute Onset Neuropsychiatric Syndrome). These disorders share a common abrupt onset of tics, OCD and/or ADHA. Building is handicapped accessible. Meets various Mon., 7:15-8:15pm (except July, Aug., Dec.), JFK Medical Center, 65 James St., Neuroscience Institute Conference Room, Edison. E-mail for meeting information. E-mail: pandashelp@hotmail.com

Morris County

PANDAS Parent Support Group Provides support, comfort and sharing for parents of children with PANDAS/PANS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Strep and Pediatric Acute Onset Neuropsychiatric Syndrome). These disorders share a common abrupt onset of tics, OCD and/or ADHA. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Tues., 7pm, St. Francis Residential Home, 122 Diamond Spring Rd., Denville. For information call Barbara 973-214-3708 (after 3pm). E-mail: ksisco1210@aol.com

PARKINSON'S DISEASE

Atlantic County

Parkinson's Support Group Mutual support for individuals diagnosed with Parkinson's disease. Families and caregivers welcome. Guest speakers. Building is handicapped accessible. Meets 1st Thurs., 2-4pm (except Jan., July, Aug.), Absecon Presbyterian Church, 208 New Jersey Ave., Absecon. Call Karen 609-335-7927.

Bergen County

Northern Valley Parkinson's Support Group Mutual support and education for individuals diagnosed with Parkinson's disease. Families and caregivers welcome. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets 1st Sat., 12:30pm (except June, July, Aug.), First Congregational Church, Haworth Ave., Haworth. Before attending call Jerry Ratner **201-599-2232** (eve.).

Parkinson's Support Group Mutual support and exercise for persons with Parkinson's disease. Rap sessions, guest speakers and phone help. Building is handicapped accessible. Meets Fri., 1-3pm, Southeast Senior Center for Independent Living, 228 Grand Ave., Englewood. Call Kevin Kyle **201-747-9096** (day).

Parkinson's Support Group of the Greater Ridgewood Area *Professionally-run*. Mutual support and exchange of information for persons with Parkinson's, their families and caregivers. Rap sessions and guest speakers. Building is handicapped accessible. Entrance on side of building. Meets 1st Thurs., 7pm (separate groups for patients and caregivers); lecture and education series meets 3rd Thurs., 7pm (except July, Aug., Dec.), Cedar Hill Christian Reformed Church, 422 Cedar Hill Ave., Wyckoff. Call Eugene **973-420-5716** (day). E-mail: epprovost@gmail.com

Burlington County

Virtua Parkinson's Support Group *Professionally-run*. Mutual support for persons with Parkinson's disease and their families. Meets 3rd Wed., 6:45-8pm (except Dec.), Virtua Memorial Hospital, 175 Madison Ave., Mt. Holly. Pre-registration required. Before attending call Virtua Health **1-888-847-8823** (day). Website: <http://www.virtua.org>

Essex County

Caregivers Alzheimer's and Parkinson's Group *Professionally-run*. Support for caregivers of individuals with Alzheimer's and Parkinson's disease. Resources available. Meets 1st and 3rd Mon., Verona Park Boathouse, Bloomfield Ave. and Lakeside Ave., Verona. Pre-registration required. Before attending call Ruth Rothbart-Mayer **917-916-8002** (day).

Parkinson's Support Group of North Jersey Mutual support and exchange of information for persons with Parkinson's, their families and caregivers. Discussions and guest speakers. Building is handicapped accessible. Meets 3rd Sat., 10am-noon, Mountainside Hospital, Bay Ave., Montclair. Call Elsa **973-731-5011**, Angela **973-338-6851** or Mary **973-837-6591** (day).

Mercer County

Parkinson's Support Group Support and information for Parkinson's patients and families. Guest speakers. Building is handicapped accessible. Meets 3rd Wed., 2pm Capital Health Medical Center, 1 Capital Way, Pennington. Call Jan McCurdy **609-882-0322** (day) or Victoria Pena-Cardinali **609-537-7157** (day). E-mail: info@seniorcaremgt.com

Middlesex County

COPSA Spouse Support Group *Professionally-run*. Mutual support and understanding for spouses of persons with any type of memory loss including Alzheimer's, Parkinson's, vascular disease, stroke, head injury and dementia. Meets 1st and 3rd Mon., 9:30-11am, 100 Metroplex Dr., Edison. Call Mary Catherine Lundquist **1-800-424-2494** (day).

JFK Johnson Rehab Institute Parkinson's Group Support, education and 08/28/14 coping skills for individuals with Parkinson's disease. Families welcome. Literature, rap sessions and guest speakers. Meets 1st Wed., 1-2:30pm, Monroe Township Senior Center, 1 Municipal Plaza, Monroe Township. Call Helena Zarco **609-409-1170** (day).

Parkinson's Disease Support Group *Professionally-run*. Support and education for Parkinson's patients under 60 years old, their families and caregivers. Building is handicapped accessible. Meets 3rd Thurs., Robert Wood Johnson Fitness and Wellness Center, 100 Kirkpatrick St., New Brunswick. Before attending call NJ Parkinson's Disease Information and Referral Center **732-745-7520** (day).

Parkinson's Support Group *Professionally-run*. Support and education for Parkinson's disease patients. Families welcome. Building is handicapped accessible. Guest speakers, literature and newsletter. Meets 2nd Thurs., 6-8pm, JFK Medical Center, New Jersey Neuroscience Institute, 65 James St., Edison. Pre-registration required. Before attending call Jacqueline Cristini **732-321-7000** ext. 68169 (day).

Parkinson's Support Group Support, education and coping skills for individuals with Parkinson's disease. Families welcome. Guest speakers. Building is handicapped accessible. Meetings vary, 1pm, Metuchen Senior Center, 15 Center St., Metuchen. For meeting information call **732-632-8524** (day).

Monmouth County

Parkinson's Support Group *Professionally-run*. Support for people with Parkinson's, their families and caregivers. Guest speakers, literature and newsletter. Building is handicapped accessible. Meets 4th Wed., 11:30am, CentraState Medical Center, 901 West Main St., Ambulatory Building, Freehold. Call Ruth Memoli **732-637-6334** (day).

Morris County

Parkinson's Support Group *Professionally-run*. Provides emotional support and education for those diagnosed with Parkinson's disease, their families and caregivers. Pre-registration required. Before attending call Maryann **973-627-4087** (day).

Madison Meets 2nd Tues., 1pm, Madison YMCA, 111 Kings Rd.

Parsippany Meets 3rd Mon., 1pm, Care One at Morris, 200 Mazda Brook Rd.

Ocean County

Parkinson's Support Group *Professionally-run*. Provides positive environment for Parkinson's disease patients and caregivers. Rap sessions, education and guest speakers. Building is handicapped accessible. Meets 4th Fri., 2-3pm (except Feb., Nov., Dec.), Ocean Medical Center, 425 Jack Martin Blvd., Brick. Before attending call Donna Whitney **732-836-4614** (day).

Passaic County

Parkinson's Support Group *Professionally-run*. Support for people with Parkinson's and their families. Guest speakers. Building is handicapped accessible. Free lunch provided. Meets 3rd Thurs., 1pm, Preakness Health Care Center, 305 Oldham Rd., Main Dining Room, Wayne. Call **973-585-2140** (day). Website: <http://www.passaiccountynj.org> E-mail: doloresc@passaiccountynj.org

Union County

Parkinson's Support Group Support and education for patients of all ages with Parkinson's disease and/or their caregivers. Occasional guest speakers. Building is handicapped accessible. Meets 2nd Wed., 1-3pm, Robert Wood Johnson University Hospital at Rahway, Stone St., Rahway. Call Debbie **908-272-2362** (day). E-mail: deb.hargiss@gmail.com

Parkinson's Support Group in Westfield Provides support and education to persons with Parkinson's disease as well as their caregivers who have lost a family member to Parkinson's. Building is handicapped accessible. Meets 2nd Mon., 1:30-3pm (except July, Aug.), Presbyterian Church in Westfield, 140 Mountain Ave., Westfield. Call for meeting information for the October meeting. Call Barbara **908-322-9214** (day). E-mail: bringk@verizon.net

Warren County

Lehigh Valley Parkinson's Support Group Mutual support and encouragement for Parkinson's patients, their families and friends. Guest speakers. Building is handicapped accessible. Meets 4th Tues., 10am-noon, Muhlenberg Hospital, 6 Schoenersville Rd., Banko Building, Bethlehem, PA. Call Gerry **610-868-3510**. E-mail: brignal1@aol.com

Parkinson's Support Group *Professionally-run*. Support and information for Parkinson's patients, family and caregivers. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 3rd Tues., 4-5pm, Heath Village, 430 Schooleys Mt. Rd., Activities Room, Hackettstown. Call Valerie Perry **908-684-5202**.

NJ Statewide

American Parkinson's Disease Association *NJ Chapter* Provides literature, speakers' bureau, educational programs and physician referrals. Referrals to support groups. Write: NJ APDA Information and Referral Center, Wellness Plaza, 100 Kirkpatrick St., New Brunswick, NJ 08901. Call **732-745-7520**. Website: <http://www.njapda.org> E-mail: njapda@njapda.org

POLIO

Atlantic County

Atlantic County Post-Polio Support Group Support and information on the late effects of polio, for post-polio survivors, their families and friends. Dues \$20/yr. Building is handicapped accessible. Meets 3rd Wed., noon, Ye Old Mill St. Pub, 6033 Main St., Mays Landing. Before attending call Marge **609-909-1518** (day). E-mail: kittystamp@comcast.net

Bergen County

Bergen County Polio Support Group Support network and information on late effects of polio and polio survivors. Peer-counseling, phone network and guest speakers. Building is handicapped accessible. Membership \$15/yr. Meets 1st Sat., 11:30am-1:30pm, Maywood Senior Center, 145 West Magnolia Ave., Maywood. Call Heather **201-845-6317**. E-mail: hbroad@netzero.net

Camden County

South West Jersey Polio Support Group Support and information on the late effects of polio for post-polio survivors and their families and friends. Dues \$15/yr. Building is handicapped accessible. Elevator available. Meets 4th Sat., 11am-12:30pm (except Nov., Dec., Jan., Feb.), Voorhees Senior Living, 501 Laurel Oak Rd., Voorhees. Before attending call Anna **856-740-1106** (day).

Essex County

New Jersey Polio Network, Essex/Union Chapter Mutual support for persons with post-polio. Provides an opportunity to discuss problems and solutions. Family members welcome. Rap sessions, education, guest speakers and literature. Building is handicapped accessible. Meets 2nd Sat., noon-2pm (Mar., June, Sept., Dec.), East Orange General Hospital, 80 South Munn Ave., East Orange. Before attending call Edwina Jackson **973-699-1564** or Thelma Van Liew **908-753-6514** (day). E-mail: nubianqueen8@aol.com

Monmouth County

Monmouth County Post-Polio Support Group Support for persons suffering from post-polio syndrome, in need of pain management, or who need help controlling their lives, through meetings, referrals, discussions, guest speakers, social events and networking. Families and friends welcome. Phone help. Building is handicapped accessible. Meets 3rd Mon., 2pm (except Jan. and Feb.), Seabrook Village, 300 Essex Rd., Tinton Falls. Before attending call Toni Wilczewski **732-229-9343** (day). E-mail: skywash01@aol.com

Morris County

Morris County Polio Network Mutual support for post-polio survivors, their families and friends. Information on the late-effects of polio. Rap sessions and newsletter. Dues \$10/yr. Building is handicapped accessible. Meets 3rd Sat., 11am (Apr., May, June, Sept., Oct., Nov.), 3rd Wed. (Mar., July, Dec.), Il Villaggio Restaurant, Power Mill Plaza, Route 10 East, Morris Plains. Before attending call Vincent Avantagiato **973-769-0075** (day). Website: <http://www.pnnj.org> E-mail: drvince@pnnj.org

Ocean County

Ocean County Post-Polio Support Group Support & information sharing for polio survivors. Networking with professionals and other groups. Phone help, guest speakers, literature, newsletter and buddy system. Dues \$15/yr. Building is handicapped accessible. Meets Sat. (Apr., June, Sept., Nov.), Toms River. For meeting information call Susan Paune Gato **732-267-4308** (day). Facebook: <https://www.facebook.com/ocppsg>

NJ Statewide

Polio Network of NJ Support and information for NJ polio survivors and their families. Optional \$15/yr. donation. For information on support groups in your area call the Polio Network of NJ **201-845-6860** (day). Website: <http://www.njpolio.org>

NJ Statewide

NJ Chapter Prader-Willi Syndrome Association *Professionally-run.* Parents meet twice a year to provide support and education. This uncommon birth defect results in initial hypotonia, hypogenitalism and central nervous system performance dysfunction which includes an insatiable appetite leading to obesity if not controlled. Write: NJ Chapter, Prader-Willi Syndrome Association, c/o Mary Speiser, 19 Evelyn Terrace, South Amboy, NJ 08879. Call Mary Speiser **732-621-0529**. Website: www.pwsausa.org/nj E-mail: mcspeiser@aol.com

PULMONARY HYPERTENSION

Passaic County

Pulmonary Hypertension Support Group Support and information for patients with pulmonary hypertension (a cardio-vascular and pulmonary disease), their families and friends. Meetings vary, noon-2pm (Feb., Apr., June, Aug., Oct., Dec.), Wayne Public Library, 461 Valley Rd., Wayne. Call Melanie **201-543-8063** (day). Website: <http://www.njphsupport.com> E-mail: melaniejae@aol.com

REFLEX SYMPATHETIC DYSTROPHY

Burlington County

Reflex Sympathetic Dystrophy & Chronic Pain Support Group Support for individuals with reflex sympathetic dystrophy or chronic pain, their families and friends. Helps members maintain as normal and pain-free life as possible. Guest speakers, educational programs, discussions, literature and phone support. Building is handicapped accessible. Meets 4th Tues., 7-9pm, Mt. Laurel YMCA Child Care Center, 59 Centerton Rd., Childcare Center, Mt. Laurel. Call Lisa Anne Vasey **609-877-0213**. E-mail: lisav1@live.com

Passaic County

RSD and You Support Group Support for individuals with reflex sympathetic dystrophy, their family and friends. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 4th Tues., 7pm, St. Joseph's Hospital, 703 Main St., Barclay Room, Paterson. Call Jaclyn **201-704-0963**. E-mail: jaci81@optonline.net

NJ Statewide

Reflex Sympathetic Dystrophy Syndrome Association *Southern NJ Chapter* Aims to meet the practical and emotional needs of reflex sympathetic dystrophy syndrome

patients and their families. Promotes research into the cause and cure of RSDS. Offers education to the public and professionals. Call Jim Everett **609-828-4980** (eve.).

RESPIRATORY DISEASE | EMPHYSEMA

Bergen County

Alpha 1 Emphysema Support Group Support for patients with Alpha 1 emphysema. Guest speakers and literature. Meets 3 times/yr. (May, Sept., Dec.), various locations. Call Joe Reidy **201-444-7839** (day). E-mail: joereidy@verizon.net

Burlington County

Better Breathers Club *Professionally-run.* Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.), their family and friends. Discussion and guest speakers. Meetings vary, 4 times/yr. in Burlington, Camden and Gloucester counties. Pre-registration is required. Call Karen **856-424-2000** (day).

Camden County

Better Breathers Club Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.), their family and friends. Rap sessions and guest speakers. Building is handicapped accessible. Meets 4 times/yr., NBN Infusion and Respiratory, 2 Pin Oak Lane, Unit 250, Cherry Hill. Call **856-669-6441**. Website: <http://www.nbnbetterbreathersclub.org>

Cape May County

Pulmonary Support Group *Professionally-run.* Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.). Guest speakers. Building is handicapped accessible. Meetings vary, 11:30am, Cape Regional Medical Center, 2 Stone Harbor Blvd., Cape May Court House. Pre-registration required. Before attending call Bonnie Kratzer, RN **609-463-4043** (day).

Cumberland County

Heart and Lung Support Group *Professionally-run.* Support and education for people with a history of heart and lung problems. Building is handicapped accessible. Meets 3rd Thurs., 12:30-1:30pm (May, July, Sept., Nov.), Inspira Health Network, 1505 West

Sherman Ave., 4th Floor, Conference Room, Vineland. Pre-registration required. Before attending call **856-641-7535** (day).

Essex County

Food Allergy and Asthma Support Group of North Jersey Support, education and advocacy for parents of food allergic and asthmatic children. Guest speakers and literature. Dues \$20/yr. Building is handicapped accessible. Meets 3rd Mon., 7:30-9pm, St. Barnabas Ambulatory Care Center, 200 South Orange Ave., West Orange. Call Lisa Giuriceo **973-785-3348** (eve.).

Pulmonary Hypertension Support Group *Professionally-run*. Support for patients who have pulmonary hypertension and their families. Building is handicapped accessible. Guest speakers, literature and phone help. Meets 2nd Tues., 10:30am-noon, Newark Beth Israel Medical Center, 201 Lyons Ave., E-4 Pulmonary Fellow Conference Room, Newark. Pre-registration required. Before attending call Valerie Cappello **973-926-3178** (day).

Gloucester County

Better Breathers Club *Professionally-run*. Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.), their family and friends. Discussion and guest speakers. Meetings vary, 4 times/yr. in Burlington and Gloucester counties. Pre-registration is required. Call Karen **856-424-2000** (day).

Mercer County

Allergy and Asthma Support Group of Central New Jersey Support, advocacy and social group for adults and parents of children with food allergies, environmental allergies, asthma or any combination. Share stories, personal experiences, wisdom, suggestions and knowledge. Families and friends welcome. Guest speakers and phone help. Dues \$20/yr. Meetings vary, Sept.-June, in Princeton. Call Allison **732-516-9852**. Check website for meeting information. Website: <http://www.allergyfriendsnj.org>

Monmouth County

Better Breathers Club *Professionally-run*. Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.). Building is handicapped accessible. Meets 2nd Tues., 10:30am-noon (Except July/Aug), Monmouth Medical Center, 300 2nd Ave., Long Branch. Pre-registration required. Before attending call **732-923-6990** (day).

Food Allergy and Asthma Support Group of Monmouth County *Online*. Provides mutual support for adults and parents of children with food allergies in Monmouth county and surrounding areas through an e-mail discussion group. Website: <http://www.njfoodallergy.org>

Morris County

IPF Support Group Mutual support for patients with idiopathic pulmonary fibrosis and their caregivers. Family members welcome. Rap sessions and phone help. Building is handicapped accessible. Meets last Wed., 7-9pm, Morristown Memorial Hospital, 100 Madison Ave., Conference Room 3B, Morristown. Before attending call Barbara **908-276-3394** (eve). E-mail: bjmurphy21@verizon.net

Somerset County

Better Breathers Club Mutual support for people with chronic obstructive pulmonary disease (bronchitis, emphysema, fibrosis, asthma, post-lung cancer, etc.). Guest speakers and literature. Building is handicapped accessible. Meets last Fri., 9am (except July and Aug.), RespaCare, 489 Main Ave., Bridgewater. Pre-registration is required. Before attending call Jim Gilanyi **732-356-9950** (day).

Warren County

Better Breathers Club *Professionally-run*. Mutual support for people with lung disease (chronic obstructive pulmonary disease, bronchitis, emphysema, fibrosis, asthma, etc.). Guest speakers and literature. Building is handicapped accessible. Meets 2nd Thurs., 1:30pm, Hackettstown Regional Medical Center, 651 Willow Grove St., Joan Knechel Cancer Center, Board Room, Hackettstown. Pre-registration required. Before attending call Debbie Spadafora **908-441-1192** (day).

NJ Statewide

American Lung Association In New Jersey *Professionally-run*. Refers callers to regional resources for information on lung health, asthma, smoking and environment. Referrals to support groups for persons with chronic lung disorders (emphysema, chronic bronchitis, asthma, pulmonary problems, etc.). Write: American Lung Association In New Jersey, 1031 Route 22 West, Suite 203, Bridgewater, NJ 08807. Call **908-685-8040** (Mon.-Fri., 8:30am-4:30pm). Website: <http://www.lungusa.org> E-mail: jgrinwald@lunginfo.org

SARCOIDOSIS

Monmouth County

Sarcoidosis Support Group Support for sarcoidosis patients, their family members and caretakers. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Tues., 7-8pm, Jersey Shore University Medical Center, 1945 Route 33, Medical Staff Boardroom, Brennan Lobby, Neptune City. Call Cathy Wick 732-528-0073. E-mail: cathyscause@gmail.com

SCLERODERMA

Bergen County

Scleroderma Foundation Support Group Provides support and education to scleroderma patients, their families, caregivers and friends. Guest speakers, rap sessions, literature and social activities. Meetings vary, 7pm, Dorothy B. Kraft Center, 15 Essex Rd., Paramus. E-mail for meeting information. Call Natalie 201-838-4408 (day). Website: <http://www.scleroderma.org> E-mail: bergencountynj@scleroderma.org

Camden County

Scleroderma Foundation Support Group Provides support and education to scleroderma patients, their families and friends. Rap sessions, guest speakers and literature. Meets 2nd Thurs., 1:30pm (May, July, Sept., Nov.), Cherry Professional Building, 385 Kings Highway North, Cherry Hill. Call 856-779-7225 (day) or John 856-767-4783 (day). Website: http://www.scleroderma.org/chapter/delaware_valley E-mail: johnkeegan@comcast.net

Morris County

Northern New Jersey Scleroderma Support Group Provides support and education to scleroderma patients, their families and friends. Guest speakers, rap sessions and literature. Building is handicapped accessible. Meets 2nd Tues., 7-9pm (Mar., May, Sept., Nov.), Saint Clare's Hospital, Route 46 West, Dover. Call Anita 973-726-0677. Website: <http://www.scleroderma.org> E-mail: northernnj@scleroderma.org

Union County

Scleroderma Support Group Provides support and education to scleroderma patients, their families, caregivers and friends. Guest speakers, rap sessions, literature and social activities. Meets 2nd Tues., 7pm, Robert Wood Johnson Rahway Fitness and Wellness Center, 2120 Lamberts Mill Rd., Scotch Plains. Call Priscilla Horning 908-889-7424 (day). Website: <http://www.scleroderma.org> E-mail: artmom53@yahoo.com

NJ Statewide

Scleroderma Foundation of the Delaware Valley (*Serves southern/central NJ/DE/PA*)
Professionally-run. Support and education for persons with scleroderma. Seeks to increase public awareness, provides patient education and support programs. Phone support, networking, newsletter, information and referral. Membership dues \$25/yr. Funds research. Several meeting locations. Write: Scleroderma Foundation, Cherry Professional Building, 385 Kings Highway North, Cherry Hill, NJ 08034. Call **1-866-675-5545** or **856-779-7225** (Mon.-Fri., 9am-5pm). Website: <http://www.scleroderma.org> E-mail: dvchapter@scleroderma.org

Scleroderma Foundation of Tri-State Chapter (*Serves northern NJ/NY/CT*)
Professionally-run. Promotes the welfare of scleroderma patients and their families. Provides education, support groups, (men's group in Manhattan, New York - e-mail: ScleroMen@scleroderma.org), phone help and referrals. Fund-raising for research. Newsletter, resource library and other educational materials. Group development guidelines. Annual dues \$25. Several meeting locations in the tri-state area. Write: Scleroderma Foundation, 59 Front St., Binghamton, NY 13905. Call **1-800-867-0885** (Mon.-Fri., 8am-5pm). Website: <http://www.sclerodermatristate.org> E-mail: sdtristate@scleroderma.org

SCOLIOSIS

NJ Statewide

Curvy Girls Northwest and Central Jersey Chapter Peer-led support network that reduces the emotional impact of scoliosis by empowering girls living with scoliosis, through mutual support and acceptance to become leaders, make healthy lifestyle choices and improve their self-esteem. Their group motto is "We've Got Your Back". Online discussion forum. Website: <http://www.curvygirlsscoliosis.com> (Click on "Discussion Forum" on top menu bar and then scroll down to "New Jersey/eastern PA" section). For more information on group leaders, click on "Our Group Leaders" on homepage menu bar and scroll down to "New Jersey". E-mail: curvygirlsNJPA@gmail.com (Northwest Jersey) or E-mail: akayenj@gmail.com (Jersey Shore)

SHINGLES

NJ Statewide

Shingles Telephone Support Group Telephone network to provide support and encouragement to people suffering with shingles. Contact Laura **732-928-7696** (day).

SICKLE CELL DISEASE

Monmouth County

Voices Sickle Cell Support Group Support for individuals with Sickle Cell disease to express their feelings, concerns, joys and pain with others. Building is handicapped accessible. Meets 3rd Thurs., 2-3pm, Monmouth Medical Center, 300 Second Ave., Long Branch. Pre-registration required. Before attending call **973-926-7845** (day).

NJ Statewide

Sickle Cell Association of New Jersey *Professionally-run*. Provides information on support groups for adults with sickle cell, parents of children with sickle cell and their families. Workshops. Write: Sickle Cell Association of New Jersey, P.O. Box 9501, Newark, NJ 07104. Call Mary Bentley LaMar, Founder **973-482-9070**. Website: <http://www.sicklecellnewjersey.org>

SPINA BIFIDA

NJ Statewide

Spina Bifida Resource Network Support for persons with spina bifida and their families. Peer-counseling, advocacy, newsletter, conferences, family support coordination and continence management assistance. Various meeting times and places. Also has several telephone support groups. Write: Spina Bifida Resource Network, 84 Park Ave., Suite G-106, Flemington, NJ 08822. Call **908-782-7475** (8:30am-4:30pm); Fax: **908-782-6102**. Website: <http://www.thesbrn.org> E-mail: info@thesbrn.org

SJOGREN'S SYNDROME

Ocean County

Sjogren's Syndrome Support Group *Professionally-run*. Support and education for adults and families with Sjogren's syndrome. Building is handicapped accessible. Meets 2nd Thurs., 1:30-3:30pm, Lighthouse, 67 Route 37, Riverwood, Building 1, 3rd Floor, Toms River. Pre-registration required. Before attending call **1-888-724-7123** (day).

SLEEP APNEA

Morris County

A.W.A.K.E. (American Sleep Apnea Association) Network Groups *Professionally-run*. Provides support and education for persons with sleep apnea. Meetings vary, 6:30pm, 4 times/yr., Morristown. Call Alicyn Senyszyn **973-971-4873** (day).

STROKE

Atlantic County

AtlantiCare Stroke Support Group *Professionally-run.* Support, education and advocacy for stroke patients, their families and friends. Building is handicapped accessible. Meets 1st Wed., 2-3pm (Feb., Apr., June, Aug., Oct., Dec.), AtlantiCare Life Center, 2500 English Creek Ave., Building 200, Egg Harbor Township. Pre-registration required. Before attending call **1-888-569-1000** (day). E-mail: **1-888-569-1000@atlanticare.org**

Bergen County

New Horizon Post-Stroke Group of Englewood *Professionally-run.* Mutual support for post-stroke individuals. Building is handicapped accessible. Meets Fri., 9:30am-1pm, South East Center for Independent Living, 228 Grand Ave., Englewood. Before attending call Daniel - Office of Disability **201-336-6504** (day).

Post-Stroke and Disabled Adult Program (*BERGEN COUNTY RESIDENTS ONLY*) *Professionally-run.* Mutual support for post-stroke patients and disabled adults. Program functions include group discussions, various activities that promote physical fitness, arts and crafts, games, exercises and occasional recreational events. Meets various times and days, East Rutherford, Englewood, Maywood and Ridgewood. Call Daniel Kotkin **201-336-6504** (day); TTY: **201-336-6505**.

Stroke Club *Professionally-run.* Support and education for stroke survivors, their families and friends. Building is handicapped accessible. Meets 1st Tues., 12:30-1pm (Sept.-Dec. and Feb.-June; no group Jan., July, Aug.), Kessler Institute for Rehabilitation, 300 Market St., Saddle Brook. Before attending call Anne Marie Chesterman, CTRS **201-368-6012** (day). E-mail: **achesterman@kessler-rehab.com**

Under 60 Stroke Support Group *Professionally-run.* Support for stroke survivors under the age of 60, their families and friends. Building is handicapped accessible. Meets 4th Wed., 6-7:30pm (except July/Aug.), Kessler Institute for Rehabilitation, 300 Market St., Saddle Brook. Before attending call Anne Marie Chesterman, CTRS **201-368-6012**. E-mail: **achesterman@kessler-rehab.com**

Valley's Stroke Support Group *Professionally-run.* Support and education for stroke patients, families and caregivers. Meets 4th Tues., 5:30-7pm, Valley Hospital, 223 North Van Dien Ave., Ridgewood. Pre-registration required. Before attending call **201-447-8000** ext. 2263 (day).

Burlington County

Stroke Support Group *Professionally-run.* Support, education and discussion group for stroke survivors and their families. Guest speakers. Building is handicapped accessible.

Meets 1st Wed., 7-9pm, Marlton Rehabilitation Hospital, 92 Brick Rd., 2nd Floor, Marlton. Call Rachel Green **856-988-8778** ext. 2033 (day).

Cape May County

Stroke | Brain Injury Support Group *Professionally-run.* Support for stroke and mild/moderate brain injury survivors. Families welcome. Building is handicapped accessible. Guest speakers and literature. Meets 3rd Thurs., 1-2pm, Cape Regional Medical Center, Two Stone Harbor Blvd., Maruchi Room, Cape May Courthouse. Call Bonnie Kratzer, RN **609-463-4043** (day).

Cumberland County

Stroke Support Group *Professionally-run.* Support, education and advocacy for stroke patients, their families and friends. Building is handicapped accessible. Meets 2nd Tues., 2pm, Healthsouth, 1237 West Sherman Ave., Vineland. Before attending call Barbara Wilhite **856-696-7100** ext. 260 (day). E-mail: barbara.wilhite@healthsouth.com

Essex County

University Hospital Stroke Support Group *Professionally-run.* Support for stroke survivors, families and friends. Discussion, lectures, activities, yoga sessions, question/answer sessions and lunch. Building is handicapped accessible. Meets 3rd Wed., 1pm, University Hospital, 150 Bergen St., H Level, Conference Room, Newark. Call Adriana **973-972-7852** (day). Website: <http://www.uhnj.org/stroke>

Mercer County

Brain Injury and Stroke Support Group *Professionally-run.* Emotional support and education for persons with brain injuries or stroke, their families and friends. Building is handicapped accessible. Meets 1st Wed., 6:30-8:30pm, St. Lawrence Rehab Hospital, 2381 Lawrenceville Rd., Cafeteria, Lawrenceville. Call David Searles **609-896-9500** ext. 2244. Website: <http://www.slrc.org> E-mail: dsearles@slrc.org

Middlesex County

COPSA Spouse Support Group *Professionally-run.* Mutual support and understanding for spouses of persons with any type of memory loss including Alzheimer's, Parkinson's, vascular disease, stroke, head injury or dementia. Meets 1st and 3rd Mon., 9:30-11am, 100 Metroplex Dr., Edison. Call Mary Catherine Lundquist **1-800-424-2494** (day).

JFK Stroke Wives Group Support for women who are married to men who have had strokes. Mutual sharing, rap sessions and social group. Building is handicapped accessible. Meets 3rd Tues., 7-8:30pm, JFK Hospital, 65 James St., Family Dining Room, Edison. Call Rosemarie **732-752-2644**. E-mail: crossingladynj@aol.com

The Middlesex County Stroke Support Group *Professionally-run.* Promotes the well-being of stroke patients and their caregivers through educational programs and sharing

of concerns. Building is handicapped accessible. Meets 2nd Wed., 7:15pm, JFK Rehab Institute, 65 James St., Edison. Before attending call **732-744-5805** (day).

True Life After Stroke Support Group Support and education for stroke patients, their families and friends. Guest speakers. Building is handicapped accessible. Meets 3rd Thurs., 12:30-2pm, Robert Wood Johnson University Hospital, 1 Plum St., 8th Floor, New Brunswick. Before attending call Dori Herskovitz **732-937-8655** (day).

Monmouth County

Stroke Support Group *Professionally-run.* Mutual support for stroke patients and their families. Education, guest speakers, lecture series and literature. Building is handicapped accessible. Meets 1st and 3rd Wed., 2-4pm (except July/Aug.), Rehabilitation Hospital of Tinton Falls, 2 Centre Plaza, Tinton Falls. Call Shirley Maguire **732-460-6743** (day).

Morris County

Atlantic Health Stroke Support Group Provides a supportive and educational atmosphere for all stroke survivors, their families and caregivers. Guest speakers, literature and phone help. Building is handicapped accessible. Meets 3rd Thurs., 1-3pm, Atlantic Rehab Institute, 95 Mt. Kemble Ave., Monsignor John F. Corr Stroke Center, Ground Floor, Morristown. Call Lois Firzlaff **908-578-0812** (day) or Bill Dailey **973-493-2233** (day). E-mail: loisfirz@yahoo.com

North Jersey Stroke Discussion Group Promotes the well-being of stroke patients, their caregivers and family members through conversation, sharing of concerns and ideas in a relaxed living room setting. Meets 2nd Tues., 1-2:30pm, Madison. Meeting locations vary. Before attending call George **973-543-6386**. E-mail: grbwitt@gmail.com

Ocean County

Stroke of Luck Support Group *Professionally-run.* Support for stroke survivors and their caregivers. Guest speakers. Building is handicapped accessible. Meets 3rd Tues., 1-3pm, Health South Rehabilitation Hospital of Toms River, 14 Hospital Dr., Toms River. Call **732-505-5033** (day).

Stroke Support Group *Professionally-run.* Support for stroke patients and their families. Building is handicapped accessible. Meets 4th Thurs., noon-1pm, Shore Rehabilitation Institute, 425 Jack Martin Blvd., Brick. Call **732-836-4500** (day).

Stroke Survivors and Stoke Caregivers Support Group *Professionally-run.* Support and education for stroke patients and their caregivers. Meets 4th Wed., 3:30pm,

Lighthouse, 591 Lakehurst Rd., Toms River. Pre-registration required. Before attending call **1-888-724-7123** (day).

Somerset County

Stroke Club of Somerset County *Professionally-run*. Mutual support for stroke patients and their families. Building is handicapped accessible. Meets 1st Thurs., 2-3:30pm (except July, Aug., Dec.), Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., Neuro Pavillion, Conference Room, 4 West, Somerville. Call **908-685-2814** (day).

Sussex County

Stroke Support Group *Professionally-run*. Support for persons recovering from a stroke. Caretakers are welcome. Meets 4th Tues., 6-7pm, Newton Medical Center, 175 High St., Newton. Call **973-579-8620**.

Union County

Stroke Support Group *Professionally-run*. Provides emotional and educational support to stroke survivors and caregivers. Share experiences and concerns related to stroke. Building is handicapped accessible. Meets 2nd Thurs., noon-1pm, Overlook Medical Center, 99 Beauvoir Ave., Summit. Pre-registration required. Before attending call **1-800-247-9580** (day).

THYROID

Cumberland County

ThyCa Southern New Jersey Support Group Support, education and communication for thyroid cancer survivors, families, friends and health care professionals. Guest speakers, literature, newsletter, phone help, buddy system and message board. Building is handicapped accessible. Meets 3rd Sat., 11:30am-1pm, The Fitness Connection, Sherman Ave. and Orchard St., Vineland. Call Louise **215-742-5636** (day). Website: http://www.thyca.org/sg/nj_vineland.htm

Monmouth County

Thyroid Cancer Support Group *Professionally-run*. Support and education for persons with thyroid cancer. Building is handicapped accessible. Meets 1st Mon., 6-7:30pm (except Jan. and Sept.), Jersey Shore University Medical Center, 1945 Route 33, Brennan Lobby, Neptune. Pre-registration required. Before attending call **1-800-560-9990** (24 hr.).

Ocean County

Thyroid Support Group Support for anyone affected by a thyroid problem. Mutual support and sharing. Guest speakers. Building is handicapped accessible. Meets 3rd Mon., 10am, St. Stephen's Episcopal Church, 180 Route 539, Whiting. Call Stefanie 732-350-2904.

TINNITUS

Mercer County

Tinnitus Association of New Jersey *Professionally-run*. Mutual support for persons afflicted with tinnitus. Family and friends are welcome. Rap sessions, guest speakers, coping skills, literature and newsletter. Building is handicapped accessible. Meetings vary, 10-11:30am, First Presbyterian Church, 100 Scotch Rd., Ewing. Before attending call Dhyan Cassie 856-983-8981 (day). E-mail: dhyan1@verizon.net

TOURETTE SYNDROME

Atlantic County

Tourette Family Support Group *Professionally-run*. Provides support network and education for parents of children with Tourette syndrome. Guest speakers and literature. Meets 1st Thurs., 7pm (Feb., Apr., June, Oct., Dec.), Richard Stockton College Campus Center, 35 S Dr. Martin Luther King Blvd., Galloway. Pre-registration required. Before attending call 908-575-7350 (day). Website: <http://www.njcts.org> E-mail: info@njcts.org

Burlington County

Tourette Family Support Group *Professionally-run*. Provides support network and education for parents of children with Tourette syndrome. Guest speakers and literature. Meets 4th Mon., 7:30-9pm (Feb., Apr., June, Oct., Dec.), Virtua Hospital, 90 Brick Rd., Marlton. Pre-registration required. Before attending call 908-575-7350 (day). Website: <http://www.njcts.org> E-mail: info@njcts.org

Middlesex County

Tourette Family Support Group *Professionally-run*. Provides support network and education for parents of children with Tourette syndrome. Guest speakers and literature. Meets 2nd Thurs., 7:30pm (Jan., Mar., May, Sept., Nov.), JFK Hospital Neuroscience Institute, 65 James St., Edison. Before attending call 908-575-7350 (day). Website: <http://www.njcts.org>

Morris County

Tourette Family Support Group *Professionally-run.* Provides support network and education for parents of children with Tourette syndrome. Guest speakers and literature. Building is handicapped accessible. Meets 1st Thurs., 7pm (Feb., Apr., June, Oct., Dec.), Saint Clare's Hospital, 25 Pocono Rd., Auditorium, Denville. Pre-registration required. Before attending call **973-625-6199** (day). Website: <http://www.njcts.org>

Somerset County

Tourette Family Support Group *Professionally-run.* Provides support network and education for parents of children with Tourette syndrome. Guest speakers and literature. Meets 4th Mon., 7pm (Jan., Mar., May, Sept., Nov.), Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., South Fuld Building, Hamilton Conference Room, Somerville. Before attending call **908-685-2814** (day). Website: <http://www.njcts.org>

NJ Statewide

Tourette Syndrome Association of NJ, Inc. Mission is to support the needs of families of persons with Tourette syndrome, as well as adults with Tourette syndrome. Offers advocacy for persons with Tourette syndrome. Provides education to the public and professionals. Offers peer-counseling. Write: Tourette Syndrome Association of NJ, Inc., 50 Division St., Suite 205, Somerville, NJ 08876. Call **908-575-7350**; Fax: 908-575-8699. Website: <http://www.njcts.org> E-mail: info@njcts.org

TRIGEMINAL NEURALGIA | TIC DOULUREUX

Monmouth County

TNA/Facial Pain Support Group Support and encouragement for men and women with trigeminal/neuralgia and related facial pain disorder. Families and friends welcome. Guest speakers and literature. Building is handicapped accessible. Meets 2nd Tues. (Jan., Mar., May, July, Sept., Nov.), Monmouth Medical Center, 300 Second Ave., David S. Zocci Brain Tumor Center, Long Branch. Pre-registration required. Before attending call Shirley Lew **732-923-6551** (day). E-mail: slew@barnabashealth.org

TRISOMY

NJ Statewide

SOFT (Support Organization For Trisomy) Support for families of children with trisomy 18, trisomy 13 and related disorders. Education about trisomy, implications to families and community. Meets various times and locations. Call Kathleen Johnson **215-489-2678**.

VENTILATOR USERS

Passaic County

Ventilator Family Support Group *Professionally-run.* Support for families of individuals who are on a ventilator. Building is handicapped accessible. Meets 3rd Tues., 1:30-3pm, Preakness Health Care Center, 305 Oldham Rd., 2nd Floor, Conference Room, Wayne. Pre-registration required. Before attending Diane Lesko call **973-585-2108** (day).

VESTIBULAR DISORDERS

Union County

Vestibular Support Group *Professionally-run.* Support and education for individuals with vestibular disorders. Families and friends welcome. Topics discussed include: sharing experiences, dealing with balance disorders, coping strategies, etc. Guest speakers. Meets Wed., 6pm (4 times/yr.), Summit Medical Group, 1 Diamond Hill Rd., Berkeley Heights. Pre-registration required. Before attending call **908-277-8889** (day). Website: <http://www.summitmedicalgroup.com> E-mail: events@smgnj.com

WILLIS-EKBOM DISEASE

Cape May County

South New Jersey Willis Ekbom Disease Support Group Support for individuals with Willis-Ekbom disease (also known as Restless Leg Syndrome). Share feelings about living with Willis Ekbom Disease/Restless Leg Syndrome. Families welcome. Building is handicapped accessible. Guest speakers and literature. Meets 2 times/yr., Cape Regional Medical Center, 2 Stone Harbor Blvd, Cape May Court House. For meeting information call Dot **609-465-2879** (day).

Middlesex County

Northern New Jersey Willis Ekbom Disease Support Group Support for individuals with Willis-Ekbom disease (also known as Restless Leg Syndrome). Share feelings about living with Willis Ekbom Disease/Restless Leg Syndrome, discuss ways to communicate with family, friends and healthcare providers. Building is handicapped accessible. Guest speakers and literature. Meets 1-2 times/yr., JFK Hospital, 65 James St., Edison. For meeting information call **732-310-6895** (day). E-mail: elda@rlsgroups.org

MENTAL HEALTH

Atlantic County

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd Mon., 7-8:30pm, Absecon United Methodist Church, Pitney Rd. and Church St., Absecon. For meeting information **609-927-0215** (day).

Bergen County

Bergen County Death Cafe *Professionally-run*. Provides peer-led mutual support, discussion and activities to encourage the sharing of thoughts, feelings and beliefs about the reality we all share -- everybody dies. The objective is to break the taboo of speaking about death, with a view to helping people make the most of their (finite) lives'. Group has no intention of leading people to any conclusion, product or course of action, on a not for profit basis, alongside refreshing drinks and nourishing food - and cake! Meetings vary, Yoga Vista Studio, 1150 Teaneck Rd., Teaneck. Contact either Risa Marlen or Debra Lauren via website. Website: <http://www.deathcafe.com/deathcafe/175>

Emotions Anonymous 12-Step. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Donation \$2/mtg. Meets Tues. and Thurs., 7:15pm, First Presbyterian Church, 64 Passaic St. (use right side entrance), Hackensack. Call Sam **201-785-3963** (eve.).

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 2pm, For Us/By Us Community Wellness Center, 40 North Van Brunt St., Englewood. Before attending call John **732-228-0932** (day).

Burlington County

Depression and Anxiety Support Group *Faith-based*. Provides support, understanding, information, biblical perspective, prayer and fellowship for individuals with depression and anxiety. Meets Thurs. 7pm, Life Focus Center, 3219 Rte. 38, 2nd Fl., Ste. 3, Mt. Laurel. Call Tiffany **609-864-9300**. Website: <http://www.lifefocuscenternj.org> E-mail: lifefocuscenter@comcast.net

Find Your Voice Support for men and women with social anxiety disorder. Building is handicapped accessible. Membership dues \$15 for 13 week session (room rental, handouts, advertising, etc.). Meets Mon., 6:30pm, Bordentown. For meeting information check website. Website: <http://www.findyourvoicenj.org> E-mail: support@findyourvoicenj.org

NAMI CONNECTION Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 1st and 3rd Mon., 7:00-8:30pm, Virtual Memorial Hospital, 175 Madison Ave, Mt. Holly. Call Carolyn Burke **609-477-5340** (day).

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Website: <http://www.recoveryinternational.org>

Marlton Meets Mon. and Thurs., 7pm and Wed., noon, Prince of Peace Lutheran Church, 61 Route 70 East. Call John **856-983-7291**.

Moorestown Meets Mon., 10am, Saint Matthew Lutheran Church, 318 Chester Ave. Call Cindy **215-816-2338**. E-mail: swimsun3@comcast.net

Westampton Meets Tues., 7pm, Hampton Hospital, 650 Rancocas Rd., Cafeteria. Call John **856-983-7291**.

Camden County

New Beginnings Support Group Mutual support and education for persons with mood disorders. Also open to persons with anxiety and dual diagnosis. Group for families, friends plus young adults ages 19-35. Opportunity to discuss successes in dealing with various symptoms. Meets Wed., 11am-12:50pm; Mon. and Thurs., 7-8:50pm, Holy Trinity Lutheran Church, 201 North Warwick Rd., Magnolia. For meeting information call Doug **1-877-313-5050** or check website for meeting information. Website: <http://www.nbgroup.org> E-mail: newbeginningsnj@gmail.com

New Jersey Death Café, The Provides peer-led mutual support for individuals with a fear of death and dying. The objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. Groups have no intention of leading people to any conclusion, product or course of action, meet in an accessible, respectful and confidential space and on a not for profit basis, alongside refreshing drinks and nourishing food - and cake! Meets 1st Thurs., 3-5pm, Coffee Works Too, 910 Berlin Rd., Voorhees. Contact Bill Flynn via website. Website: <http://www.deathcafe.com/deathcafe/181>

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. *Website:* <http://www.recoveryinternational.org>

Camden Meets Thurs., 5pm, Wellness Self-Help Center, 415 Federal St. Call Self-Help Center **856-757-0385** (day).

Westmont Meets Sat., 11:30am, Starting Point, 215 Highland Ave., Call Kathy **856-220-5079**.

Cumberland County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Wed., 12:30pm and Thurs., 7pm, New Horizons Community Wellness Center, 63 South Myrtle St., Vineland. Before attending call Margo **732-575-5766**.

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 3rd Mon., 7-9pm, Chestnut Assembly of God, 2554 East Chestnut Ave., Vineland. Before attending call Tony Cotto **856-691-1205** ext. 115 (day).

Essex County

Essex County Death Cafe Member-run. Provides peer-led mutual support for individuals with a fear of death and dying. The objective is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. Groups have no intention of leading people to any conclusion, product or course of action, meet in an accessible, respectful and confidential space and on a not for profit basis, alongside refreshing drinks and nourishing food - and cake! Meets 3rd Mon., 7:30-9:30pm, 93 Valley Rd., Montclair. Contact either Charlotte Eulette or Jack Cuffari via website.

Website: <http://www.deathcafe.com/deathcafe/247> or Facebook:

<https://www.facebook.com/pages/Essex-County-Death-Cafe/504000012983191#sthash.KdKln3Mp.dpuf>

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 4:30pm, Pleasant Moments Community Wellness Center, 465-475 Broadway, Newark. Before attending call Caroline **732-295-1545**.

Gloucester County

The Extra Mile Support and education for individuals (ages 18+) who are dealing with anger, panic, depression and bipolar depression. Meets Wed., 6:30-8:30pm, Inspira Wellness and Recovery Outpatient Program Woodbury, 537 North Broad St., Woodbury. Preregistration is required. Before attending call Barbara 856-686-5500. E-mail: mahoneybl@inh.org

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Families welcome. Meets Fri., 10am, James Johnson Library, 670 Ward Dr., Deptford. Call Barry 856-848-8715. Website: <http://www.recoveryinternational.org>

Mercer County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Thurs., 6pm, Reach Out/Speak Out Self-Help Center, 2100 East State St., Hamilton. Before attending call Caroline 732-295-1545 (day).

New Perspectives Mutual support for persons with depression, bipolar disorder, anxiety or panic disorder. Building is handicapped accessible. Meets every other Mon., 7:30pm, Unitarian Universalist Church, Washington Crossing. Call David 609-818-0177 (eve.). Website: <http://www.hughes13.com> E-mail: david.hughes419@gmail.com

Middlesex County

Find Your Voice Support for men and women with social anxiety disorder. Building is handicapped accessible. Membership dues \$15 for 13 week session (room rental, handouts, advertising, etc.). Meetings vary, Moving Forward Community Wellness Center, 25 Elizabeth St., Second Floor, New Brunswick. Call 732-317-2920. For meeting information check website. Website: <http://www.findyourvoicenj.org> E-mail: support@findyourvoicenj.org

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder bipolar disorder, depression, obsessive-compulsive disorder, post traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Tues., 7pm, Moving Forward Community Wellness Center, 25 East Elizabeth St., 2nd Floor, New Brunswick, Call 732-317-2920 (day).

Spiritual Peer Support Group Christian-based. Peer support for persons who are suffering from any kind of psychiatric symptoms including anxiety, depression, bipolar,

post-partum, post-traumatic stress disorder and schizophrenia. Open to people of any faith. Guest speakers. Building is handicapped accessible. Meets Fri., 4-5pm and Thurs., 4:15-5:15pm (June, July, Aug.), Reformed Church of Highland Park, 19 South 2nd Ave., Highland Park. Call Jessica 732-690-1087 or church 732-249-7349 (day). Email: jessmsn409@gmail.com

Monmouth County

Anxiety, Phobia and Panic Disorders Support Group Provides persons with anxiety, phobias or panic disorders the opportunity to share their experiences, ideas, hopes and coping skills with others who understand. Guest speakers. Building is handicapped accessible. Meets 2nd and 4th Tues., 7-8:30pm, St. Joseph's Church, 376 Maple Place, Keyport. Call Lisa 908-770-4755 (day). E-mail: lisachatenka@yahoo.com

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery.

Freehold Meetings vary, 1:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Before attending call Margo 732-575-5766 (day).

Freehold Meets Wed., 6:30pm, CSP of NJ, 11 Spring St. Before attending call Caroline 732-295-1545 (day).

Neptune Meetings vary, 2pm, C.A.R.E. Center, 80 Steiner Ave. Before attending call Margo 732-575-5766 (day).

Ocean Grove Meets Thurs., 6:45pm, St. Paul's Methodist Church, 80 Enbury St., Stokes Room. Before attending call John 732-228-0932 (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 1st and 3rd Tues., 7-8:30pm, Colts Neck Community Church, 25 Merchants Way, Colts Neck. Before attending call 732-4NAMI-4U or 732-462-6448 (day). Website: <http://www.namimonmouth.org> E-mail: namigreatermonmouth@gmail.com

Morris County

Emotions Anonymous 12-Step. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Building is handicapped accessible. Meets Fri., 7-8:15pm, St. Peter's Episcopal Church, 70 Maple Ave., Parish Hall, Vestry Room, 2nd Floor, Morristown. For meeting information call 973-538-0555.

North NJ Selectively Mute Support Group *Professionally-run.* Provides support and education for parents and professionals involved with a selectively mute child. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets 3rd Sat., 10:30am, Kinnelon Public Library, 130 Kinnelon Rd., Upstairs, Room # 2, Kinnelon. Check website, e-mail or call for meeting information. Call Gail 973-208-1848. Website: <http://www.selectivemutism.org> E-mail: kervatt@optonline.net

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Thurs., 7pm, St. Paul's Episcopal Church, 200 Main St. (across from Liberty Drugs, use side entrance), Chatham. Call Luciana 973-635-1120. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Ocean County

GROW Mutual self-help group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Tues., 6:30pm, Brick Presbyterian Church, 111 Drum Point Rd., Brick. Before attending call John 732-228-0932 (day).

P.H.O.B.I.A. (People Helping Others Become Independent Again) Support group for people with panic attacks, anxiety, phobias, depression and agoraphobia. Families welcome. Guest speakers, literature and phone help. Building is handicapped accessible. Meets Wed., 7-9pm, St. Stephen's Church, 367 Route 9, Waretown. Call Cathy 609-971-9110 (Mon.-Fri., 11am-9pm). Website: <http://www.members.tripod.com/~phobiagroup> or <http://www.facebook.com/phobiasupportgroup> E-mail: phobia@comcast.net

Somerset County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Mon., 1pm, Freedom Trail Community Wellness Center, 166 West Main St., Somerville. Before attending call John 732-228-0932 (day).

Union County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Before attending call John 732-228-0932 (day).

Elizabeth Meetings vary, 3pm, New Beginnings Community Wellness Center, 516 Morris Ave.

Plainfield Meetings vary, 4pm, Park Avenue Community Wellness Center, 333 Park Ave.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Fri., 7:30pm, Willow Grove Presbyterian Church, 1961 Raritan Rd., Scotch Plains. Dorothy 732-381-3712. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

NJ Statewide

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets in various counties in NJ. Write: GROW, c/o Caroline Meehan, 17 Patiens Court, Brick, NJ 08724. Call 732-295-1545.

CODEPENDENCY

Gloucester County

Deeper Dimensions *Professionally-run.* Support for families who have loved ones suffering from the disease of addiction. Individuals battling addiction are also welcome. Opportunities to gain deep insight through discussion regarding addiction, co-dependency and spiritual principles while finding strength and healing through shared experiences and stories of hope. Guest speakers and phone help. Meeting welcomes all walks of life and faith. Building is handicapped accessible. Meets Sun., 7pm, Infant Jesus Parish, 745 3rd St., Woodbury Heights. Call Dana 609-805-1896 (day).

CULTS

NJ Statewide

Cult Information Service Public education about destructive mind control cults. Mutual support for families and friends of cult members. Helps former cult members return to society. Write: Cult Information Service, P.O. Box 867, Teaneck, NJ 07666. Call 201-833-1212 (day). Website: <http://www.cultinfoservice.org> E-mail: cultinformationservice@yahoo.com

DEPRESSION | BIPOLAR DISORDER | POST-PARTUM DEPRESSION

Atlantic County

Bipolar Support Group (*ATLANTIC COUNTY RESIDENTS ONLY*) Provides peer support for individuals with bipolar disorder. Rap sessions, guest speakers, literature and phone help. Meets Mon., 6pm. AtlantiCare, 1601 Atlantic Ave. Atlantic City. Before attending call Carolyn Quinn 609-652-3800 ext. 303 (day). E-mail: cquinn@mhanj.org

Depression Support Group (ATLANTIC COUNTY RESIDENTS ONLY) Provides peer support for individuals with depression. Rap sessions, guest speakers, literature and phone help. E-mail: cquinn@mhanj.org

Egg Harbor Township Meets Thurs., 3-4:30pm, AtlantiCare Behavioral Health, 6010 Blackhorse Pike (rear building). Before attending call Carolyn Quinn **609-652-3800** ext. 303 (day) or Jamie Angelini **609-652-3800** ext. 308 (day).

Linwood Meets Wed., 6-7:30pm, Central Methodist Church, 5 Marvin Ave., Basement. Before attending call Carolyn Quinn 609-652-3800 ext. 303 (day) or Jamie Angelini **609-652-3800** ext. 308 (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd Mon., 7-8:30pm, Absecon United Methodist Church, Pitney Rd. and Church St., Absecon. For meeting information **609-927-0215** (day).

Persons with Depression and Bipolar Disorder Support Group Mutual support and encouragement for persons suffering from depression or bipolar disorder and their families. Meets Fri., 7-9pm, St. Mark and All Saints Episcopal Church, 429 South Pitney Rd., Galloway. Call Barbara **609-404-1984**.

Bergen County

Bergen County Depression and Bipolar Support Group Provides support and information for individuals with depression or bipolar disorder, their families and friends. For meeting information on this group one has to join Meetup.com (registration is free) Contact Tina via website. Website: <http://www.meetup.com/Bergen-County-Depression-Bipolar>

DBSA (Depression and Bipolar Support Alliance) Mutual support for persons with depression or bipolar disorder. Families and friends welcome. Phone help, guest speakers, rap sessions and literature. Donation \$1. Meets Thurs., 7:30-9:30pm (except holidays), Bergen Regional Medical Center, 230 East Ridgewood Ave., Psych Pavilion, Room E218, 2nd Floor, Paramus. Call Monica **1-888-622-3272**.

Emotions Anonymous 12-Step. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Meets Tues. and Thurs., 7:15pm, First Presbyterian Church, 64 Passaic St. (use right side entrance), Hackensack. Call Sam **732-228-0932** (eve.).

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 2pm, For Us/By Us Community Wellness Center, 40 North Van Brunt St., Englewood. Before attending call John 732-228-0932 (day).

Postpartum Depression Support Group *Professionally-run.* Mutual support and encouragement for women who are suffering from postpartum depression. Building is handicapped accessible. Meetings vary, Tues., 7pm and Wed., 2pm Valley Hospital, 223 North Van Dien Ave., Ridgewood. Pre-registration required. Before attending call Trudy Heerema 201-447-8539 (day). E-mail: gheerema@valleyhealth.com

Burlington County

DBSA (*Depression and Bipolar Support Alliance*) Mutual support and sharing of information for individuals diagnosed with depression or bipolar disorder. Rap sessions, guest speakers, educational programs, literature, and phone help. Meets 2nd and 4th Mon., 7-9pm, Virtua Memorial Hospital, 175 Madison Ave., Conference Room B, Mt. Holly. Call Carolyn 609-477-5340 (day). Website: <http://www.dbsanewjersey.org> or <http://www.burlingtoncountyinspirations.org> E-mail: inspireinnerpeace@yahoo.com

Depression and Anxiety Support Group *Faith-based.* Provides support, understanding, information, biblical perspective, prayer and fellowship for individuals with depression and anxiety. Meets Thurs. 7pm, All State Building, 3219 Rte. 38, 2nd Fl., Ste. 3, Mt. Laurel. Call Tiffany 609-864-9300. Website: <http://www.lifefocuscenternj.org> E-mail: lifefocuscenter@comcast.net

NAMI CONNECTION Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 1st and 3rd Mon., 7:00-8:30pm, Virtual Memorial Hospital, 175 Madison Ave, Mt. Holly. Call Carolyn Burke 609-477-5340 (day).

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Website: <http://www.recoveryinternational.org>

Marlton Meets Mon. and Thurs., 7pm and Wed., noon, Prince of Peace Lutheran Church, 61 Route 70 East. Call John 856-983-7291.

Moorestown Meets Mon., 10am, Saint Matthew Lutheran Church, 318 Chester Ave. Call Cindy 215-816-2338. E-mail: swimsun3@comcast.net

Westampton Meets Tues., 7pm, Hampton Hospital, 650 Rancocas Rd., Cafeteria. Call John **856-983-7291**.

TLC (Talking, Listening and Caring) for Moms Professionally-run. Support for new moms to learn more about the baby blues and post-partum depression. Provides a forum to help moms express their feelings and gain support. Babies welcome. Building is handicapped accessible. Meets 3rd Tues., 3:30-5pm, Virtua Memorial Hospital, 175 Madison Ave., Conference Center, Mt. Holly. Call **1-888-847-8823** (Mon.-Fri., 8am-7pm).

Camden County

Depression / Anxiety Support Group Support for anyone suffering from depression and/or anxiety to support one another in an effort to remain healthy, share common problems and concerns. Rap sessions, phone help and literature. Meets various days in Berlin. For meeting information call Rhonda **856-768-2030** (day) or Nancy **856-768-1258** (weekend). E-mail: rhonielee@aol.com

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Wed., 3-4pm, Donald Mays Jr. Community Wellness Center, 204 White Horse Pike, Barrington. Call **856-429-9940**.

New Beginnings Support Group Mutual support and education for persons with mood disorders. Also open to persons with anxiety and dual diagnosis. Group for families, friends plus young adults ages 19-35. Opportunity to discuss successes in dealing with various symptoms. Meets Wed., 11am-12:50pm; Mon. and Thurs., 7-8:50pm, Holy Trinity Lutheran Church, 201 North Warwick Rd., Magnolia. For meeting information call Doug **1-877-313-5050** or check website for meeting information. Website: <http://www.nbgroup.org> E-mail: newbeginningsnj@gmail.com

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Website: <http://www.recoveryinternational.org>

Camden Meets Thurs., 5pm, Wellness Self-Help Center, 415 Federal St. Call Self-Help Center **856-757-0385** (day).

Westmont Meets Sat., 11:30am, Starting Point, 215 Highland Ave., Call Kathy **856-220-5079**.

TLC (Talking, Listening and Caring) for Moms Professionally-run. Support for new moms to learn more about the baby blues and post-partum depression. Provides a forum to help moms express their feelings and gain support. Building is handicapped accessible. Meets Wed., noon-1:30pm (except holidays), Virtua-Voorhees, 100

Bowman Dr., Garden Level Conference Room, Voorhees. Pre-registration required. Call **1-888-847-8823** (day).

Cumberland County

Depression Support Group Mutual support for persons suffering from depression or any other mental illness. Provides a safe and comfortable environment where persons can share with others who also suffer from depression. Building is handicapped accessible. Meets Thurs., 6:30pm, in Millville. For meeting information call Glenn **856-765-5598**.

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Wed., 12:30pm and Thurs., 7pm, New Horizons Community Wellness Center, 63 South Myrtle St., Vineland. Before attending call Margo **732-575-5766**.

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 3rd Mon., 7-9pm, Chestnut Assembly of God, 2554 East Chestnut Ave., Vineland. Before attending call Tony Cotto **856-691-1205** ext. 115 (day).

Essex County

Comfort Zone, The Provides mutual support for people suffering from depression and bipolar disorder. Building is handicapped accessible. Meets Fri., noon-1:30pm, Mental Health Association of Essex County, 33 South Fullerton Ave., Montclair. Call Diane Travers **973-509-9777** (day). Website: <http://www.mhaessex.org>

DBSA (Depression and Bipolar Support Alliance) Mutual support and sharing of information for individuals diagnosed with depression or bipolar disorder. Family members welcome. Rap sessions, guest speakers, educational programs, literature, phone help and e-mail. Meets Thurs., 7:30-9pm, First Congregational Church, 40 South Fullerton Ave. (enter via side door on Crescent St.), Montclair. Call Tom **201-998-5751**. Website: <http://www.dbsanewjersey.org> E-mail: tabasile@verizon.net

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 4:30pm, Pleasant Moments Community Wellness Center, 465-475 Broadway, Newark. Before attending call

Caroline 732-295-1545 (day).

New Moms' Circle *Professionally-run*. Support group for new mothers to openly discuss the ups and downs of adjusting to motherhood. Topics to be covered include: myths of motherhood, shifting identity, postpartum depression, attempting to balance it all, marriage and the transition to parenthood. Meets Mon., 10-11:30am, JCC, 760 Northfield Ave., West Orange. Pre-registration required. Before attending call Saint Barnabas Women's Health Education 973-322-5360 (day).

Post-Partum Depression Support Group *Professionally-run*. Support for mothers with post-partum depression. Building is handicapped accessible. Meets Fri., 10am, JCC, 760 Northfield Ave., East Orange. Pre-registration required. Before attending call 973-322-5360 (day).

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Tues., 8pm, Prospect Presbyterian Church, 646 Prospect St., Maplewood. Call Hal 973-762-0764. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Gloucester County

The Extra Mile Peer support group for adults (ages 18+) for all addictions and mood disorders. Families and friends welcome. Guest speakers, literature and phone help available. Meets Wed., 6:30-8pm, Wellness and Recovery Outpatient Program, 537 North Broad St., 3rd Floor, Woodbury. Call Barbara Mahoney 856-686-5500 (Mon.,-Fri., 9am-5pm). E-mail: mahoneybl@ihn.org

Postpartum Moms Group *Professionally-run*. Support, encouragement and reassurance to moms with postpartum depression. Babies welcome. Meets 1st and 3rd Tues., 11am-noon, Meridian Counseling Services, LLC, Washington Professional Campus, 901 Route 168, Suite 104, 1st Floor, Turnersville. For meeting information call 856-751-0505 (day).

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Families welcome. Meets Fri., 10am, James Johnson Memorial Library, 670 Ward Dr., Deptford. Call Barry 856-848-8715. Website: <http://www.recoveryinternational.org>

Time for Mom Support Group *Professionally-run*. Support, encouragement and reassurance to moms with a focus on postpartum depression. Babies welcome. Building is handicapped accessible. Meets 3rd Thurs., 11:30am-1pm, Kennedy Health and Wellness Center, 405 Hurffville-Cross Keys Rd., 2nd Floor Conference Center, Turnersville. Call 856-582-3098 (Mon.-Fri., 8:30am-4:30pm).

Hudson County

DBSA (Depression and Bipolar Support Alliance) Mutual support for persons with depression or bipolar disorder. Building is handicapped accessible. Meets Thurs., 7-9pm, Hudson County Community Wellness Center, 880 Bergen Ave., 6th Floor, Jersey City. Call Randall Goya **201-679-9913**. Stop at the desk when getting off elevator for directions to the room. Website: <http://www.dbsanewjersey.org> E-mail: rgoya@yahoo.com

Mercer County

DBSA (Depression and Bipolar Support Alliance) Mutual support for persons with depression or bipolar disorder. Families, friends and interested others welcome. Building is handicapped accessible. Meets Tues., 7:30-9:15pm, University Medical Center at Princeton, One Plainsboro Rd., Classrooms 1 and 2, Plainsboro. Call Dave **609-912-0273**. Website: <http://www.dbsanewjersey.org> E-mail: dbsaprincceton+mp@gmail.com

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Thurs., 6pm, Reach Out/Speak Out Self-Help Center, 2100 East State St., Hamilton. Before attending call Caroline **732-295-1545** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, any anxiety disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Building is handicapped accessible. Meets 2nd and 4th Tues., 7-8:30pm, NAMI Mercer, Lawrence Commons, 3371 Brunswick Pike, Suite 124, Lawrenceville. Pre-registration required. Before attending call **609-799-8994** (day). Website: <http://www.namimercer.org>

New Perspectives Mutual support for persons with depression, bipolar disorder, anxiety or panic disorder. Building is handicapped accessible. Meets every other Mon., 7:30pm, Unitarian Universalist Church, Washington Crossing. Call David **609-818-0177** (eve.). Website: <http://www.hughes13.com> E-mail: david.hughes419@gmail.com

Postpartum Adjustment Support Group *Professionally-run*. Support and education for women experiencing postpartum depression. Babies welcome. Guest speakers and phone help. Building is handicapped accessible. Meetings vary, 1-2pm, Community Education and Outreach, 731 Alexander Rd., Princeton. For meeting information call **1-888-897-8979** (day). Website: <http://www.princetonhes.org>

Pregnancy and Postpartum Support Group *Professionally-run.* Support for pregnant women, new mothers and all women adjusting to perinatal mood disorders. Families welcome. Building is handicapped accessible. Meets 3rd Sat., 10:30am-noon, Mary Jacobs County Library, Route 518, Rocky Hill. Before attending call Joyce 609-683-1000 (day). E-mail: joycevenis@yahoo.com

Middlesex County

DBSA (Depression and Bipolar Support Alliance) An informal forum for support, education and socialization among patients diagnosed with depression, bipolar disorder or related disorder. Families, friends and interested others welcome. Before attending call Yvette 732-397-2192 to verify meeting. Website: <http://www.dbsanewjersey.org>
E-mail: middlesex@dbsanewjersey.org

Metuchen Meets Mon., 7:30-9pm, First Presbyterian Church, 270 Woodbridge Ave. (next to Metuchen Train Station).

New Brunswick Meets Fri., 7:30-9:15pm, Robert Wood Johnson University Hospital, 1 Robert Wood Johnson Place, Auditorium.

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder bipolar disorder, depression, obsessive-compulsive disorder, post traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Tues., 7pm, Moving Forward Community Wellness Center, 25 East Elizabeth St., 2nd Floor, New Brunswick, Call 732-317-2920 (day).

Spiritual Peer Support Group Christian-based. Peer support for persons who are suffering from any kind of psychiatric symptoms including anxiety, depression, bipolar, post-partum, post-traumatic stress disorder and schizophrenia. Open to people of any faith. Guest speakers. Building is handicapped accessible. Meets Fri., 4-5pm and Thurs., 4:15-5:15pm (June, July, Aug.), Reformed Church of Highland Park, 19 South 2nd Ave., Highland Park. Call Jessica 732-690-1087 or church 732-249-7349 (day).
Email: jessmsn409@gmail.com

Monmouth County

Celebrate Recovery 12-Step. Christian-based. Fellowship sharing experiences, strengths and hopes with others who are experiencing similar difficulties for all kinds of addictions. Rap sessions, guest speakers and literature. Meets Thurs., 7-9pm, Abundant Life Church of God, 632 Colts Neck Rd. (Route 537 East), Freehold. Call Joanne 732-409-2923 (day). Website: http://www.alcog.org/celebrate_recovery.html
E-mail: alcogfreehold@aol.com

DBSA (Depression & Bipolar Support Alliance) Support for persons affected by depression and bipolar disorder. Families and interested professionals are welcome.

Guest speakers, phone help, and mutual sharing. Website:

<http://www.dbsanewjersey.org>

Colts Neck Meets Thurs., 7:30-9pm, St. Mary's Roman Catholic Church, Route 34 and Phalanx Rd., Spiritual Center. Call Tom **732-320-0029**. E-mail: mfalkowitz27@gmail.com

Freehold Meets Sun., 3:30-5:00pm, Freehold Community Wellness Center, 17 Bannard St.

Freehold Call Daniel **908-433-1993**. E-mail: dbsafreeholdnj@gmail.com

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery.

Freehold Meetings vary, 1:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Before attending call Margo **732-575-5766** (day).

Freehold Meets Wed., 6:30pm, CSP of NJ, 11 Spring St. Before attending call Caroline **732-295-1545** (day).

Neptune Meetings vary, 2pm, C.A.R.E. Center, 80 Steiner Ave. Before attending call Margo **732-575-5766** (day).

Ocean Grove Meets Thurs., 6:45pm, St. Paul's Methodist Church, 80 Enbury St., Stokes Room. Before attending call John **732-228-0932** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 1st and 3rd Tues., 7-8:30pm, Colts Neck Community Church, 25 Merchants Way, Colts Neck. Before attending call **732-4NAMI-4U** or **732-462-6448** (day). Website: <http://www.namimonmouth.org> E-mail: namigreatermonmouth@gmail.com

Postpartum Depression Support Group *Professionally-run*. Support and education for women experiencing postpartum depression. Building is handicapped accessible. Meets Thurs., 3:30-5:30pm, Monmouth Medical Center, 300 Second Ave., Long Branch. For meeting information call **732-923-5234** (day).

Postpartum Depression Support Group *Professionally-run*. Support and education for women experiencing postpartum depression. Building is handicapped accessible. Meetings vary, 10:30-12:30pm, Community Affairs and Resource Center, 913 Sewall Ave., Asbury Park. Pre-registration required. Before attending call Jackie Ramirez **732-774-3282** (day).

Postpartum Depression Support Group Provides support for new mothers experiencing any postpartum mood disorder. Building is handicapped accessible. Meets 1st Thurs., 11am-noon, Riverview Medical Center, 1 Riverview Plaza, Red Bank. Pre-registration required. Before attending call Karen Edwards **732-706-5173** (day) or Diane Labarbera **732-778-2394** (day).

Morris County

DBSA (*Depression and Bipolar Support Alliance*) Support and education for persons with depression or bipolar disorder. Families and friends are welcome. Also holds a youth group. Meets Tues., 7:30-9pm (except holidays), Morristown Unitarian Fellowship, 21 Normandy Heights Rd., Morristown. Guest lecturer speaks on last Wed., 7:30pm. Call Linda **973-994-1143**. For information on weather cancellations call Ron **908-377-5245** (eve.). Website: <http://www.dbsanewjersey.org/morristownarea> E-mail: lsb1@panix.com

DBSA (*Depression and Bipolar Support Alliance*) Mutual support for persons suffering from depression or bipolar disorder. Family and friends welcome. Literature and lending library. Building is handicapped accessible. Rap group meets Thurs., 7:15-9pm, Temple Shalom, 215 South Hillside Ave., Succasunna. Call Chris **973-647-8082**. Website: <http://www.dbsanewjersey.org> E-mail: info@dbsasuccasunna.org

Depression and Bipolar Support Group Provides support and information for individuals with a mood disorder, including discussion of challenges, feelings, successes and strategies to help develop hope and move toward a life centered on wellness belief in recovery. The group environment provides safety and confidentiality. Meets Thurs., 4:30pm, Morris Community Wellness Center (formerly Morris Self-Help Center), 1259 Route 46 East, Suite 4, Suite 4D, Parsippany. Call John Robbins **973-334-2470** (day). E-mail: jrobbins@cspnj.org

Emotions Anonymous *12-Step*. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Building is handicapped accessible. Meets Fri., 7-8:15pm, St. Peter's Episcopal Church, 70 Maple Ave., Parish Hall, Vestry Room, 2nd Floor, Morristown. For meeting information call **973-538-0555**.

Postpartum and Perinatal Mood Disorders Support Group *Professionally-run*. Provides support and education to mothers experiencing any post-partum and perinatal emotional difficulties. Meets 1st and 3rd Thurs., 7pm, St. Clare's Behavioral Health Center, 50 Morris Ave., Room 305, Denville. Call **1-888-626-2111** to attend group.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Thurs., 7pm, St. Paul's Episcopal Church, 200 Main St. (across from Liberty Drugs, use side entrance), Chatham. Call Luciana **973-635-1120**. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Ocean County

DBSA (Depression and Bipolar Support Alliance) An informal forum for education, support and socialization among patients diagnosed with depression, bipolar disorder or related disorders, their families, friends and interested others. Building is handicapped accessible. Website: <http://www.dbsanewjersey.org>

Jackson Meets 2nd and 4th Thurs., 12:30-2pm, Brighter Days Community Wellness Center, 268 Bennets Mills Rd. Call **732-534-9960**.

Toms River Meets Wed. and Fri., 7:30-9:30pm, Community Medical Center, 99 Route 37 West, Auditorium B or C. Call Debbie **732-534-2314**.

Stafford Meets Fri., 7:15-9pm, Meridian Fitness and Wellness Center, 700 South Main St.. Call Gary **609-384-5124** (day). E-mail: gettingevensupgroup@gmail.com

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Tues., 6:30pm, Brick Presbyterian Church, 11 Drum Point Rd., Brick. Before attending call John **732-228-0932** (day).

Passaic County

DBSA (Depression and Bipolar Support Alliance) Mutual support, understanding and sharing of experiences for persons diagnosed with depression and bipolar disorder. Family, friends and supporters are welcome. Meets Mon., 7-8pm and Wed., 1:30-2:30pm, Mental Health Association, 404 Clifton Ave., Clifton. Call Dennise 973-478-4444 ext. 17 (day). Website: <http://www.dbsanewjersey.org> E-mail: dbabin@mhapassaic.org

DBSA (Depression and Bipolar Alliance) (GAY, LESBIAN, BISEXUAL AND TRANSGENDERED) Mutual support for gay, lesbian, bisexual and transgendered persons with depression or bipolar disorder. Meets Thurs., 4-5:30pm, Mental Health Association, 404 Clifton Ave., 1st Floor, Conference Room, Clifton. Before attending call Dennise **973-478-4444** ext. 17 (day). Website: <http://www.dbsanewjersey.org> E-mail: dbabin@mhapassaic.org

Somerset County

DBSA (Depression and Bipolar Support Alliance) An informal forum for support, education and socialization among patients diagnosed with depression, bipolar disorder or related disorder. Families, friends and interested others welcome. Website: <http://www.dbsanewjersey.org> E-mail: karenkaslusky@optonline.net

Belle Mead Meets Thurs., 7:30-9:15pm, Carrier Clinic, 252 Route 601, Garden Cafe. Call James 908-428-6555 (day) or Karen **908-647-1797** (day).

Bridgewater Meets Wed., 7-8:45pm, Richard Hall Community Mental Health Center, 500 North Bridge St. Enter parking lot from Vogt Dr. Call Karen **908-647-1797** (day).

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity,

personal responsibility and recovery. Meets Mon., 1pm, Freedom Trail Community Wellness Center, 166 West Main St., Somerville. Before attending call John 732-228-0932 (day).

Union County

DBSA (Depression and Bipolar Support Alliance) Support and education for persons with depression or bipolar disorder, their families and friends. Rap sessions. Building is handicapped accessible. Meets 1st or 2nd Tues., 7:30-9pm, First Baptist Church, 170 Elm St. (accessible by bus #59), Westfield. For meeting information call Theldora 908-233-7074 (day). Website: <http://www.dbsanewjersey.org> E-mail: tabasile@verizon.net

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Before attending call John 732-228-0932 (day).

Elizabeth Meetings vary, 3pm, New Beginnings Community Wellness Center, 516 Morris Ave.

Plainfield Meetings vary, 4pm, Park Avenue Community Wellness Center, 333 Park Ave.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Fri., 7:30pm, Willow Grove Presbyterian Church, 1961 Raritan Rd., Scotch Plains. Call Dorothy 732-381-3712. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Warren County

DBSA (Depression and Bipolar Support Alliance) * Mutual support for persons with depression or bipolar disorder. Families and friends welcome. Meets Thurs., 6:30-8:30pm (except holidays), St. Luke's Warren Hospital, 185 Roseberry St., Phillipsburg. Call Donald Breen 908-319-8798. Website: <http://www.dbsanewjersey.org> E-mail: drdonaldbreen6@gmail.com

Depression and Bipolar Disorder Support Group Mutual support and encouragement for persons with depression and bipolar disorder. Rap sessions. Building is handicapped accessible. Meets Tues., 6-7pm, Better Future Self-Help Center, 21 West Washington Ave., Washington. Call Better Future Self-Help Center 908-835-1180.

NJ Statewide

DBSA (Depression and Bipolar Support Alliance) NJ 16 chapters throughout New Jersey. Education and support for persons with depression or bipolar disorder, their

families and friends. Peer support groups and educational programs. Call 1-888-829-2483. Website: <http://www.dbsanewjersey.org> E-mail: info@dbsanewjersey.org

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets in various counties in NJ. Write: GROW, c/o Caroline Meehan, 17 Impatiens Court, Brick, NJ 08724. Call 732-295-1545.

NAMI NJ (National Alliance on Mental Illness New Jersey) Dedicated to improving the quality of life for people diagnosed with a mental illness and their families. Provides self-help groups, education and advocacy. Provides an array of public education and mental illness awareness activities to create understanding and eradicate the stigma associated with a mental illness. For information call 1-866-626-4437 (day). Website: <http://www.naminj.org> E-mail: info@naminj.org

EATING DISORDERS

Bergen County

ANAD (Anorexia Nervosa and Associated Disorders) of Northern NJ Support for persons with anorexia, bulimia or compulsive overeating and their families. Donation \$5/mtg. Meets 3rd Sat., 10-11:30am, Hackensack Medical Center, Joseph M. Sanzari Children's Hospital, Atlantic St., Meeting Room G.O. 14, Hackensack. Park in lot across from the Joseph M. Sanzari Children's Hospital. Call Pia Jacangelo, ACSW 917-921-6948 (day). E-mail: piajacangelo@optonline.net

Food Addicts in Recovery Anonymous 12-Step. Fellowship of those recovering from the disease of food addiction, obesity, anorexia and bulimia. Building is handicapped accessible. Meets Thurs., 6:30-8pm, Kraft Center, 15 Essex Rd., Paramus. Call Mary 201-444-0992 (day). Website: <http://www.foodaddicts.org>

Essex County

ANAD (Anorexia Nervosa and Associated Disorders) of Northern NJ
Professionally-run. Support for people with anorexia, bulimia or compulsive overeating. Concurrent groups for family and friends. Under 18 welcome. National newsletter. Donation \$5 (optional). Building is handicapped accessible. Meets 1st Sat. (2nd Sat. for major holidays), 9:30-11am, Saint Barnabas Ambulatory Care Center, 200 South Orange Ave. (across from the Livingston Mall), Livingston. Call Barbara Reese, MSW, LCSW 973-783-2292 (mailbox #1). Website: <http://www.anad.org>

Monmouth County

Eating Disorders Support Group *Professionally-run.* Support group for people with anorexia or bulimia and their families. Under 18 welcome. Meets 4th Sat., 10:30am-

noon, Riverview Medical Center, 1 Riverview Plaza, Board Room, Red Bank. Call 732-530-9029 (Mon.-Fri. 9am-5pm, ask for free support group).

Morris County

ANAD (Anorexia Nervosa & Associated Disorders) of Northern NJ *Professionally-run*. Support for individuals and families struggling with eating disorders. Guest speaker. National newsletter. Building is handicapped accessible. Meets 2nd & 4th Thurs., 7:30-8:30pm, Morris County Public Library, 30 Hanover Ave., Conference Room, Whippany. Pre-registration required. Before attending call Kristie Butrico, LSW 908-625-6354 (day) Website: <http://www.anad.org>

Food Addicts in Recovery Anonymous 12-Step. Fellowship of those recovering from the disease of food addiction, obesity, anorexia and bulimia. Meets Sat., 10am, Saint Clare's Hospital Dover, 400 West Blackwell St., Conference Room C, Dover. Call Fran 973-283-2057 (day). Website: <http://www.foodaddicts.org>

SMART Recovery (Self-Management And Recovery Training) Support for individuals wanting to gain their independence from addictive behaviors (alcohol, drugs, nicotine and other compulsive behaviors including gambling and eating disorders). SMART is an abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Meets Thurs., 7-8:30pm, Morris County Library, 30 East Hanover Ave., Whippany. Call Austin 862-397-4117 or Rich 973-983-8755. Website: <http://www.smartrecovery.org>

Somerset County

Anorexia/Bulimia Family and Friend Support Group *Professionally-run*. Support and education for family and friends of those with anorexia or bulimia to help understand the disorder. Building is handicapped accessible. Meets Tues., 7:30-9pm, Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., Hamilton Wing, Somerville. Call Eating Disorders Unit 908-685-2847 (day).

Eating Disorders Support Group *Professionally-run*. Provides mutual support for those suffering from an eating disorder. Under 18 welcome. Share information and experiences. Building is handicapped accessible. Meets Tues., 7:30-8:30pm, Robert Wood Johnson University Hospital Somerset, 110 Rehill Ave., Eating Disorder Conference Room, 1st Floor, Room 197, Somerville. Before attending call Eating Disorders Unit 908-685-2847 (day).

NJ Statewide

Overcomers Outreach Christ-centered support group for anyone affected by addictions, as well as their families and friends. Uses 12-steps of A.A. and applies them to the Scriptures. Uses Jesus Christ as the "higher power". Supplements involvement in

other 12-step groups. Group meetings in Bergen, Camden, Cumberland, Essex, Hudson, Hunterdon, Middlesex, Monmouth, Ocean and Union counties. Check website for meeting day, time and location. Website: <http://www.overcomersoutreach.org> (click on "meetings" on left) E-mail: info@overcomersoutreach.org

FAMILIES OF PERSONS WITH MENTAL ILLNESS

Atlantic County

Atlantic / Cape Family Support Organization (*Parents Supporting Parents*) Provides support, education and advocacy for parents and caregivers of children with emotional, mental and behavioral challenges. Guest speakers, literature, speakers' bureau, newsletter and phone help. Building is handicapped accessible. Website:

<http://www.acfamsupport.org> E-mail: info@acfamsupport.org

Hammonton Meets 2nd and 4th Wed., 6-7:30pm, Hammonton Presbyterian Church, 326 Bellevue Ave. Call **609-485-0575** ext. 102 (day).

Northfield Meets 1st and 3rd Wed., 6:30-8:30pm, Atlantic Cape Family Support Organization, 1601 Tilton Rd., Unit #1. Call Laura Marcy **609-485-0575** ext. 105 (day).

CAMHOP-NJ (*Chinese Mental Health Self-Help Group; MANDARIN and CANTONESE*) Mutual support for families and individuals of Chinese origin diagnosed with mental illnesses. Meets 2nd Wed., 10-11:30am, 7 North Georgia Ave., Atlantic City. Call Cheeka Wu **732-718-2292** (day). Website:

<http://www.naminj.org/programs/camhop/camhop.html> E-mail: camhop@naminj.org

Family Support Group (*Dual Disorders*) Professionally-run. Mutual support for parents and families of persons diagnosed with both a mental illness and alcohol or chemical addiction. Sharing of emotional and practical coping skills. Guest speakers. Building is handicapped accessible. Meets 2nd Thurs., 10:30am, 5:30pm, Mental Health Association, 4 Jimmie Leeds Rd., Galloway. Call Christine Gromadzyn, MSW **609-652-3800** (day).

NAMI Atlantic County Support and advocacy for families of persons with chronic psychiatric disorders. Offers a 12 week "Family-to-Family" education series. Building is handicapped accessible. Meets 2nd Mon., 7pm, Absecon United Methodist Church, West Church St. and Pitney Rd., Absecon. Call Gail **609-927-0215** (eve.). E-mail: nami1557@comcast.net

Bergen County

Family Support Organization Professionally-run. Provides support, education and advocacy to families and caregivers of children with complex emotional and behavioral challenges. Meets Wed., 7-8:30pm, Family Support Organization of Bergen County, 0-

108 29th St., Fair Lawn. Before attending call **201-796-6209** (day). Website: <http://www.fsobergen.org>

IFSS Support Services - Sunday Coffee Talk Support Group *Professionally-run.* Support for family members with a relative diagnosed with a mental illness. Meets Sun., 10am-noon, held at diners in southern Bergen county. Participant pays their own way. Pre-registration required. Before attending call **201-646-0333** ext. 252 (day).

Intensive Family Support Services (IFFS) *Professionally-run.* Support, education and advocacy for family members of those with a mental illness. Family education workshops held 3 times/yr. Building is handicapped accessible. Meets Thurs., 7-9pm, Care Plus, 610 Valley Health Plaza, Paramus. Call Lara Zucker **201-646-0333** (day). Website: <http://www.cbhcare.com>

NAMI NJ en Espanol of Bergen County (SPANISH) Support and advocacy for family and friends of those diagnosed with a mental illness. Meets 4th Tues., 6:30-8pm (except Aug.), Bergen County Community College, 355 Main St., Room #132, Hackensack. Before attending call Martha Silva **1-888-803-3413** or **201-861-0614** (day). Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

NAMI-Bergen Family Share Support Group *Professionally-run.* Support, education, advocacy, information and referrals for families of those diagnosed with a mental illness. Newsletter. Meets 1st Mon., 7:30pm, Bergen Regional Medical Center, 230 East Ridgewood Ave., Behavioral Health Building, Room E-104, Paramus. For more information call **201-635-9595** (day). Website: <http://www.namiberger.org> E-mail: namiberger@optonline.net

Burlington County

AACT-NOW Support, education and advocacy for African-American families affected by the mental illness of a loved one. Sponsored by NAMI-NJ. Meets 3rd Tues., 7-9pm, Parkway Baptist Church, 4 Pennypacker Dr., Willingboro. Call Winifred **609-265-0746** (day). Email: winifredchain@gmail.com

Intensive Family Support Services (IFSS) *Professionally-run.* Support, information, education and advocacy for family members and caregivers of an adult relative diagnosed with mental illness. Building is handicapped accessible. Meets 1st Wed., 6-7:30pm, Virtua Memorial Hospital of Burlington County, 175 Madison Ave., Mt. Holly. Call **609-386-8653** (day).

NAMI FACE of Burlington County Mutual support for families and friends of those diagnosed with a mental illness. Education, information and referrals. Dues \$35/yr. Building is handicapped accessible. Meets 2nd and 4th Mon., 7pm, First Presbyterian Church, 101 Bridgeboro Rd., Moorestown. Call Eileen **609-654-8736** or Ruth Stotsenburg 856-222-9400 (day). Website: <http://www.naminj.org> E-mail: namiface@verizon.net

Parents Anonymous *Professionally-run*. Support and advocacy to families and caregivers of children with complex emotional and behavioral challenges. Educational lectures offered. Meets Thurs., 6:30-8:30pm, Family Support Organization of Burlington, 774 Eayrestown Rd., Lumberton. Before attending call **609-265-8838** (day).

Camden County

NAMI of Camden County Support for families and friends of those diagnosed with a mental illness. Advocacy, phone help and guest speakers. Building is handicapped accessible.

Cherry Hill Meets 2nd Tues., 6-8pm, Twin Oaks Community Services, 499 Cooper Landing Rd. Call Rosemary **856-424-4725** or Harriet **856-424-0030**.

Voorhees Meets 1st Thurs., 6-8pm, M. Allan Vogelsson Regional Branch Library - Voorhees, 203 Laurel Rd. Call Gail **856-701-8143** (day).

New Beginnings Support Group Mutual support and education for persons with mood disorders. Also open to persons with anxiety and dual diagnosis. Group for families, friends plus young adults ages 19-35. Opportunity to discuss successes in dealing with various symptoms. Meets Wed., 11am-12:50pm; Mon. and Thurs., 7-8:50pm, Holy Trinity Lutheran Church, 201 North Warwick Rd., Magnolia. For meeting information call Doug **1-877-313-5050** or check website for meeting information. Website: <http://www.nbggroup.org> E-mail: newbeginningsnj@gmail.com

Parents Anonymous *Professionally-run*. Support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Building is handicapped accessible. Discussions, guest speakers, networking, literature and phone help. Childcare provided. Meets Thurs., 6:30-8:30pm, Camden County Family Support Organization, 23 West Park Ave., Suite 103-104, Merchantville. Before attending call Parents Anonymous **1-800-843-5437** or **856-662-2600** (day). Website: <http://www.camdenfso.org>

Cape May County

Parents Anonymous *Professionally-run*. Support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Building is handicapped accessible. Discussions, guest speakers, networking, literature and phone help. Meets Fri., 2-4pm, Cape May County Family Center, Route 47, Rio Grande. Before attending call Parents Anonymous **1-800-843-5437** or Patricia Rocanella **609-778-6217** (day). Website: <http://www.pa-of-nj.org>

Cumberland County

Intensive Family Support Services (IFSS) *Professionally-run*. Support, information and advocacy for family members and caregivers of an adult with a major mental

illness. Guest speakers and phone help. Building is handicapped accessible. Meets 4th Tues., 7-9pm and Thurs., 10am-noon, Cumberland County Guidance Center, 2038 Carmel Rd., Millville. Call Mary Saucedo **856-825-6810** ext. 256 (day).

NAMI Cumberland County *Professionally-run*. Support for families and friends of persons diagnosed with a mental illness. Mutual sharing, education, advocacy, literature, phone help and guest speakers. Dues \$35/yr. Meets 3rd Mon., 7-9pm, Chestnut Assembly of God, 2554 East Chestnut Ave., Vineland. Call **856-691-9234**.

Essex County

Family Resource Center, The *Professionally-run*. Support for family members and significant others of persons with chronic mental/emotional illness. Groups for parents of adults with mental illness; groups for spouses, partners, siblings and adult offspring meet on a time-limited basis; children and adolescents who have a family member diagnosed with mental illness attend time-limited age appropriate core groups at various locations. Before attending call **973-509-9777** (day). Website: <http://www.mhaessex.org>

Family Support Organization of Essex County (*SPANISH*) Support for parents and caregivers raising a child with emotional, behavioral, developmental, mental health challenges and alcohol/drug abuse. Building is handicapped accessible. Guest speakers and literature. Pre-registration required. Before attending call **973-395-1441** (day). Website: <http://www.fsoec.org>

East Orange (Spanish) Meets 4th Thurs., 10:30am-12:30pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 410-412.

East Orange Meets Tues., 6:30-8pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 410-412.

Gloucester County

NAMI Gloucester County Support for families of persons with a mental illness. Meets 2nd Wed., 7-8:30pm, Pitman United Methodist Church, 758 North Broadway, Pitman. E-mail: namigc@comcast.net or namilaw@aol.com

Hudson County

I Need You, You Need Me *Professionally-run*. Support for parents raising a child with emotional and/or behavioral challenges. Educational series, advocacy, guest speakers, phone help, literature and buddy system. Building is handicapped accessible. Meets Fri., 11am-1pm, Family Partners of Hudson County, 911 Bergen Ave., 2nd Floor, Jersey City. Call **201-915-5140** (day). Website: <http://www.familypartnershc.org>

NAMI Hudson County Support and advocacy for family and friends of those diagnosed with a mental illness. Meets 2nd Tues., 7-8:45pm (except Aug.), Jersey City Medical

Center, 395 Grand St., Ambulatory Care Center, 2nd Floor, Jersey City. Before attending call Martha Silva 1-888-803-3413 or 201-861-0614. Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

NAMI NJ en Espanol of Hudson County (SPANISH) Support and advocacy for family and friends of those diagnosed with a mental illness and for mental health consumers who attend. Building is handicapped accessible. Meets 1st Wed., 6:30-8pm (except Aug.), Catholic Community Service Office, 2201 Bergenline Ave., 2nd Floor, Union City. Before attending call Martha Silva 1-888-803-3413 or 201-861-0614 (day). Website: <http://www.naminj.org> E-mail: namiHUDSON@msn.com

“We Can Make a Change” Parent Support Group (BILINGUAL) *Professionally-run*. Support for parents raising a child with emotional and/or behavioral challenges. Educational series, advocacy, guest speakers, phone help, literature and buddy system. Building is handicapped accessible. Meets Thurs., 11am-1pm, Family Partners of Hudson County, 911 Bergen Ave., 2nd Floor, Jersey City. Before attending call 201-915-5140 (day).

Hunterdon County

Family Support Organization *Professionally-run*. Support for parents and caregivers of children with behavioral, emotional or mental health challenges. Light meal and refreshments available. Meets 2nd Fri., noon, Hunterdon County Family Success Center, 3 East Main St., Flemington. Call 908-223-1191 (day). E-mail: info@fso-hsw.org

Family Support Organization *Professionally-run*. Support for parents and caregivers of children with behavioral, emotional or mental health challenges. Building is handicapped accessible. Light meal and refreshments available. Meets 3rd Wed., 6:30pm, Hunterdon Prevention Resources, 4 Walter E. Foran Blvd., Suite 410, 2nd Floor, Flemington. Call 908-223-1191 (day). E-mail: info@fso-hsw.org

Intensive Family Support Services (IFFS) *Professionally-run*. Support, education, caring and advocacy for family members of those with a mental illness. Sharing of experiences. Building is handicapped accessible. Meets 1st Wed., 1-3pm, Country Griddle, 190 Center St., Clinton. Call 908-788-6401 ext. 3006 (day). Website: <http://www.hunterdonhealthcare.org> E-mail: maglione.christine@hunterdonhealthcare.org

NAMI NJ en Espanol of Hunterdon County (SPANISH) Support, education and advocacy for families of persons diagnosed with a mental illness. Meets 2nd Wed., 6:30-8pm (except Aug.), Hunterdon Prevention Resources, 4 Walter Foran Blvd., 2nd Floor, Suite 410, Flemington. Before attending call Martha Silva 1-888-803-3413 (day). Website: <http://www.naminj.org>

Mercer County

Intensive Family Support Services (IFSS) *Professionally-run.* Support for family members and caregivers of any adult with a mental illness. Guest speakers, phone help and literature. Call Josephine Reyes **609-396-6788** ext. 227 (day).

Lawrenceville Meets Mon., 5:15-6:45pm, Lawrence Road Presbyterian Church, 1039 Lawrence Rd.

Lawrenceville Meets Tues., 5:15-6:45pm, Lawrence Commons, 3371 Brunswick Pike. Suite 124, Use entrance in back of building.

Trenton Meets Thurs., 11:30am-1pm, Kingsbury West Tower, 1 Kingsbury Square.

Parent Support Group *Professionally-run.* Support and information for parents of adolescents. Opportunity to share ideas, concerns, strategies, learn helpful parenting skills and techniques. Building is handicapped accessible. Meets Mon., 6-7pm, Anchor House, 482 Centre St., Trenton. Pre-registration required. Before attending call **609-396-8329**.

Psycho-Educational Group *Professionally-run.* Education and support for persons with a mental illness and their family. Meets Thurs., 6-7:30pm, Greater Trenton Behavioral Health Center, 2550 Brunswick Pk., Lawrenceville. Pre-registration required. Before attending call Josephine Reyes **609-396-6788** ext. 227 (day).

Middlesex County

B.I.L.Y. (Because I Love You) Mutual support to help parents with children of any age who have behavioral challenges. Literature, newsletter and phone help. Meetings vary, 6 week session, Family Support Organization of Middlesex County, 1 Ethel Rd., Building 108, Edison. Pre-registration required. Before attending call **732-287-8701** (day). Website: <http://www.fsomiddlesexcounty.net>

CAMHOP-NJ (Chinese Mental Health Self-Help Group) (*MANDARIN and CANTONESE*) Mutual support for families of Chinese origin diagnosed with mental illnesses. Building is handicapped accessible. Meets 2nd Thurs., 7-8:20pm, University Behavioral Healthcare, 100 Metroplex Dr., Suite 200, Edison. Call Maggie Luo **732-940-0991** (day). Website: <http://www.naminj.org/programs/camhop/camhop.html> E-mail: camhop@naminj.org

NAMI Middlesex County Support for those diagnosed with mental illness and their families to promote improved quality of life for people with a mental illness. Dues \$25yr./person and \$35yr./family. Education and advocacy program meets 1st Mon., 7pm, University Behavioral Mental Health Center, 671 Hoes Lane, 2nd Floor, Piscataway. Coping meeting 3rd Thurs., 2:30-4:30pm and 2nd Thurs., 7-9pm, Intensive Family Support Services, 151 Centennial Ave., Piscataway. Call Deborah Richman **732-745-0709** (day). E-mail: nami_m@verizon.net

NAMI NJ en Espanol of Middlesex County (*SPANISH*) *Professionally-run.* Support and advocacy for families of those diagnosed with a mental illness. Meets 3rd Fri., 11am-1pm, Family Success Center at PRAB, Inc., 90 Jersey Ave., New Brunswick.

Before attending call Martha Silva 1-888-803-3413 or 201-861-0614 (day). Website: <http://www.naminj.org> E-mail: mceisner@optonline.net

SAMHAJ Support for South Asians Mutual support for South Asian (Indians, Pakistanis, Bangladeshi, Sri Lankan) families affected by mental illness. Translator available. Educational series, guest speakers and literature. Building is handicapped accessible. Meets 1st Thurs., 7-9pm, NAMI NJ, 1562 Route 130, North Brunswick. Before attending call 732-940-0991 (day). E-mail: samhaj@naminj.org

Monmouth County

Family Support Group *Professionally-run*. Support and education for families of those diagnosed with a mental illness. Meets 2nd and 4th Mon., 6-7:30pm, Community Connections Building, 75 North Bath Ave., Long Branch. For meeting information call Jenna Rinaldi 732-923-6999 (day).

Family Support Group *Professionally-run*. Support for families of individuals with mental health issues. Meets 3rd Sun., 11:30am, Holmdel Community United Church of Christ, 40 Main St., Holmdel. Pre-registration required. Before attending call church 732-946-8821 (day) or Tery 732-610-3474 (before 10pm). E-mail: tmichaud@optonline.net

Monmouth Family and Friends Group *Professionally-run*. Mutual support for families and friends of adults who have a mental illness. Discussions, educational workshops, learning and advocacy for improved services. Building is handicapped accessible. Meets 1st and 3rd Tues., noon-1:30pm or 2nd and 4th Tues., 7-8:30pm, Mental Health Association, 119 Avenue at the Commons, Suite 5, Shrewsbury. Call 732-542-6422 (day). Website: <http://www.mentalhealthmonmouth.org> E-mail: mha@mentalhealthmonmouth.org

NAMI Family-to-Family Support Group Support for family members and caregivers of someone with a mental illness. Meets 1st and 3rd Tues., 7-8:30pm, Colts Neck Community Church, 25 Merchants Way, Colts Neck. Call 732-462-6448 ext. 5 or 732-4NAMI-4U. Website: <http://www.namimonmouth.org> E-mail: namigreatermonmouth@gmail.com

Parent Support Group Mutual support for parents whose children are experiencing emotional or behavioral problems. Rap sessions, guest speakers, literature, phone help and newsletter. Building is handicapped accessible. Childcare and limited transportation. Website: <http://www.fbsanj.org>

Eatontown Meets Thurs., 6-8pm, Family Based Services Association, 6 Industrial Way West, Suite D. Pre-registration required. Before attending call 732-542-4502 (day).

Freehold (SPANISH) Meets 1st and 3rd Mon., 5:30-7:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Pre-registration required. Before attending call Luz Velasquez 732-546-1996 (day).

Morris County

B.I.L.Y. (*Because I Love You*) Support for parents who are troubled by their child's behavior in school, in the family, with drugs or with the law. Meets Mon., 7-9pm, Jefferson Board of Education, 31 Route 181, Community Room, Lake Hopatcong. E-mail for information on the group. E-mail: bilyofjefferson@yahoo.com

Intensive Family Support Services - Family Workgroup *Professionally-run.* Support and assist families to identify and work through concerns that impact everyday coping, communication and quality of life when caring for someone with a mental illness. Building is handicapped accessible. Meets 2nd and 4th Thurs., 11am-noon, Saint Clare's Hospital, Behavioral Health Center, 50 Morris Ave., Room 301, Denville. Before attending call **973-625-7069** (day).

Intensive Family Support Services (IFSS) - Family Support *Professionally-run.* Support and education for family members or caretakers of individuals with a mental illness. Building is handicapped accessible. Meets Wed., 5:30pm, Saint Clare's Hospital, Behavioral Health Center, 50 Morris Ave., Room 320, Denville. Call **973-625-7131** (day).

NAMI Morris County Support and advocacy for families of persons with chronic psychiatric disorders. Educational series. Meets 3rd Mon., 7:30pm, St. Clare's Behavioral Health Center, 50 Morris Ave., Room 320, Denville. Call Eileen Griffith **908-879-5687**.

NAMI NJ en Espanol of Morris County (SPANISH) Mutual support for Latino families, parents of children and consumers diagnosed with a mental illness. Meets 3rd Wed., 6:30-8pm (except Aug.), First Memorial Presbyterian Church, 51 West Blackwell St., Dover. Call Awilda 973-252-9424 (day) or Martha Silva **1-888-803-3413** (day). Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

North NJ Selectively Mute Support Group *Professionally-run.* Provides support and education for parents and professionals involved with a selectively mute child. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets 2nd Sat., 10:30am, Kinnelon Public Library, 132 Kinnelon Rd., Upstairs, Room # 3, Kinnelon. Check website, e-mail or call for meeting information. Call Gail **973-208-1848**. Website: <http://www.selective-mutism.com> E-mail: kervatt@optonline.net

Parent Networking Group *Professionally-run.* Support for parents and caregivers who are raising children with emotional, behavioral and mental health challenges. Meets Tues., 5-6:30pm (except June, July, Aug.), Cornerstone, 62 Elm St., Morristown. Pre-registration required. Before attending call **973-940-3194** (day).

Parent Support Group (SPANISH) Professionally-run. Provides support, education and advocacy to parents and caregivers of children with emotional, behavioral or mental health challenges. Building is handicapped accessible. Meets 2nd Fri., 9:30am, various locations. Pre-registration required. Before attending call **973-252-9424** (day).

Ocean County

Intensive Family Support Services (IFSS) Professionally-run. Support and education for family members or caretakers of individuals with a mental illness. Call **732-606-9573** (day).

Bayville Meets 4th Wed., 7-9pm, Ocean Mental Health Services, 160 Route 9.

Manahawkin Meets 3rd Mon., 9:30-11am, Ocean Mental Health Services, 81 Nautilus Rd.

NAMI Ocean County Professionally-run. Support, education, socialization, advocacy, coping and support for families and friends of those diagnosed with a mental illness. Dues \$23/yr. (can be waived). Meets 2nd Wed., 6:30pm (speaker) and 8-9pm (group), Ocean County Complex, Hooper Ave. and Madison Ave., 2nd Level Cafeteria, Toms River. Call **732-244-4401** (day).

Parents Empowering Parents Provides support and advocacy for parents and caregivers of children with complex emotional and behavioral challenges. Discussions, guest speakers, workshops, networking, literature and phone help. Childcare and light dinner provided. Pre-registration required. Before attending call Michelle **609-693-4121** ext. 16 (day). Website: <http://www.oceanfso.org>

Bayville Meets 2nd, 3rd and 4th Tues., 6:30-8:30pm, Ocean Mental Health/Ocean Academy, 160 Atlantic City Blvd. (Route 9).

Brick Meets 2nd Wed., 6:30-8:30pm, Ocean Partnership for Children, 1610 Route 88, 3rd Floor.

Little Egg Harbor Meets 2nd and 4th Thurs., 6-8pm, St. Theresa Roman Catholic Church, 450 Radio Rd., Parish Building (back parking lot).

Jersey Shore Down Syndrome Association Support Group Mutual support for parents and family members of children with Down syndrome. Literature and social events. Building is handicapped accessible. Meets 1st Mon., 7pm, Professional Therapy Associates, 2557 Hooper Ave., Brick. Call Valerie **732-255-5737** (day). Website: <http://www.jsdsa.org>

Passaic County

Behavioral Support Group Professionally-run. Support for parents raising a child with behavioral challenges. Literature and phone help. Building is handicapped accessible. Meets last Tues., 8-9pm, Hillcrest Community Center, 1810 Macopin Rd., Room 25, West Milford. Pre-registration required. Before attending call Julie Rikon **973-728-8744** (day). Website: <http://www.ascfamily.org> E-mail: ascfamily@hotmail.com

Family Support Organization of Passaic County (SPANISH) Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 1st and 3rd Wed., 7-8:30pm, Family Support Organization of Passaic County, 810 Belmont Ave., 2nd Floor, North Haledon. Before attending call **973-427-0100**. Website: <http://www.fso-pc.org> E-mail: info@fso-pc.org

Family Support Organization of Passaic County Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 2nd and 4th Wed., 7-8:30pm, Family Support Organization of Passaic County, 810 Belmont Ave., 2nd Floor, North Haledon. Before attending call **973-427-0100**. Website: <http://www.fso-pc.org> E-mail: info@fso-pc.org

Intensive Family Support Services (IFSS) (SPANISH) Professionally-run. Support and education for family members or caretakers of individuals with a mental illness. Meetings vary, 6-7:30pm, Mental Health Association of Passaic County, 404 Clifton Ave., 1st Floor (entrance in back of building), Clifton. Pre-registration required. Before attending call Marjorie **973-478-4444** ext. 15 (day). Website: <http://www.mhapassaic.org>

Intensive Family Support Services (IFSS) Professionally-run. Support and education for family members or caretakers of individuals with a mental illness. Meets 2nd and 4th Wed., 7-8:30pm, Mental Health Association of Passaic County, 404 Clifton Ave., 1st Floor (entrance in back of building), Clifton. Pre-registration required. Before attending call Erika **973-478-4444** ext. 13 (day). Website: <http://www.mhapassaic.org>

Somerset County

GenPsych Cares Caregiver Support Group Support for individuals and families caring for someone with a mental illness. Topic include: self-care, medication management, coping skills and more. Building is handicapped accessible. Meets Mon., 7pm (10 week sessions/several times/yr.), GenPsych PC, 981 Rte 22 West, 1st Floor, Bridgewater. Before attending call **908-231-0511** ext. 2160 (day). Email: Jmopper@GenPsych.com

Proactive Parenting Group Support group for parents and caregivers raising a child with emotional, behavioral and mental health challenges. Building is handicapped accessible. Meets 1st Wed., 7-9pm, EmPower Family Success Center, 34 West Main St., 2nd Floor, Somerville. Call **908-223-1191** (day). E-mail: mwall@fso-hsw.org

Sussex County

Intensive Family Support Services (IFSS) - Family Support Professionally-run. Support and education for family members or caretakers of individuals with a mental illness. Building is handicapped accessible. Guest speakers and literature. Meets Wed., 7pm, Intensive Family Support Services, 191 Woodport Rd., Suite 202, Sparta. Call **201-317-6139** (day).

NAMI Family Support Group Support for families of those diagnosed with a mental illness. Meets 1st Tues., 7pm, Newton Medical Center, 175 High St., Emergency Department Conference Room, Newton. Call Jeri 973-214-0632 (day) or Alicia 973-903-4162 (day). Website: <http://www.nami-sussex-nj.org>

Parent Networking Group *Professionally-run.* Support for parents and caregivers who are raising children with emotional, behavioral and mental health challenges. Meets Fri., 5-6:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., 2nd Floor, Newton. Pre-registration required. Before attending call 973-940-3194 (day).

Parent Support Group *Professionally-run.* Provides support, education and advocacy to parents and caregivers of children with emotional, behavioral or mental health challenges. Building is handicapped accessible. Meets 2nd Wed., 10:30am, Family Partners of Morris and Sussex Counties, 67 Spring St., 1st Floor, Newton. Pre-registration required. Before attending call 973-940-3194 (day).

Union County

Family Support Group *Professionally-run.* Provides support, information and education for families of adults diagnosed with a mental illness. Building is handicapped accessible. Meets 1st and 3rd Wed., 7:30pm, Mental Health Association of NJ, 2333 Morris Ave., Bldg. C, Ste. 206, Union. Call Joyce Benz 908-810-1001 ext. 310 (day). Website: <http://www.mhanj.org> E-mail: jbenz@mhanj.org

NAMI NJ en Espanol of Union County (*SPANISH*) Support, education and advocacy for families of persons diagnosed with a mental illness. Meets 4th Fri., 6:30pm (except Aug.), Trinitas Hospital, 225 Williamson St., 6th Floor South, Conference Room, Elizabeth. Before attending call Martha Silva 1-888-803-3413 or 201-861-0614 (day). Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

NAMI Union County Education and guest speakers for persons diagnosed with a mental illness, their families and friends. Meets 4th Tues., 7:30-9:30pm, American Legion Hall, 1003 North Ave. West, Westfield. Call 908-233-1628. Website: <http://nami-nj-uc.org> E-mail: namiunioncounty@yahoo.com

Sibling Support Group *Professionally-run.* Support, information and education for adult siblings of those diagnosed with a mental illness. Building is handicapped accessible. Meets 2nd Wed., 7:30-9pm, Mental Health Association of NJ, 2333 Morris Ave., Bldg. C, Ste. 206, Union. Call Joyce Benz 908-810-1001 ext. 310 (day). Website: <http://www.mhanj.org> E-mail: jbenz@mhanj.org

Spouse and Partner Support Group Professionally run group, providing support, information and education for spouses and partners of people diagnosed with a mental

illness. Building is handicapped accessible. Meets 4th Wed., 7:30-9pm, Mental Health Association of NJ, 2333 Morris Ave., Bldg. C, Ste. 206, Union. Call Joyce Benz **908-810-1001** ext. 310 (day). Website: <http://www.mhanj.org> E-mail: jbenz@mhanj.org

Warren County

Family Support Organization *Professionally-run.* Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 4th Fri., 6pm, Family Support Organization, 315 West Washington Ave., Suite 5, Washington. Call **908-223-1191** (day). Website: <http://www.fso-hsw.org>

Intensive Family Support Services (IFSS) (PARENTS) *Professionally-run.* Provides support, mutual sharing and education for parents caring for an adult child with a mental illness. Guest speakers. Building is handicapped accessible. Meets 1st and 3rd Wed., 1-2:30pm, Family Guidance Center, 492 Route 57 West, Washington. Call Erica Ross **908-689-1000** ext. 331 (day).

Intensive Family Support Services (IFSS) *Professionally-run.* Provides support, mutual sharing and education for families and friends of adults with a mental illness. Guest speakers. Building is handicapped accessible. Meets 2nd and 4th Tues., 6:30-8pm, Family Guidance Center of County, 492 Route 57 West, Washington. Call Erica Ross **908-689-1000** ext. 331 (day).

Intensive Family Support Services (IFSS) *Professionally-run.* Provides support, mutual sharing and education for families and friends of adults with a mental illness. Guest speakers. Building is handicapped accessible. Meets 2nd and 4th Wed., 10:30am-noon, Family Guidance Center, 370 Memorial Parkway, Phillipsburg. Call Erica Ross **908-689-1000** ext. 331 (day).

NAMI County Mutual support and advocacy for families and friends of persons diagnosed with a mental illness. Membership \$25/yr. (can be waived). Meets 1st Thurs., 7pm, Family Guidance Center, 492 Route 57 West, Washington. Call **908-859-4368** (eve. or weekend). E-mail: namicounty@naminj.org

Warren County Caregivers Group *Professionally-run.* Support for parents and caregivers raising a child with emotional and behavioral challenges. Building is handicapped accessible. Meets 2nd Mon., 10am-noon, Catholic Charities, 700 Sayre Ave, Phillipsburg. Call **908-223-1191** (day). Website: <http://www.fso-hsw.org>

NJ Statewide

DBSA (Depression and Bipolar Support Alliance) NJ 16 chapters throughout New Jersey. Education and support for persons with depression or bipolar disorder, their families and friends. Peer support groups and educational programs. Call **1-888-829-2483**. Website: <http://www.dbsanewjersey.org> E-mail: info@dbsanewjersey.org

NAMI NJ (National Alliance on Mental Illness New Jersey) Dedicated to improving the quality of life for people diagnosed with a mental illness and their families. Provides self-help groups, education and advocacy. Provides an array of public education and mental illness awareness activities to create understanding and eradicate the stigma associated with a mental illness. For information call **1-866-626-4437** or **732-940-0991** (day). Website: <http://www.naminj.org> E-mail: info@naminj.org

New Jersey Parents' Caucus (BILINGUAL) Statewide coalition of families of children with special emotional and behavioral needs. Works to ensure that the needs of children are met through parent support groups, parent education and training, advocacy efforts and direct services at local offices. Helps parents to start local groups. Training and materials also in Spanish. Write: New Jersey Parents' Caucus, 275 Route 10 East, Suite 220-414, Succasunna, NJ 07876. Call **908-994-7471**. Website: <http://www.newjerseyparentcaucus.org> E-mail: info@njparentcaucus.org

MENTAL HEALTH (General)

Bergen County

Emotions Anonymous 12-Step. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Meets Tues. and Thurs., 7:15pm, First Presbyterian Church, 64 Passaic St. (use right side entrance), Hackensack. Call Sam **201-785-3963** (eve.).

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 2pm, For Us/By Us Community Wellness Center, 40 North Van Brunt St., Englewood. Before attending call John **732-228-0932** (day).

Burlington County

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Website: <http://www.recoveryinternational.org>

Marlton Meets Mon. and Thurs., 7pm and Wed., noon, Prince of Peace Lutheran Church, 61 Route 70 East. Call John **856-983-7291**.

Moorestown Meets Mon., 10am, Saint Matthew Lutheran Church, 318 Chester Ave. Call Cindy **215-816-2338**. E-mail: swimsun3@comcast.net

Westampton Meets Tues., 7pm, Hampton Hospital, 650 Rancocas Rd., Cafeteria. Call John **856-983-7291**.

Camden County

Depression / Anxiety Support Group Support for anyone suffering from depression and/or anxiety to support one another in an effort to remain healthy, share common problems and concerns. Rap sessions, phone help and literature. Meets various days in Berlin. For meeting information call Rhonda **856-768-2030** (day) or Nancy **856-768-1258** (weekend). E-mail: rhonielee@aol.com

Find Your Voice Support for men and women with social anxiety disorder. Building is handicapped accessible. Membership dues \$15 for 13 week session (room rental, handouts, advertising, etc.). Meets Tues., 7pm, Barrington. For meeting information check website. Website: <http://www.findyourvoicenj.org>

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Wed., 3-4pm, Donald Mays Jr. Community Wellness Center, 204 White Horse Pike, Barrington. Call **856-429-9940**.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Website: <http://www.recoveryinternational.org>

Camden Meets Thurs., 5pm, Wellness Self-Help Center, 415 Federal St. Call Self-Help Center **856-757-0385** (day).

Westmont Meets Sat., 11:30am, Starting Point, 215 Highland Ave., Call Kathy **856-220-5079**.

Cape May County

Mental Health Wellness Support Group *Professionally-run*. Mutual support for individuals with a mental illness. Families welcome. Building is handicapped accessible. Guest speakers, literature and phone help. Meets 1st Thurs., 1-2:30pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Cumberland County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Wed., 12:30pm and Thurs., 7pm, New Horizons Community Wellness Center, 63 South Myrtle St., Vineland. Before attending call Margo **732-575-5766**.

Essex County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meetings vary, 4:30pm, Pleasant Moments Community Wellness Center, 465-475 Broadway, Newark. Before attending call Caroline **732-295-1545**.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Tues., 8pm, Prospect Presbyterian Church, 646 Prospect St., Maplewood. Call Hal **973-762-0764**. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Gloucester County

The Extra Mile Support and education for individuals (ages 18+) who are dealing with anger, panic, depression and bipolar depression. Meets Wed., 6:30-8:30pm, Inspira Wellness and Recovery Outpatient Program Woodbury, 537 North Broad St., Woodbury. Preregistration is required. Before attending call Barbara **856-686-5500**. E-mail: mahoneybl@inh.org

Find Your Voice Support for men and women with social anxiety disorder. Building is handicapped accessible. Membership dues \$15 for 13 week session (room rental, handouts, advertising, etc.). Meets Mon., 7pm, Malaga. For meeting information check website. Website: <http://www.findyourvoicenj.org> E-mail: support@findyourvoicenj.org

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Families welcome. Meets Fri., 10am, James Johnson Library, 670 Ward Dr., Deptford. Call Barry **856-848-8715**. Website: <http://www.recoveryinternational.org>

Hunterdon County

NAMI Hunterdon Support, information and systems advocacy for anyone affected by mental illness (individuals, families and friends). Spring and Fall classes for families: Family-to-Family (free 12 week course for families of adults with mental illness); NAMI Basics (free 7 week course for families of youth/adolescents with mental illness). General meeting 2nd Wed., 7pm and families only meets 3rd Thurs., 7pm, Getting Together Self-Help Center, 52 East Main St., Flemington. Call **908-284-0500**. Website: <http://www.namihunterdon.org> E-mail: info@namihunterdon.org

Pursuit Of Happiness Faith-based. Support for men and women to help overcome their daily life struggles. Families, friends, caregivers and other interested individuals welcome also. Building is handicapped accessible. Rap sessions, guest speakers and

literature. Meets Mon., 6-9pm, Family Success Center, 3 East Main St., Flemington. Pre-registration required. Before attending call Laura **908-397-7316**. E-mail: lebcleaning@yahoo.com

Monmouth County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery.

Freehold Meetings vary, 1:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Before attending call Margo **732-575-5766** (day).

Freehold Meets Wed., 6:30pm, CSP of NJ, 11 Spring St. Before attending call Caroline **732-295-1545** (day).

Neptune Meetings vary, 2pm, C.A.R.E. Center, 80 Steiner Ave. Before attending call Margo **732-575-5766** (day).

Ocean Grove Meets Thurs., 6:45pm, St. Paul's Methodist Church, 80 Enbury St., Stokes Room. Before attending call John **732-228-0932** (day).

Mercer County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Thurs., 6pm, Reach Out/Speak Out Self-Help Center, 2100 East State St., Hamilton. Before attending call Caroline **732-295-1545** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, any anxiety disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Building is handicapped accessible. Meets 2nd and 4th Tues., 7-8:30pm, NAMI Mercer, Lawrence Commons, 3371 Brunswick Pike, Suite 124, Lawrenceville. Pre-registration required. Before attending call **609-799-8994** (day). Website:

<http://www.namimercer.org>

PUSH Mutual support and encouragement for persons with anxiety and phobias. Building is handicapped accessible. Meets Mon., 7-8pm, St. Mark's United Methodist Church, 465 Paxson Ave., Hamilton Square. Call **609-213-1585**.

Morris County

Emotions Anonymous 12-Step. Fellowship sharing experiences, hopes and strengths in order to gain better emotional health. Deals with anxiety, fears, anger, depression, etc. Building is handicapped accessible. Meets Fri., 7-8:15pm, St. Peter's Episcopal

Church, 70 Maple Ave., Parish Hall, Vestry Room, 2nd Floor, Morristown. For meeting information call **973-538-0555**.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Thurs., 7pm, St. Paul's Episcopal Church, 200 Main St. (across from Liberty Drugs, use side entrance), Chatham. Call Luciana **973-635-1120**. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Ocean County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Tues., 6:30pm, Brick Presbyterian Church, 111 Drum Point Rd., Brick. Before attending call John **732-228-0932** (day).

Passaic County

NAMI - Families In Quest *Professionally-run*. Mutual support for families and friends of persons diagnosed with a mental illness. Advocacy and exchange of information. Meets 1st Tues., 7:30pm, Mental Health Association, 404 Clifton Ave. (use back entrance), 1st Floor, Clifton. Call Edward **973-773-5112** or Mental Health Association **973-478-4444** (day). Website: <http://www.naminj.org/affiliates/passaic.html>

NAMI NJ en Espanol of Passaic County (*SPANISH*) Mutual support for Latino families of persons diagnosed with a mental illness. Meetings vary, 6:30-8pm (except Aug.), Iglesia De San Antonio De Padua, 101-103 Myrtle Ave, Passaic. Before attending call Martha Silva **1-888-803-3413** or **201-861-0614** (day). Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

Somerset County

AACT-NOW! of Central Jersey (African American Community Takes New Outreach Worldwide) Support, education and advocacy for African-American families affected by the mental illness of a loved one. Sponsored by NAMI-NJ. Building is handicapped accessible. Meets 3rd Thurs., 7-9pm, First Baptist Church of Lincoln Gardens, 771 Somerset St., Somerset. Call **732-940-0991** (day). Website: <http://www.naminj.org> E-mail: aactnow@naminj.org

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets Mon., 1pm, Freedom Trail Community Wellness Center, 166 West Main St., Somerville. Before attending call John **732-295-1545** (day).

Mental Illness Caregiver Support Provides understanding, aid and resources for those giving care to someone with a mental illness. Building is handicapped accessible. Guest speakers and literature. Meets 1st Mon., 7:30-9pm, Covenant Chapel, 127 West Oak St., Basement, Basking Ridge. Call Greg Miller **908-766-6174** (day). E-mail: rector@covenantchapel.org

NAMI Somerset County Mutual support, education and advocacy for families of persons diagnosed with a mental illness. Dues \$25/yr. Meets 1st Thurs., 7-9pm, Richard Hall Mental Health Center, 500 North Bridge St., Bridgewater. Call Ginger 908-256-3579 (day) or Sue **908-296-3732** (day). Families of Persons with Mental Illness

Proactive Parenting Group Support group for parents and caregivers raising a child with emotional, behavioral and mental health challenges. Building is handicapped accessible. Meets 1st Wed., 7-9pm, EmPower Family Success Center, 34 West Main St., 2nd Floor, Somerville. Call **908-223-1191** (day).

Relationships With Narcissists, Sociopaths & Psychopaths Professionally-run Support for those in relationships with narcissists, sociopaths and psychopaths. Education and healing for those experiencing the physiological and psychological damage from being in relationships with partners with low/no conscience, callous/unemotional disorders. Meets 1st and 3rd Thurs., 7-8:15pm in Basking Ridge. Call **908-204-9312**.

Union County

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Before attending call John **732-228-0932** (day).

Elizabeth Meetings vary, 3pm, New Beginnings Community Wellness Center, 516 Morris Ave.

Plainfield Meetings vary, 4pm, Park Avenue Community Wellness Center, 333 Park Ave.

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Fri., 7:30pm, Willow Grove Presbyterian Church, 1961 Raritan Rd., Scotch Plains. Dorothy **732-381-3712**. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

W.H.O.L.E. (Wholeness Healed of Life Experiences) *Professionally-run. Christian-based.* Support for persons to help overcome their daily life struggles. Families, friends, caregivers and other interested individuals welcome also. Rap sessions and literature. Building is handicapped accessible. Meets 3rd Fri., 8pm, Greater Saint John MER Church, 183 Sixth St., Elizabeth. Call church **908-469-4210** (day).

Warren County

Better Future Self-Help Center (*COUNTY RESIDENTS ONLY*) Consumer-run self-help drop-in center for adults with a mental illness. Various support groups are offered including employment, WRAP, dual diagnosis, addictions, men's group, women's group, depression and bipolar. Transportation provided. Meals offered. Building is handicapped accessible. Better Future Self-Help Center, 21 West Washington Ave., Washington. For meeting information and hours call **908-835-1180**. E-mail: fondafonte@yahoo.com

Boys Youth Partnership Group Adult supervised activities for boys (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Transportation available upon request. Meets 2nd Fri., 5:30-7:30pm, Vault Youth Center, 19 Belvidere Ave., Washington. Before attending call **908-213-9932** (day). Website: <http://www.fso-hsw.org>

NJ Statewide

GROW Mutual support group to prevent and recover from depression, anxiety and other mental health problems. Caring and sharing community to attain emotional maturity, personal responsibility and recovery. Meets in various counties in NJ. Write: GROW, c/o Caroline Meehan, 17 Impatiens Court, Brick, NJ 08724. Call **732-295-1545**.

MENTAL HEALTH CONSUMERS

Atlantic County

CAMHOP-NJ (Chinese Mental Health Self-Help Group; MANDARIN and CANTONESE) Mutual support for families and individuals of Chinese origin diagnosed with mental illnesses. Meets 2nd Wed., 10-11:30am, 7 North Georgia Ave., Atlantic City. Call Cheeka Wu **732-718-2292** (day). Website: <http://www.naminj.org/programs/camhop/camhop.html> E-mail: camhop@naminj.org

I.C.E. Self-Help Center Consumer-run self-help center provides an environment of support, recreational activities, employment group and empowerment that provides wellness for mental health consumers. Meets in various locations. For meeting information and hours call **609-652-3800** (day).

Student Wellness Support Group (ATLANTIC COUNTY RESIDENTS ONLY) Support and encouragement to college students by learning recovery skills and achieving mental health wellness. Meets Tues., 5:30-6:45pm (except June, July, Aug), Stockton College, 101 Vera King Farris Dr., Campus Center, Room J 204. Galloway Township Call Carolyn Quinn **609-652-3800** ext. 303 (day). E-mail: cquinn@mhanj.org

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating

disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd Mon., 7-8:30pm, Absecon United Methodist Church, Pitney Rd. and Church St., Absecon. For meeting information **609-927-0215** (day).

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Peggy Fuller **609-485-0575** (day).

Newtonville Meets 2nd and 4th Fri., 6-8pm, Martin Luther King Center, 661 Jackson Rd.

Northfield Meets 2nd and 4th Wed., 6-7:30pm, Atlantic Cape Family Support Organization, 950 Tilton Rd., Unit 108.

Wellness Support Group (ATLANTIC COUNTY RESIDENTS ONLY) Support for adults with a mental illness. Meets Wed., 4:30pm, Early Childhood Center, 115 Decatur Ave., Pleasantville. Before attending call Carolyn Quinn **609-652-3800** ext. 303 (day). E-mail: cquinn@mhanj.org

Women's Wellness Group (ATLANTIC COUNTY RESIDENTS ONLY) * Support for women with a mental illness. Building is handicapped accessible. Meets Tues., 6pm, Adult Intervention Services, 1601 North Atlantic Ave., AIS Program Room Atlantic City. Before attending call Carolyn Quinn **609-652-3800** ext. 303 Day. E-mail: cquinn@mhanj.org

Bergen County

For Us/By Us Community Wellness Center Consumer-run self-help center to bring together consumers of mental health services. For Us/By Us Self-Help Drop In Center, 40 North Van Brunt St., Room 22, 2nd Floor, Englewood. For meeting information and hours call **201-541-1221** (day). E-mail: arola@cspnj.org

NAMI-Bergen Mental Health Consumer Support Group *Professionally-run.* Support for mental health consumers. Meets 1st Wed., 7pm, Bergen Regional Medical Center, 230 East Ridgewood Ave., Behavioral Health Building, Room E-104, Paramus. For more information call **201-635-9595** (day). Website: <http://www.namibergen.org> E-mail: namibergen@optonline.net

On Our Own Community Wellness Center Consumer-run self-help center to bring together consumers of mental health services. On Our Own Community Wellness Center, 179 Main St., 2nd Floor (entrance on Mercer St.), Suite 3, Hackensack. For meeting information and hours call **201-489-8402** (day). E-mail: cmoss@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meetings vary, Family Support

Organization of Bergen County, 0-108 29th St., Fair Lawn. Before attending call **201-796-6209** ext. 112 (day).

Burlington County

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meets 1st and 3rd Wed., 7-8:30pm, Riverbank Self-Help Center, 114 Delaware Ave., Burlington. Before attending call Susanne **609-521-7209** or the Self-Help Center **609-239-1786** (day).

NAMI CONNECTION Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 1st and 3rd Mon., 7:00-8:30pm, Virtual Memorial Hospital, 175 Madison Ave, Mt. Holly. Call Carolyn Burke **609-477-5340** (day).

Riverbank Self-Help Center Consumer-run self-help center that provides mutual support, advocacy, WRAP group and social activities for mental health consumers, anger management, employment support, healthy living and wellness group. Building is handicapped accessible. Riverbank Self-Help Center, 114 Delaware Ave., Burlington. For meeting information and hours call **609-239-1786**. E-mail: **cgambrill@cctrenton.org**

Suicide Anonymous 12-Step. Fellowship for persons who want to stop their suicidal ideation and behavior. Meets 2nd and 4th Thurs., 7pm, R.I.T.E. Center, 693 Main St., Lumberton. Also welcome to attending meetings by phone or Skype every Thursday. Call Phil **856-220-0032** or Janet **856-266-0709**. Roads to Recovery provides transportation for Burlington county residents only call 856-469-1293 (day). If anyone is interested in the Skype meetings call Phil **856-220-0032**. Website: **<http://www.suicideanonymous.net>**

R.I.T.E. (Realizing Independence Through Empowerment) Center Consumer-run self help center that provides opportunities for sharing, recreation, and advocacy. Offers rap sessions, literature, socialization, and outside activities. The R.I.T.E. Center, 693 Main St., Bldg. C, Lumberton. For meeting information and hours call **609-518-7292**. E-mail: **carlyn.barnes@twinoakscs.org** and **rite.center@twinoakscs.org**

Young Adult Society Support, recreational and socialization group for young adults (ages 18-30) who have mental health issues. Activities and newsletter. Meetings vary, 6-8:30pm, twice a month, Lumberton. For meeting day and time call Winifred **609-265-0746** (day).

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6:30-8:30pm, Family Support Organization of Burlington County, 1632 Route 38 East, Lumberton. Call **609-265-8838** (day).

Camden County

Donald Mays Jr. Community Wellness Center Consumer-run center that offers support, advocacy, support groups such as peer employment, spirituality, coping skills, dual recovery, WRAP and suicide anonymous along with recreational activities for mental health consumers. Donald Mays Jr. Community Wellness Center, 204 White Horse Pike, Barrington. Transportation may be available based on location. For meeting information and hours call **856-429-9940**. E-mail: rweiss@cspnj.org

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meets 2nd and 4th Mon., 2-3:30pm, Donald Mays Jr. Community Wellness Center, 204 White Horse Pike, Barrington. For meeting information call **856-429-9940** (day).

Independent Survivors Support group to help consumers socialize, help one another and advocate for each other. Phone help, literature, buddy system and pen pals. Meeting times and location vary. For meeting information call **609-506-7987**. E-mail: angelgambone@yahoo.com

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Wed., 3-4pm, Donald Mays Jr. Community Wellness Center, 204 White Horse Pike, Barrington. Call **856-429-9940**.

Pink and Blues Philadelphia LGBT Peer Recovery Support Group (LGBT) Peer-run recovery support group for lesbian, gay, bisexual and transgender people and allies living with mental health, substance use and co-occurring conditions. First floor Blue Room is handicapped accessible. Meets Wed., 7-9pm, St. Luke's and The Epiphany Church, 330 South 13th St., Philadelphia, PA. Call or e-mail Mark **215-627-0424**. Website: <http://www.pinkandblues.info> E-mail: madpride@ymail.com

Wellness Self-Help Center Consumer-run organization designed to empower consumers. Provides environment for learning and growth in a supportive and comfortable setting. Offers support groups including employment, WRAP, wellness and recovery, social skills, Diabetes, chronic illness, dual diagnosis, men's group, women's group, advocacy, spirituality, depression and bipolar. Social activities and educational

programs. Wellness Self-Help Center, 415 Federal St., Camden. For meeting information and hours call **856-757-0385** (day). E-mail: pmincey@mhaswnj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets Thurs., 6:30-8:30pm, Family Support Organization, 23 West Park Ave., Suite 103-104, Merchantville. Before attending call Peter Burgos **856-662-2600** (day). Website: <http://www.camdenfso.org> E-mail: peter.burgos@camdenfso.org

Cape May County

Learning Recovery Community Wellness Center Consumer-run self-help center providing mutual support, advocacy, peer employment support group, social, and recreational activities for mental health consumers. Learning Recovery Center, 4404 Pacific Ave., Wildwood. For meeting information and hours call **609-523-7100**. E-mail: bredman@cspnj.org

Cumberland County

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meetings vary, 12:30pm, New Horizons Community Wellness Center, 63 South Myrtle St., Vineland. Before attending call **856-696-8921** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 3rd Mon., 7-9pm, Chestnut Assembly of God, 2554 East Chestnut Ave., Vineland. Before attending call Tony Cotto **856-691-1205** ext. 115 (day).

New Horizons Community Wellness Center Consumer-run self-help center providing mutual support, special events, peer employment support group, advocacy, social and recreational activities for mental health care consumers. New Horizons Community Wellness Center, 739 Wood St., Vineland. For meeting information and hours call **856-696-8921**. E-mail: colausen@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped

accessible. Meets Tues., 6-8pm, Family Support Organization, 3739 North Delsea Dr., Vineland. Call **856-507-9400** (day). Website: <http://www.cgsfso.com>

Essex County

Pleasant Moments Community Wellness Center Consumer-run self-help center that offers support and advocacy for mental health consumers. Provides resources, socialization, recreational activities and literature. Pleasant Moments Community Wellness Center, 465 Broadway, Newark. For meeting information and hours call **973-991-2773**. E-mail: esimpson@cspnj.org

Recovery International Self-help method of will training. Offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Meets Tues., 8pm, Prospect Presbyterian Church, 646 Prospect St., Maplewood. Call Hal **973-762-0764**. Website: <http://www.recoveryinternational.org> E-mail: dy61em@comcast.net

Spirituality Group Support for mental health consumers fostering an awareness of spirituality and a sense of being a part of a much larger powerful entity. Offers mutual sharing, education, rap sessions, social, phone help and advocacy. Meets Tues., 4-5pm, Where Peaceful Waters Flow Community Wellness Center, 47 Cleveland St., Orange. Call Jeanette **973-677-7700**.

Where Peaceful Waters Flow Community Wellness Center Consumer-run self-help center that offers support and advocacy for mental health consumers. Resources, socialization, rap sessions, recreational activities, literature, and phone help. Where Peaceful Waters Flow, 47 Cleveland St., Orange. For meeting information and hours call **973-677-7700**. E-mail: jcraig@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, guest speakers, literature, newsletter and phone help. Meets Mon., 5-7pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 407, East Orange. Before attending call Jacquelyn Oliver **973-395-1441** (day).

Gloucester County

Independent Survivors Support group to help consumers socialize, help one another and advocate for each other. Phone help, literature, buddy system and pen pals. Meeting times and location vary. For meeting information call **609-506-7987**. E-mail: angelgambone@yahoo.com

Up Your Alley Community Wellness Center Consumer-run self-help center that provides socialization, support, advocacy, peer employment support group, rap

sessions and guest speakers. Up Your Alley Community Wellness Center, 8 Liberty St., Glassboro. For meeting information and hours call **856-881-2204**. E-mail: pleary@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 6-8pm, 445 Woodbury-Glassboro Rd., Suite 1, Woodbury. Call **856-507-9400** (day). Website: <http://www.cgsfso.com> E-mail: dcalderon@cgsfso.com

Hudson County

Hudson County Community Wellness Center Professionally-run. Socialization, recreation and support for mental health consumers. Hudson County Community Wellness Center, 880 Bergen Ave., Suite 605, 6th Floor, Jersey City. For meeting information and hours call **201-420-8013**. E-mail: pbaker@cspnj.org or pamathudson@gmail.com

NAMI NJ en Espanol of Hudson County (SPANISH) Support and advocacy for family and friends of those diagnosed with a mental illness and for mental health consumers who attend. Building is handicapped accessible. Meets 1st Wed., 6:30-8pm (except Aug.), Catholic Community Service Office, 2201 Bergenline Ave., 2nd Floor, Union City. Call Martha Silva **1-888-803-3413** or **201-861-0614** (day). Website: <http://www.naminj.org> E-mail: namihudson@msn.com

Schizophrenics Anonymous Support and information for individuals with schizophrenia. Meets Tues., 5-6pm, Hudson County Community Wellness Center, 880 Bergen Ave., Suite 605, 6th Floor, Jersey City. Call Pam **201-420-8013**.

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 5-7pm, Family Support Organization of Hudson County, 895 Bergen Ave., Jersey City. Call Jason **201-915-5140** (day).

Hunterdon County

Getting Together Self-Help Center Consumer-run drop-in center for mental health consumers. Educational series, social and advocacy. Also offers support groups including employment, women's group, spirituality, wellness and recovery. Getting Together Self-Help Center, 52 East Main St., Flemington. For meeting information and hours call Eileen **908-806-8202**. E-mail: gt52eastmain@gmail.com

NAMI Hunterdon Support, information and systems advocacy for anyone affected by mental illness (individuals, families and friends). Spring and Fall classes for families:

Family-to-Family (free 12 week course for families of adults with mental illness); NAMI Basics (free 6 week course for families of youth/adolescents with mental illness). General meeting 2nd Wed., 7pm and families only meets 3rd Thurs., 7pm, Getting Together Self-Help Center, 52 E. Main St., Flemington. Call **908-284-0500**. Website: <http://www.namihunterdon.org> E-mail: info@namihunterdon.org

Mercer County

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meetings vary, 6-7:30pm, Reach Out / Speak Out Community Wellness Center, 2100 East State St. Extension, Hamilton. Before attending call **609-816-2439** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic disorder, any anxiety disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Building is handicapped accessible. Meets 2nd and 4th Tues., 7-8:30pm, NAMI Mercer, Lawrence Commons, 3371 Brunswick Pike, Suite 124, Lawrenceville. Pre-registration required. Before attending call **609-799-8994** (day). Website: <http://www.namimercer.org>

Psycho-Educational Group *Professionally-run*. Education and support for persons with a mental illness and their family. Meets Thurs., 6-7:30pm, Greater Trenton Behavioral Health Center, 2550 Brunswick Pk., Lawrenceville. Pre-registration required. Before attending call Josephine Reyes **609-396-6788** ext. 227 (day).

Reachout / Speakout Community Wellness Center Consumer-run self-help center that offers mutual support and socialization for mental health consumers. Advocacy, education, social activities, and referrals. Reachout / Speakout Community Wellness Center, 2100 E. State St. Extension, Hamilton. For meeting information and hours call Self-Help Center **609-586-2551**. E-mail: hwilliams@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 6:30-8:30pm, Mercer County Family Support Organization, 3535 Quakerbridge Rd., IBIS Plaza, Suite 400, Hamilton. Before attending call **609-586-1200** (day). Website: <http://www.mercerfso.org> E-mail: info@mercerfso.org

Middlesex County

CAMHOP-NJ (Chinese Mental Health Self-Help Group) (*ENGLISH / MANDARIN and CANTONESE*) Mutual support for individuals of Chinese American origin diagnosed with mental illnesses. Building is handicapped accessible. Before attending call Maggie Luo 732-940-0991 (day). Website: <http://naminj.org/programs/multicultural/camhop>
E-mail: mluuo@naminj.org

Edison Meets 2nd Thurs., 7-8:20pm, University Behavioral Healthcare, 100 Metroplex Dr., Suite 200.

Piscataway Meets 4th Thurs., 7-8:20pm, University Behavioral Healthcare, 671 Hoes Lane West, Room C-101.

The Casual Outing Club Support, education and social activities for mental health consumers of all ages. Building is handicapped accessible. Meets Wed., 6:30pm, Highland Park Reformed Church, 19 South 2nd Ave., Highland Park. Before attending call Esther Bergknoff 732-715-8477.

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meets 1st and 3rd Sat., 1-2pm, Moving Forward Community Wellness Center, 25 Elizabeth St., New Brunswick. For meeting information call 732-312-2920 (day).

Moving Forward Community Wellness Center Consumer-run self-help center that offers socialization and support for adults with a mental health issue or other special needs. Includes Peer Employment, Wellness and Recovery Support Groups and others. Handicapped accessible. Moving Forward, 25 Elizabeth St., Second Floor, New Brunswick. For meeting information and hours call 732-317-2920. Website: <http://www.movingforwardshc.org> E-mail: ekravitz@scpnj.org

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder bipolar disorder, depression, obsessive-compulsive disorder, post traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they live with a mental illness. Meets 2nd and 4th Tues., 7pm, Moving Forward Community Wellness Center, 25 East Elizabeth St., 2nd Floor, New Brunswick, Call 732-317-2920 (day).

Peer to Peer Group Support and confidential discussion of concerns for mental health consumers. Meets 2nd and 4th Tues., 7-8:30pm, Moving Forward Community Wellness Center, 25 Elizabeth St., 2nd Floor, New Brunswick. For meeting information call Moving Forward 732-317-2920 (day). Website: <http://www.cspnj.org>

Spiritual Peer Support Group Christian-based. Peer support for persons who are suffering from any kind of psychiatric symptoms including anxiety, depression, bipolar, post-partum, post-traumatic stress disorder and schizophrenia. Open to people of any faith. Guest speakers. Building is handicapped accessible. Meets Fri., 4-5pm and

Thurs., 4:15-5:15pm (June, July, Aug.), Reformed Church of Highland Park, 19 South 2nd Ave., Highland Park. Call Jessica **732-690-1087** or church **732-249-7349** (day). Email: jessmsn409@gmail.com

Young Adult Social Group Support and social group for mental health consumers. Activities. Meetings vary, Rutgers University, College Ave., New Brunswick. Before attending call Sam Hartman **732-567-0073**.

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Educational series, advocacy, social group, newsletter, phone help and buddy system. Meets Fri., 6-8pm, Family Support Organization of Middlesex County, 1 Ethel Rd., Edison. Pre-registration required. Before attending call **732-287-8701** (day). Website: <http://www.fsomiddlesexcounty.net>

Monmouth County

C.A.R.E. Community Wellness Center (Consumer Advocacy Recreation Exchange) Consumer-run self-help center for mental health consumers to provide support and socialization. C.A.R.E. Center, 80 Steiner Ave., Neptune City. For meeting information and hours call **732-455-5358** (day). E-mail: dcrowell@cspnj.org

Freehold Community Wellness Center Consumer-run drop-in center for mental health consumers. Rap sessions, social, educational and employment resources for persons with disabilities. Freehold Community Wellness Center, 17 Bannard St., Suite 22, Freehold. For meeting information and hours call **732-625-9485**. E-mail: Inegron@cspnj.org

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Building is handicapped accessible. Website: <http://www.cspnj.org>

Freehold Meets 1st and 3rd Thurs., 1:30pm, Freehold Community Wellness Center, 17 Bannard St., Suite 22. Before attending call Melissa McLean **732-682-2510** (day) or Lois Miller **732-460-1280** ext. 101 (day).

Neptune City Meets 2nd and 4th Tues., 2-3:30pm, C.A.R.E. Community Wellness Center, 80 Steiner Ave. Before attending call Melissa McLean **732-682-2510** (day).

NAMI Connection Peer-led mutual support for anyone age 18+ with any type of psychiatric disorder, to include schizophrenia, schizo-affective disorder, bipolar disorder, depression, obsessive-compulsive disorder, post-traumatic stress disorder, any anxiety disorder, borderline personality disorder, other personality disorders and various eating disorders. Also welcomes people who are exploring issues around whether or not they

live with a mental illness. Meets 1st and 3rd Tues., 7-8:30pm, Colts Neck Community Church, 25 Merchants Way, Colts Neck. Before attending call **732-4NAMI-4U** or **732-462-6448** (day). Website: <http://www.namimonmouth.org> E-mail: namigreatermonmouth@gmail.com

“No Stigma” Network Support Group Peer-led support for young adults (ages 18-30) and adults (ages 31+) with mental illness to integrate back into society without stigma. Guest speakers, social activities, phone help, buddy system and online e-mail discussion group. Building is handicapped accessible. Meets 3rd Sat., 10am-noon, Health Awareness Center, Star and Barry Tobias Ambulatory Campus at CentraState Medical Center, 901 West Main St., Suite 100, Freehold. Before attending call Shrabanee Shah **609-259-7139** (eve.) or **732-533-7632** (eve.).

Youth Partnership Group Peer support and advocacy to empower youth (ages 13-21) with emotional or behavioral challenges. Rap sessions, guest speakers, literature, phone help and newsletter. Meets Tues., 6-8pm, Family Based Services Association, 6 Industrial Way West, Suite D, Eatontown. Before attending call **732-542-4502** (day).

Morris County

CAP (*Consumer Advocacy Program*) (**MORRIS COUNTY RESIDENTS ONLY**) Support and advocacy group for mental health consumers. Building is handicapped accessible. Meetings vary, Mental Health Association, 100 Route 46 East, Building C, Mountain Lakes. Before attending call Tracy **973-334-3496** (day).

Hearing Voices Support for persons who hear voices. Group will discuss techniques to help individuals deal with their voices. Building is handicapped accessible. Meets 1st and 3rd Tues., 5:30pm, Morris Community Wellness Center, 1259 Route 46 East, Building 4, Door 4D, Parsippany. Call **973-334-2470**. Transportation available (call before noon). E-mail: jrobbins@cspnj.org

M.O.M.M.I.E.S. Group, The (*Mothers Overcoming Medical Mental Illnesses Eternal Support*) Support for mothers with mental illnesses who have children of all ages. Rap sessions, education, guest speakers, newsletter, literature, buddy system and phone help. Meetings vary, 7-9pm, Parsippany Library, 449 Halsey Rd., Parsippany. Before attending call KimMarie **862-207-0422**. E-mail: themommiesgroup@ymail.com

Morris Community Wellness Center Consumer-run wellness and recovery center for mental health consumers that provides support groups (including DBSA and Double Trouble), meals, work opportunities and social activities. Building is handicapped accessible. Morris Community Wellness Center (formerly Morris Self-Help Center), 1259 Route 46 East, Building 4, Suite 4D, Parsippany. For meeting information and hours call **973-334-2470**. E-mail: jrobbins@cspnj.org

NAMI NJ en Espanol of Morris County (*SPANISH*) Mutual support for Latino families, parents of children and consumers diagnosed with a mental illness. Meets 3rd Wed.,

6:30-8pm (except Aug.), First Memorial Presbyterian Church, 51 West Blackwell St., Dover. Call Awilda **973-252-9424** (day) or Martha Silva **1-888-803-3413** (day). Website: <http://www.naminj.org> E-mail: naminjenespanol@msn.com

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible on street level. Meets Tues., 5-6:30pm, Cornerstone, 62 Elm St., Morristown. Pre-registration required. Before attending call **973-940-3194** (day).

Ocean County

Brighter Days Community Wellness Center Consumer-run self-help center that offers mutual support and discussion for mental health consumers. Rap sessions, socials and special celebrations. Brighter Days Community Wellness Center, 268 Bennetts Mills Rd., Jackson. For meeting information and hours call **732-534-9960**. E-mail: mlockhart@cspnj.org

Hearing Voices Support for persons who hear voices or have unusual experiences. Group will discuss techniques to help individuals deal with their voices. Families, friends and professionals welcome. Rap sessions and literature. Meets 1st Wed., 5-6:30pm Brighter Days Community Wellness Center, 268 Bennett's Mills Rd., Jackson. For meeting information call **732-534-9960** (day).

Journey to Wellness Self-Help Center Peer-run self-help center offers mutual support. Support groups including employment, advocacy, diabetes, chronic illness, men's group, women's group, WRAP, spirituality, depression and bipolar. Building is handicapped accessible. Journey to Wellness Self-Help Center, 226 Route 37 West, Cedar Wood Plaza, Unit 14, Toms River. For information and hours call **732-914-1546** (day). E-mail: mgreen@mhanj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-18) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Tues., 6:30-8:30pm, Ocean Mental Health, Ocean Academy, 160 Atlantic City Blvd. (Route 9), Bayville. Before attending call **609-693-4121** (day). Website: <http://www.oceanfso.org>

Passaic County

Consumer Parents Men's Support Group (*SPANISH*) *Professionally-run*. Support and socialization for adult men who have been diagnosed with a mental illness who are parents or caregivers. Opportunity to share ideas and experiences. Meets 1st and 3rd Wed., 10am-noon, Mental Health Association, 404 Clifton Ave., Clifton. Pre-registration required. Before attending call Yolanda Cobos **973-478-4444** ext. 14 (day).

Consumer Parents Women's Support Group (*SPANISH*) *Professionally-run*. Support and socialization for adult women who have been diagnosed with a mental illness who are parents or caregivers. Opportunity to share ideas and experiences. Meets 2nd and 4th Fri., 10am-noon, Mental Health Association, 404 Clifton Ave., Clifton. Pre-registration required. Before attending call Yolanda Cobos **973-478-4444** ext. 14 (day).

Our House Community Wellness Center Consumer-run self-help center that provides mutual support for mental health consumers. Our House Self-help Center, 750 Broadway, 2nd Floor, Paterson. For meeting information and hours call **973-553-1101**. E-mail: mdiaz@cspnj.org

Social Connections Community Wellness Center Consumer-run self-help center that provides mutual support for mental health care consumers. Rap groups, social activities, meeting new friends. Social Connections Community Wellness Center, Vanderhoef House, 1 Westervelt Ave., Weaslebrook Park, Clifton. For meeting information and hours call **973-778-8810**. E-mail: awright@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, Meets Thurs., 7-8:30pm, Family Support Organization of Passaic County, 810 Belmont Ave., 2nd Floor, Suite 200, North Haledon. Pre-registration required. Before attending call **973-427-0100** (day).

Salem County

NAMI of Salem County (*Consumers Advocating Recovery through Empowerment*) Support and advocacy group for mental health consumers. Meets 1st Wed., 7pm, Union Presbyterian Church, 254 Shell Rd., Carney's Point. Call Virginia **856-769-2492**. E-mail: jyudolf@hotmail.com

New Dimensions Community Wellness Center Consumer-run self-help center that offers support and socialization for mental health consumers. Arts and crafts, mental health education, peer employment support group and lending library. Building is handicapped accessible. New Dimensions, 77 West Broadway, Salem. For meeting information and hours call **856-279-2753** (day). E-mail: njones@cspnj.org

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6-8pm, Healthcare Commons, 500 South Pennsville-Auburn Rd., Carney's Point. Call **856-507-9400** (day). Website: <http://www.cgsfso.com>

Somerset County

Boys Youth Partnership Group Adult supervised activities for boys (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they

have been through and share concerns. Building is handicapped accessible. Transportation available upon request. Meets 1st Fri., 5:30-7:30pm, Empower Family Success Center, 34 West Main St., 2nd Floor, Somerville. Before attending call **908-213-9932** (day). Website: <http://www.fso-hsw.org>

Freedom Trail Community Wellness Center Consumer-run self-help center that provides socializing and support for mental health consumers. Freedom Trail Community Wellness Center, 166 W. Main St., (rear of building), Somerville. For meeting information and hours call **908-722-5778**. E-mail: lstone@cspnj.org

Sussex County

A Way To Freedom Community Wellness Center Consumer-run self-help center where mental health consumers are able to support each other. Advocacy, education, socialization and recreation. Mutual sharing, rap sessions, literature, guest speakers, phone help, food bank, MICA (mental illness chemically addicted) support and part-time consumer employment opportunities. A Way To Freedom, 29 Trinity Street, Newton. For meeting information and hours call **973-300-0830**. E-mail: bmcteague@cspnj.org

NAMI Connection Recovery support group for people living with a mental illness. Meets 2nd and 4th Mon., 7-8:30pm, A Way To Freedom Community Wellness Center, 29 Trinity St. (entrance in back), Newton. Call **973-214-0632**. E-mail: nami.sussex@yahoo.com

NAMI Connections Veterans Support Group Support for veterans recovering from post-traumatic stress disorder or other effects from serving in combat. Building is handicapped accessible. Meets Tues., 7-9pm, Bridgeway Rehabilitation Services, 93 Stickles Pond Rd., Newton. Call **973-214-0632**. E-mail: nami.sussex@yahoo.com

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible on street level. Meets Fri., 5-6:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., Newton. Pre-registration required. Before attending call **973-940-3194** (day).

Union County

Esperanza Self-Help Center (Spanish) Professionally-run. Mutual support, social and recreational activities for Latino mental health consumers to provide positive interpersonal relationships. Building is handicapped accessible. Esperanza Self-Help Center, 2333 Morris Ave., Bldg. C, 2nd Floor, Ste 206-208 Union. For meeting information and hours call Jose **908-810-1001** ext. 319 (day).

New Beginnings Community Wellness Center Consumer-run self-help center that provides support for mental health consumers to establish a social network to share experiences, resource information, encouragement and companionship. Recreational and social activities, self-help group discussions. New Beginnings Community Wellness Center, 60 Prince St., Lower Level, Elizabeth. For meeting information and hours call **908-352-7830**. E-mail: jhaberer@cspnj.org

Park Avenue Community Wellness Center Consumer-run self-help center for mental health consumers to provide support and socialization. Park Avenue Community Wellness Center, 333 Park Ave., Plainfield. For meeting information and hours call **908-757-1350**. E-mail: alawson@cspnj.org

Wellness Support Group Support group that promotes wellness for mental health consumers. Meets 1st and 3rd Wed., 7-9pm, Mental Health Association, 2333 Morris Ave., Bldg C-206/208, Union. For meeting information call **908-810-1001** ext. 313 (day).

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6-8pm, Family Support Organization of Union County, 1010 Park Ave., Plainfield. Pre-registration required. Before attending call **908-755-0090** ext. 15 (day). E-mail: info@fso-union.org

NJ Statewide

COMHCO (Coalition Of Mental Health Consumer Organizations) Information, support and advocacy on mental health issues. Speakers and workshops. Membership \$5/yr. For meeting time and location call Annette Wright **973-778-8810** (after 1pm). E-mail: comhco@aol.com

CSP (Collaborative Support Programs) of NJ, Inc. Assists statewide in the development and networking of mental health consumer/psychiatric survivor groups. Workshops, quarterly newsletter, conferences, system advocacy, funding of consumer-run self-help centers, community services, technical assistance and supportive housing. Brochures available. Write: CSP, 11 Spring St., Freehold, NJ 07728. Call **732-780-1175**; Fax: **732-780-8977**. Website: <http://www.cspnj.org> E-mail: btedesco@cspnj.org

NAMI Connection Support for anyone afflicted with any type of psychiatric disorder. Follows a national model, based upon shared insights and empathy. Groups are affiliated with local NAMI groups for education and advocacy. Offers trained peer facilitators. Help in forming Connection groups. Call Jay Yudof, NAMI NEW JERSEY Recovery Programs Coordinator **609-642-6959**. E-mail: jjudof@hotmail.com

MESSINESS | CLUTTERERS | HOARDERS

Atlantic County

Got Too Much Stuff? Support for adults who have a problem with clutter. Meetings vary, Mon., 1pm, Mental Health Association, ICE Wellness Program, 4 East Jimmie Leeds Rd., Ste 8, Galloway. Pre-registration required. Before attending call Carolyn Quinn 609-642-3800 ext. 303 Day. E-mail: cquinn@mhanj.org

Bergen County

Clutterers Anonymous 12-Step. Support for persons who have a problem with clutter. Opportunity to share experience, strength and hope with one another in the hope of solving this common problem and helping each other to recover. Building is handicapped accessible. Meets Mon., 7:30pm, St. Mark's Episcopal Church, 118 Chadwick Rd. (side entrance on Grange St.), Room #3, Teaneck. Call 1-866-800-3881.

Burlington County

Clutterers Anonymous 12 Step. Support for persons who have a problem with clutter. Opportunity to share experience, strength and hope with one another in the hope of solving this common problem and helping each other to recover. Building is handicapped accessible. Meets 1st and 3rd Tues., 7pm, Virtua Hospital, Route 73 and Brick Rd., Scarborough Room, Marlton. Call 1-866-800-3881 (day).

Cape May County

Clutterers Anonymous 12-Step. Support for persons who have a problem with clutter. Opportunity to share experience, strength and hope with one another in the hope of solving this common problem and helping each other to recover. Building is handicapped accessible. Meets 1st Thurs., 1pm (except Dec.), Stone Harbor Women's Civic Club, 96th and Beach, Stone Harbor. Free parking. Before attending call 1-866-800-3881 (day).

Essex County

Clutterers Anonymous 12-Step. Support for persons who have a problem with clutter. Opportunity to share experience, strength and hope with one another in the hope of solving this common problem and helping each other to recover.

Bloomfield Meets Mon., 7:30-9pm. Before attending call Aloma 973-706-4661.

Nutley Meets Wed., 6pm, Vincent United Methodist Church, 100 Vincent Place, 3rd Floor, Room C-1. Call 1-866-800-3881 (day).

Middlesex County

Clutterers Anonymous 12-Step. Support for persons who have a problem with clutter. Opportunity to share experience, strength and hope with one another in the hope of solving this common problem and helping each other to recover. Building is

handicapped accessible. Meets Sun., 5pm, St. Luke's Episcopal Church, Middlesex Ave. (Route 27) and Oak Ave., Parish Hall (next to church), Metuchen. Call **1-866-800-3881**

OBSESSIVE-COMPULSIVE DISORDER

Bergen County

NJ TTM Support Group for Children, Teens and Parents Support primarily for kids and teens who have trichotillomania (compulsive hair pulling) and their parents. Meets once a month, 1:30-3:30pm, St. Catharine's Church, 905 South Maple Ave., Glen Rock. E-mail Jillian for meeting information. E-mail: njtrichsupportgroup@outlook.com

Camden County

South Jersey/Philadelphia Trichotillomania Support Group *Professionally-run.* Support for children, adolescents and adults living with trichotillomania. Family members are welcome. This is not a therapy group, but rather a venue to share experiences and connect with others affected by trichotillomania. Meets Sat., 10-11am, Center for Emotional Health, 385 North King's Highway, Cherry Hill. Call Dr. Marla Deibler **856-220-9672**. E-mail: mail@thecenterforemotionalhealth.com

Gloucester County

OCD Support Group Mutual support and coping skills for children, adolescents and adults who suffer from obsessive compulsive disorder, and their loved ones. Building is handicapped accessible. Meets 2nd Sun., 6:30-7:30pm, Inspira Medical Center Woodbury, 509 North Broad St., Employee Dining Room A and B, Woodbury. Call **856-853-2011** (day). Park in lot. Parking is free if you mention the group. Go to main doors. Ask about group at information desk.

Mercer County

Families of Individuals with OCD Support for families of individuals with obsessive-compulsive disorder. Meetings vary, West Windsor Library, 333 North Post Rd., Princeton Junction. For meeting information call Carey **609-275-5487**.

Middlesex County

OCD New Jersey Support for individuals with obsessive-compulsive disorder, their families and friends. Provides guest speakers, phone help, literature, newsletter and annual conference. Building is handicapped accessible. Meets 2nd Mon., 7:30-9pm (Mar., June, Sept., Dec.), Robert Wood Johnson Fitness and Wellness Center, 100

Kirkpatrick St., New Brunswick. Call **732-476-4021**.

Rutgers OCD Support Group *Professionally-run*. Provides support and education for individuals with obsessive-compulsive disorder, their families and friends. Donation \$1. Meets 1st and 3rd Wed., 7-8:30pm (1st Wed., June/July/Aug.), Rutgers University, 797 Hoes Lane West, Anxiety Disorder Clinic, Piscataway. Call **732-445-5384** (day).

Monmouth County

OCA Obsessive-Compulsive Anonymous 12-Step. Fellowship for persons affected by obsessive-compulsive disorder. Offers mutual sharing, rap sessions and stories from the Big Book. Meets Wed., 8:15-9:45pm, Southard Grange #218, 4860 Highway 9 South, Howell. Call Ron **848-702-5044**. Website: <http://www.obsessivecompulsiveanonymous.org>
E-mail: ronnyhugs@aol.com

Morris County

OCD Support Group Mutual support for persons with obsessive-compulsive disorder. Family members are welcome to attend. Opportunity to discuss techniques and solutions to overcome the disorder. Rap sessions, phone help and literature. Building is handicapped accessible. Meets 2nd Wed., 7:30pm, Saint Clare's Hospital, 130 Powerville Rd., Boonton. Call Diane Walker **862-268-6397**. E-mail: dianewalker25@yahoo.com

Parents of Children with OCD Support for parents of children with obsessive-compulsive disorder. Meets 3rd Sat., 2pm, Atlanta Bread Company, 1711 Route 10 East (Kohl's Shopping Center), Morris Plains. Pre-registration required. Before attending call Terry **973-366-3564** (day).

Somerset County

Obsessive-Compulsive Disorder Support Group *Professionally-run*. Support, education and coping skills for persons suffering with, or recovering from, obsessive-compulsive disorder including trichotillomania. Families are welcome. Building is handicapped accessible. Meets 3rd Thurs., 7:30pm, Robert Wood Johnson @ Somerset Medical Center, Hamilton Wing, Conference Room, Somerville. Call Joseph Donnellan, MD **908-725-5595** (day).

NJ Statewide

OCD New Jersey Mutual support for anyone concerned with obsessive compulsive disorder. Provides quarterly newsletter, referrals to professionals, speakers' bureau, fund-raising, education, socials, support group network, phone help and literature.

Provides assistance in starting new groups. Call Andrienne Friedman 732-476-4021.
Website: <http://www.ocdnj.org>

SELF-ABUSE | SELF-MUTILATION

Morris County

Beyond Bandages Support for adults who cut, burn or harm their body as a way of coping with overwhelming emotions, thoughts and circumstances. Purpose is to realize that a life can be lived without self-injurious behavior. Guest speakers, discussions and literature. Meets 1st, 2nd and 3rd Thurs., 7:30-9:30pm, Living Praise Church, 37 Vreeland Rd., Room 205 (Launching Point - upper level of church), Florham Park. Call Vicki Duffy 973-224-4144. Website: <http://www.launchingpoint.org> E-mail: vicki@launchingpoint.org

TRAUMA AND POST TRAUMATIC STRESS

Atlantic County

Your Calm After the Storm *Professionally-run.* Support and discussion on managing stress and anxiety for survivors of Hurricane Sandy. Meets Wed., 6:45-8pm, Brigantine Beach Community Center, 265 42nd St., Brigantine. Yoga relaxation follows after meeting. For meeting information call Mental Health Association 609-652-3800 (day).

Bergen County

WTC Bereavement Support Group *Professionally-run.* Provides emotional support for working through the mourning process of those directly affected by the WTC disaster. Open to anyone affected. Guest speakers, mutual sharing, phone help and literature. Meetings vary, 7-9pm, St. Catherine's Church, 905 South Maple Ave., Pastoral Care, Conference Room, 2nd Floor, Glen Rock. Call Deborah 201-444-4915 (eve). E-mail: debvanalstine@gmail.com

Middlesex County

Spiritual Peer Support Group Christian-based. Peer support for persons who are suffering from any kind of psychiatric symptoms including anxiety, depression, bipolar, post-partum, post-traumatic stress disorder and schizophrenia. Open to people of any faith. Guest speakers. Building is handicapped accessible. Meets Fri., 4-5pm and Thurs., 4:15-5:15pm (June, July, Aug.), Reformed Church of Highland Park, 19 South 2nd Ave., Highland Park. Call Jessica 732-690-1087 or church 732-249-7349 (day). Email: jessmsn409@gmail.com

Monmouth County

Hurricane Sandy Support Group Family Success Center will be offering a support group for persons affected by Hurricane Sandy.

Leonardo Meets 2nd and 4th Thurs., 6-7:30pm, Bayshore Family Success Center, 945 Highway 36. Before attending call **732-497-3811** ext 0 (day).

Sea Girt Meets 2nd Thurs., 5-7pm. For information call Marjorie Bafaty **732-571-1670** ext. 304 or email: marjorie@lbc4help.org

“Tea & Talk” Sandy Support Group The Family Success Center will be hosting a support group for persons affected by Hurricane Sandy. For information, contact Marjorie Bafaty **732-571-1670** ext. 304 or email: marjorie@lbc4help.org

Ocean County

Hurricane Sandy Support Group *Professionally-run*. Support for survivors of Hurricane Sandy. Meets Mon., 7pm, Moose Lodge, Bay Blvd., Ortley Beach. For meeting information call Mike Mullarkey **732-942-5783**.

Hurricane Sandy Support Group *Professionally-run*. Support for survivors of Hurricane Sandy. Meets Thurs., noon-1:30pm, St. Mary of the Pines Church, 100 Bishop Lane, Ken's Kitchen, Manahawkin. For meeting information call **609-698-5531** (day).

Hurricane Sandy Support Group *Professionally-run*. Support for survivors of Hurricane Sandy. Meets 2nd and 4th Fri., 10am, Long Beach Island branch of the Ocean County Library, 217 South Central Ave., Surf City. For meeting information call Linda Feaster **609-494-2480** (day).

Sussex County

NAMI Connections Veterans Support Group Support for veterans recovering from post-traumatic stress disorder or other effects from serving in combat. Building is handicapped accessible. Meets Tues., 7-9pm, Bridgeway Rehabilitation Services, 93 Stickles Pond Rd., Newton. Call **973-214-0632**. E-mail: nami.sussex@yahoo.com

NJ Statewide

Vet Center Support Groups *Professionally-run*. Support groups and related services for both combat veterans of all wars (Iraq, Afghan, Vietnam and WWII) and their families to deal with post-traumatic stress disorder and other readjustment issues. Write: Ann Talmage, Vet Center, 2 Broad St., Suite 703, Bloomfield, NJ 07003. For group information and times, contact the closest center: Bloomfield (Essex) **973-748-0980**; Secaucus (Hudson) **201-223-7787**; Ewing (Mercer) **609-882-5744**. Website: <http://www.vetcenter.va.gov> E-mail: ann.talmage@va.gov

WTC United Family Group, Inc. Support for 9/11 families, survivors and rescue workers. Register online or write: WTC United Family Group, Inc., 275 Bloomfield Ave., Suite A, Caldwell, NJ 07006. Call **973-216-2623**. Website: <http://www.wtcufg.org>

MISCELLANEOUS

AGING

Bergen County

Coping with Health Issues *Professionally-run.* Support and discussion group for seniors (ages 55+) to learn about health issues. Building is handicapped accessible. Membership dues \$25/yr. Meets Thurs., 9:30-10:30am, Southeast Senior Center for Independent Living, 228 Grand Ave., Englewood. Pre-registration required. For meeting information call Mary Ragnone, RN **201-569-4080** (day).

Transitions Discussions *Professionally-run.* Support for seniors age 60+ to discuss problems of aging, relocation, loss of spouse, friends, health, relationships and children. Building is handicapped accessible.

Midland Park Meets Mon., 12:30-2pm, Northwest Senior Center, 46-50 Center St. Call **201-445-5690** (day).

Wallington Meets Mon., 10:30-11:30am, Wallington Senior Center, 24 Union Blvd. Call **973-777-5815** (day).

Morris County

Reflections Support and friendship group for women (ages 55 and older) to learn about health issues, aging, relationships, etc. Building is handicapped accessible. Guest speakers, literature and phone help. Meets Tues., 2pm, Senior Center of the Chathams, 58 Meyersville Rd., Chatham. Before attending call **973-635-4565** (day). E-mail: srcenterchatham@comcast.net

Ocean County

Senior Support Group Mutual support to share experiences, coping skills, resources, occasional social events, guest speakers and topics of interest for the elderly. Building is handicapped accessible. Meets Thurs., 10-11:30am, Temple Beth Or, 200 Van Zile Rd., Brick. Call **732-458-4500** (Mon.-Thurs.).

Somerset County

Single Senior Women Support for women (ages 60+) who are divorced, separated, widowed, never married or have a spouse who is ill. Guest speakers and recreational activities. Building is handicapped accessible. Meets 2nd and 4th Thurs., 10am-noon

(except Nov. and Dec.), Office on Aging and Disability Services, 27 Warren St., Somerville. Call Faye Dolan **908-541-9473** (day).

CRIME VICTIMS | OFFENDERS

Burlington County

Helping Hand Grief Support Group *Professionally-run.* Support for anyone grieving the loss of a loved one (including death of a child and loss, to homicide and suicide) through education, annual conference, encouragement, counseling and understanding. Families welcome. Building is handicapped accessible. Guest speakers. Meets Mon., 7-9pm, Fellowship Alliance Chapel, 199 Church Rd., (Log house in back of church), Medford. Call Wanda or George Stein **609-953-7333** ext. 309. Website: <http://helpinghandgriefsupport.org>

Camden County

South Jersey Aftercare Reentry Group (MEN ONLY) Christ-centered support group for parolees and ex-offenders reentering society. Meets Thurs., 7:30-9pm (except Thanksgiving), Antioch Baptist Church, 690 Ferry Ave., Fellowship Hall, Camden. Call Bill Antinore **856-963-0312**. Website: <http://www.seedsofhopeministries.org/sja.html> E-mail: bill@seedsofhopeministries.org

Cape May County

Let's Talk About It *Professionally-run.* Support and education for children of any age that have a parent who is incarcerated. Building is handicapped accessible. Meets 2nd Thurs., 6:30-8pm, Family Success Center of Cape May County, 1046B Route 47, Rio Grande. Call **609-778-6226** (day).

Essex County

Survivors of Murdered Children *Professionally-run.* Mutual support and understanding for families and friends who have lost a loved one to murder. Guest speakers, advocacy, speakers' bureau, socials and buddy system. Building is handicapped accessible. Meets 2nd Fri., 6:30pm (except July and Aug.), ECHOES, Grief Center, 116 Main St., Orange. Call Beverly Henderson **973-675-1199**.

Gloucester County

PCDC Ex-Offender Support Groups Provides support groups (separate men's and women's groups) for ex-offenders re-entering society. Also offers job readiness education and training, youth assistance, parenting and domestic violence services/classes, clothing, emergency food, housing and more. Meetings vary, Paulsboro Community Development Center, 1540 Swedesboro Ave., Paulsboro. For

meeting information call 1-888-811-2129. Website: <http://www.sbcddc.org> E-mail: abf@sbcddc.org

Union County

Parents of Justice-Involved Youth (BILINGUAL) Support for parents, caregivers and family members of children and youth (ages 0-22) involved in the juvenile justice system. Lunch or dinner will be served. Building is handicapped accessible. Guest speakers, literature and newsletter. Meetings vary, Trinitas Regional Medical Center, 655 East Jersey St., Elizabeth. Pre-registration is required. Before attending call Linda 908-994-7471 (day). Website: <http://www.newjerseyparentscaucus.org> E-mail: lindam@njparentcaucus.org

EMPLOYMENT | UNEMPLOYMENT

Atlantic County

Women's Center Job Club *Professionally-run.* Support for women seeking employment, especially displaced homemakers (those who lost their primary source of income due to divorce, separation or death of spouse). Guest speakers and rap sessions. Meets monthly, The Women's Center, 1201 New Road, Suite 204, Linwood. Initial phone interview required. Call Sharon 609-601-9925 ext. 202 (day).

Bergen County

Employment Peer Support Provides support to persons who are unemployed. Meets last Mon., 8-10pm (except holidays), Church of the Presentation, 271 West Saddle River Rd., Upper Saddle River. Call 201-327-1313.

Neighbors-helping-Neighbors Group Support for people who are actively looking for work and would like to re-invigorate their job search. Includes anyone in career transition, recent college grads, laid-off workers, unemployed or underemployed professionals, persons re-entering the job market or struggling small business owners and retirees looking for part-time work. Assist each other in techniques and suggestions to improve job search and help with personal and professional networking. Meets in Bergenfield, Oakland, Ridgewood, Waldwick and Westwood. Website: <http://www.nhnusa.org> E-mail: john@nhnusa.org

Essex County

Job Seekers of Montclair Mutual support and education for people seeking a new job or advance in career transition. Meets Wed., 7:30-9:15pm, St. Luke's Church, 73 South Fullerton Ave., Dining Hall, Montclair. Call 973-783-3442 (leave message). Website: <http://www.jobseekersofmontclair.org> E-mail: ronjudy241@verizon.net

Neighbors-helping-Neighbors Group Support for people who are actively looking for work and would like to re-invigorate their job search. Includes anyone in career transition, recent college grads, laid-off workers, unemployed or underemployed professionals, persons re-entering the job market or struggling small business owners and retirees looking for part-time work. Assist each other in techniques and suggestions to improve job search and help with personal and professional networking. Meets in Cedar Grove. Website: <http://www.nhnusa.org> E-mail: john@nhnusa.org

Hudson County

Women's Project Groups *Professionally-run*. Support, education, workshops and groups to help women on subjects such as self-esteem, separation/divorce, domestic violence, employment and stress management. Meetings vary, Christ Hospital, 179 Palisades Ave., Counseling Resource Center, Jersey City. Pre-registration required. Before attending call Shakia Mayer 201-418-7010 (Mon.-Fri.). E-mail: smayer@christhospital.org

Hunterdon County

Career Transition Support Group *Professionally-run*. Support for people who are seeking new employment or new careers. Participants can be unemployed, underemployed or seeking to make a change. Topics discussed include how to get focused, understanding your strengths, dealing with your feelings, developing resumes, preparing for interviews and other job related issues. Meets 2nd and 4th Thurs., 6-7:30pm (except holidays), Lambertville Library, 6 Lilly St., Lambertville. Check website for meeting information. Website: <http://www.lambertville-newhopeactivitiesmeetupgroup.com>

Mercer County

Time At Last - Navigating Retirement *Professionally-run*. Opportunity for members to discuss the joys, concerns and challenges of having extra time after retirement and making decisions about how to use it to create fulfillment. Building is handicapped accessible. Meets 2nd Thurs., 2pm, Robert Wood Johnson Health and Wellness Center, 3100 Quakerbridge Rd., Mercerville. Pre-registration required. Before attending call 609-584-5900 (day).

Jobseekers Education, support and networking for unemployed people and those who are changing jobs or careers. Meets Tues., 7:30-9:30pm (except holidays), Trinity Church, 33 Mercer St., Princeton. Call 609-924-2277 (day). Website: <http://tinyurl.com/nj-jobseekers>

Middlesex County

Breakfast Club NJ Mutual support for those who are unemployed or underemployed job seekers. Develop leads, learn effective job searching techniques and network. Guest speakers who address topics such as interviewing tips, resume building and keeping focused. Dues \$10/mtg. which covers breakfast and conference room. Meets 2nd Sat., 8am, Days Hotel Conference Center, 195 Route 18 South, East Brunswick. Call Frank **908-642-7511**. Website: <http://www.thebreakfastclubnj.com> E-mail: info@thebreakfastclubnj.com

Job Seekers Support Group *Professionally-run.* Support for women who are unemployed or underemployed. Learn new ways to market yourself, gain insight and understanding of the job search process. New topic discussed each week. Building is handicapped accessible. Meets Thurs., 10:30am, Women's Center at Jewish Family Vocational Services, 32 Ford Ave., 2nd Floor, Milltown. Pre-registration required. Before attending call **732-777-1940** (day).

Millionaire Ladies' Mastermind Group Support for women who are new entrepreneurs or professionals transitioning into entrepreneurship. Check website for meeting information. Website: <http://www.meetup.com/Millionaire-Ladies-Mastermind-Group>

Monmouth County

Monmouth Networking Group Provides support, education and networking opportunities for those in any type of job search. Building is handicapped accessible. Meets 4th Sat., 8:30-11:30am (except holiday weekends), Christ Church, 90 Kings Highway (use West entrance door), Middletown. Before attending call **732-671-2524**. Website: <http://groups.yahoo.com/group/monmouthnetworkinggroupcc>

Neighbors-helping-Neighbors Group Support for people who are actively looking for work and would like to re-invigorate their job search. Includes anyone in career transition, recent college grads, laid-off workers, unemployed or underemployed professionals, persons re-entering the job market or struggling small business owners and retirees looking for part-time work. Assist each other in techniques and suggestions to improve job search and help with personal and professional networking. Meets in Middletown. Website: <http://www.nhnusa.org> E-mail: john@nhnusa.org

Morris County

Neighbors-helping-Neighbors Group Support for people who are actively looking for work and would like to re-invigorate their job search. Includes anyone in career transition, recent college grads, laid-off workers, unemployed or underemployed professionals, persons re-entering the job market or struggling small business owners and retirees looking for part-time work. Assist each other in techniques and suggestions

to improve job search and help with personal and professional networking. Meets in Rockaway. Website: <http://www.nhnusa.org> E-mail: john@nhnusa.org

Women's Job Club Provides support for women seeking employment. Guest speakers and discussion. Meets twice a month, 10am-noon, Women's Center at County College of Morris, Randolph. For meeting information call Women's Center **973-328-5025** (day). Pre-registration required. E-mail Michele to attend the group. E-mail: mconeys@ccm.edu

Somerset County

JANUS Bereavement Group *Professionally-run.* Support and education for anyone who has experienced a loss such as a loss of a job, retirement, relocation, separation/divorce or death. Helps individuals accept and adjust to the loss. Building is handicapped accessible. Meets 2nd Tues., 7:30-9pm, Bridgewater and Raritan. Call Barbara Ronca, PhD, LCSW **908-218-9062** (Mon.-Fri., 9am-3pm).

Jobseekers *Professionally-run.* Mutual support and encouragement for persons who are unemployed, underemployed or seeking a career change. Guest speakers and literature. Building is handicapped accessible. Meets 1st Wed., 7-9pm, Jewish Family Service of Somerset, Hunterdon and Warren Counties, 150 West High St., Somerville. Pre-registration is required. Before attending call Elise Prezant **908-725-7799** (day). Website: <http://www.jewishfamilysvc.org> E-mail: eprezant@jewishfamilysvc.org

Somerset Hills YMCA - Career Forum Mutual support for individuals seeking a career/job change or early retirement. Also for those who are underemployed or unemployed. Building is handicapped accessible. Meets Tues., 7:30pm, Somerset Hills YMCA, 140 Mt. Airy Rd., Basking Ridge. Call Sylvia Velez **908-766-7898** ext. 530 (day).

Union County

Neighbors-helping-Neighbors Group Support for people who are actively looking for work and would like to re-invigorate their job search. Includes anyone in career transition, recent college grads, laid-off workers, unemployed or underemployed professionals, persons re-entering the job market or struggling small business owners and retirees looking for part-time work. Assist each other in techniques and suggestions to improve job search and help with personal and professional networking. Meets in Cranford. Website: <http://www.nhnusa.org> E-mail: john@nhnusa.org

NJ Statewide

The Breakfast Club NJ Support for those who are unemployed or underemployed job seekers. Develop leads, learn effective job searching techniques and network. Website: <http://www.thebreakfastclubnj.com> E-mail: info@thebreakfastclubnj.com

Jersey Job Clubs Program that provides job-seekers with the most up-to-date effective job search techniques and tools available in a supportive networking setting. Website: <http://jobs4jersey.com> (click on "Jobseekers" then click on "Jersey Job Club" - check bottom of page for list of towns)

FINANCIAL | BANKRUPTCY

Economical Support Group *Professionally-run.* Support for men and women who are struggling financially. Topics discussed include financial freedom, debt management, household budgeting, etc. Building is handicapped accessible. Meets Tues., 11am-noon, Jewish Family Service, Inc., 1485 Teaneck Rd., Teaneck. Pre-registration required. Before attending call Faith 201-837-9090 ext. 216 (day). Website: <http://www.jfsbergen.org> E-mail: ira@jfsbergen.org

HOUSING

NJ Statewide

New Jersey Tenants Organization *Works for pro-tenant state legislation. Helps organize local tenants associations.* Gives legal guidance to members and fights for tenants rights, including assistance in the event of foreclosure. Membership dues \$22/individual; different for groups. Membership meeting once a year in alternating towns. Call 201-342-3775 (day). Website: <http://www.njto.org> E-mail: info@njto.org

LGBTQIA

Camden County

PFLAG (*Parents, Families and Friends of Lesbians and Gays*) Support and discussion to help people understand and accept homosexuality. Educates society and advocates for full human rights for all, regardless of sexual orientation. Guest speakers, literature, newsletter, phone help and buddy system. Building is handicapped accessible. Meets 4th Mon., 6:30-8:30pm, Collingswood Community Center, 30 West Collins Ave. (next to fire hall), Collingswood. Check website for meeting information. Call 856-834-6355. Website: <http://www.pflag.org> E-mail: pflagcollingswood@gmail.com

Pink and Blues Philadelphia LGBT Peer Recovery Support Group (*LGBT*) Peer-run recovery support group for lesbian, gay, bisexual and transgender people and allies living with mental health, substance use and co-occurring conditions. First floor Blue Room is handicapped accessible. Meets Wed., 7-9pm, St. Luke's and The Epiphany Church, 330 South 13th St., Philadelphia, PA. Call or e-mail Mark 215-627-0424. Website: <http://www.pinkandblues.info> E-mail: madpride@ymail.com

Young Gay Men Support Group - (*African American or Latino*) Mutual support and social group for young gay men (ages 16-24) who are African-American or Latino. A safe space, educational activities, guest speakers, literature, newsletter and phone help.

Building is handicapped accessible. Meets Tues. and Thurs., 5-8:30pm, Camden Health Education Center, 514 Cooper St., Camden. Call Christian **856-963-2432** ext. 2140 (day) or Michael **856-963-2432** ext. 223 (day). Website: <http://www.camden-ahec.org>

Cape May County

GABLES of Cape May County Provides support to gays, lesbians, bisexuals and transgender, as well as their family and friends. Rap sessions, guest speakers, Rainbow directory and newsletter. Dues \$20/yr. Building is handicapped accessible. Meets 3rd Mon., 7pm, Church of the Advent, Lafayette St. and Franklin St., Cape May. Call 609-861-1848 (answering machine). Website: <http://www.gablescapemay.com> E-mail: gables00@email.com

Essex County

PFLAG (Parents, Families and Friends of Lesbians and Gays) Support and discussion to help people understand and accept homosexuality. Educates society and advocates for full human rights for all, regardless of sexual orientation. All welcome. Speakers, newsletter and phone help. Membership dues \$30/yr. (individual); \$40/yr. (family). Meets 2nd Thurs., 7:30-9pm, St. John's Episcopal Church, 55 Montclair Ave., Montclair. Call **908-300-4227**. Website: <http://www.pflagnorthjersey.org> E-mail: pflagwaver@aol.com

Hunterdon County

GLBT of Hunterdon County Support Group Support for gay, lesbian, bisexual and transgender youth, teens, young adults, adults, parents and friends. Building is handicapped accessible. Guest speakers and social activities. Meets 1st Thurs., 6-8:30pm, North Branch County Library, 65 Halsted St., Clinton. Check website for meeting information. Call Matthew **908-300-1058** (day). Website: <http://www.glbtofhunterdoncountyofnj.com> E-mail: matthewl@student.fdu.edu

PFLAG (Parents, Families and Friends of Lesbians and Gays) Support and discussion to help people understand and accept homosexuality. Educates society and advocates for full human rights for all, regardless of sexual orientation. Guest speakers and phone help. Building is handicapped accessible. Meets 3rd Tues., 7:30pm, Flemington Presbyterian Church, 10 East Main St., Parish House, Flemington. Call Sharon **908-752-1370** (day). Website: <http://www.pflag.org> E-mail: pflaghc@yahoo.com

Mercer County

"First and Third" *Professionally-run*. Mutual support and social group for gay, lesbian, bisexual, transgender, questioning, queer youth and their allies. A safe space,

educational activities, warmline, guest speakers, mutual sharing, fun and snacks. Building is handicapped accessible. Meets 1st and 3rd Sat., 2:30-4:30pm, HiTOPS, 21 Wiggins St., Princeton. Call Corrine 609-683-5155 ext. 217 (day). Website: <http://www.hitops.org> E-mail: corrine@hitops.org

Mid-Atlantic Transgender Support Provides unconditional support and friendship. Group is open to transgenders. CDs, significant others of a transgendered member, and family or personal friends of a member. For meeting information on this group one has to join Meetup.com (registration is free). Meets in Lambertville, NJ and New Hope, PA. Contact Jennifer Bryant, Friday Anne Keyes or Kristina Holl via website. Website: <http://www.meetup.com/Safe-Haven-For-Transgenders>

New Jersey Support Group Support for all individuals identifying as transgender, transsexuals, crossdressers, F2M, M2F and gender queer, their spouses, significant others, family, friends and professionals. Meets 1st Sat., 7pm, Washington's Crossing. Please arrive 6pm if you need to change at the meeting. Donation requested for food and refreshments which is provided, etc. Pre-registration required. Register on website. Website: <http://www.njsg.org>

PFLAG (Parents, Families and Friends of Lesbians and Gays) Support and discussion to help people understand and accept homosexuality. Educates society and advocates for full human rights for all, regardless of sexual orientation. All welcome. Speakers, newsletter and phone help. Suggested dues \$40/yr. (includes monthly newsletter). Building is handicapped accessible. Meets 2nd Mon., 7pm, Trinity Church, 33 Mercer St., Princeton. Call 732-679-8812. E-mail: murphy8812@aol.com

Transgender Network of Princeton (T-NET) (*Sub-chapter of PFLAG Princeton*) Provides support, education and resources in a safe, confidential and non-judgmental atmosphere for families and friends of transgender and gender variant people. Guest speakers and literature. Meets 2nd Mon., 7-9pm, Trinity Church, 33 Mercer St., Room 111, Princeton. For meeting information e-mail Kerry or Terri. Website: <http://www.pflagprinceton.org/transgender.html> E-mail: pflag.tnet.princeton@gmail.com

Middlesex County

Gay Men's Living Out Group Support and discussion group for gay men in a safe environment. Meets Wed., 7:30-9pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Check website for meeting information. Call 732-846-2232 (Mon.-Fri.; 7-10pm). Website: <http://www.pridecenter.org>

In God's Image Faith-based. Support for LGBTQ adults (ages 18+), their families and friends. Guest speakers and literature. Building is handicapped accessible. Meets 2nd Wed., 7:30-9pm (except July and Aug.), Church of the Sacred Heart Annex, 200 Randolph Ave, South Plainfield. Call Sister Kathleen 908-756-0633 ext. 142 (day). E-mail: skssj@comcast.net.

LGBT Support Group (SPANISH) Support and social group for lesbian, gay, bisexual and transgendered. Friends welcome. Meets 1st and 3rd Mon., 7:30-9pm, Pride Center, 85 Raritan Ave., Suite 100, Highland Park. E-mail David for meeting information. E-mail: david@envisionplanning.net

LGBTIQ Support & Social Group Support and social group for LGBTQ youth (17 and younger) and their straight allies. Provides a safe environment to talk, meet new people, and have fun. Meets 2nd & 4th Sat., 1-4pm (except June, July, Aug.), Pride Center, 85 Raritan Ave, Ste 100, Highland Park. Call **732-846-2232**. Website: <http://www.pridecenter.org>

Men's Coming Out Rap Group Assists men dealing with issues pertaining to coming out. Suggested donation \$3. Building is handicapped accessible. Meets Wed., 7:30-9pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Call **732-846-2232** (Mon.-Fri.; 7-10pm). Website: <http://www.pridecenter.org> E-mail: njwarrior@aol.com

TrueSelves Support for and about transgender-identified and gender non-conforming individuals. Focus on issues and understanding yourself and your community. Meets 3rd Sun., 4-6pm (except July and Aug.), Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Call **732-846-2232** (Mon.-Fri.; 7-10pm). Website: <http://www.pridecenter.org> E-mail: katewhitefield@gmail.com

Under the Rainbow Support, discussion and social group for gay, lesbian, bisexual and transgendered people (ages 18-25). Topics include anything from coming out to relationships. Meets 2nd and 4th Thurs., 7-9pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Check website for meeting information. Call **732-846-2232** (Mon.-Fri., 7-10pm). Website: <http://www.pridecenter.org> E-mail: shookemegan@yahoo.com

Women Coming Out Support Group Provides a supportive environment for women (ages 18+) who are at any stage of the coming out process. Women of all ages who consider themselves gay, lesbian, bisexual or questioning are welcome. Meets 1st Tues. and 3rd Thurs., 7:30-9pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Check website for meeting information. Call **732-846-2232** (Mon.-Fri.; 7-10pm). Website: <http://www.pridecenter.org> E-mail: leighpafford@yahoo.com

Youth Drop-In Center Support and socials for lesbian, gay, bisexual, transgendered, intersexed and questioning youth (ages 17 and under) and their straight allies. Meets 2nd and 4th Sat., 1-4pm, Pride Center of New Jersey, 85 Raritan Ave., Suite 100, Highland Park. Call **732-846-2232** (Mon.-Fri.; 7-10pm). Website: <http://www.pridecenter.org>

Monmouth County

Gender Spectrum Support Network *Professionally-run.* Support network for anyone who is transgender, gender diverse or questioning of any age and their allies. Guest speakers, literature, newsletter and phone help. Building is handicapped accessible. Meets 4th Wed., 7-9pm, Presbyterian Church, 352 Sycamore Ave. (church house, park in rear of parking lot), Auditorium (go up the stairs, stay towards left after passing bathroom), Shrewsbury. Call Margo 732-531-4280.

PFLAG (Parents, Families, and Friends of Lesbians and Gays) Jersey Shore Chapter Support and discussion group to help people understand and accept variance in sexual orientation and gender identity. Educates and advocates for full human rights for all, including sexual minorities. Speakers, literature and phone help. Building is handicapped accessible. Meets 2nd Mon., 7pm, Presbyterian Church, 352 Sycamore Ave. (church house; park in rear of parking lot), Shrewsbury. Call 908-814-2155 (day). Website: <http://www.jerseyshorepflag.org> E-mail: jspflag@gmail.com

Morris County

Gay Activist Alliance in Morris County (GAAMC) Educates the lesbian and gay community through speakers and discussion groups, socials and political involvement. Monthly newsletter and speakers' bureau. Publishes resource book. Membership \$40/yr. Dues \$4/member; \$6/non-member. Meets Mon., 6:30-10pm, Morristown Unitarian Fellowship, 21 Normandy Heights Rd., Morristown. Website: <http://www.gaamc.org> E-mail: info@gaamc.org

Ocean County

PFLAG (Parents, Families, and Friends of Lesbians and Gays) Jersey Shore Chapter Support and discussion to help people understand and accept variance in sexual orientation and gender identity. Educates and advocates for full human rights for all, including sexual minorities. Speakers, literature and phone help. Meets 2nd Wed., 7pm, United Church of Christ, 1681 Ridgeway Rd. (Route 571), Toms River. Call 908-814-2155 (day). Website: <http://www.jerseyshorepflag.org> or <http://www.tomsriverucc.org/directions.htm> (for directions) E-mail: jspflag@gmail.com

Passaic County

North Jersey Prime Timers Provides support and socialization for gay and bisexual men (50+) in navigating through the transition of healthcare for seniors as well as social acceptance in a rapidly changing society. Meets 2nd Wed., 6:30pm, Park West Diner, 1400 Route 46, Little Falls. (Early arrivals sit outside by the diner entrance.) Call Bob 973-727-5174.

NJ Statewide

Little People of America - Garden State Chapter Mutual support for short-statured people (infants - adults) and parents of short-statured children. Guest speakers, social get-togethers and fund-raisers. Spring and Fall regional conferences and national conventions. Call Maryann 732-219-9551. Website: <http://www.Lpaonline.org/district-2> E-mail: mvelcamp@att.net or macksie1@optonline.net

MEN'S ISSUES

Essex County

Men's Support Group Professionally run. Provides discussion and support of men's issues, such as health, coping with problems, and attitudes on life. Meets Tues., noon-1pm, North Jersey Community Research Initiative, 393 Central Ave, 2nd Floor, Newark. Light refreshments served. Pre-registration required. Before attending call Derrick Wallace 1-866-448-5812 ext. 216 (day) or Dr. Eddie Jumper 1-866-448-5812 ext. 211 (day).

Hudson County

Men's Support Group Support and education for men to promote honor, integrity, self-esteem and brotherly love. Improve attitudes on life, family, fatherhood and self-values. Building is handicapped accessible. Guest speakers. Meets Wed., 6-8pm, Bergenvue, 654 Bergen Ave., Jersey City. Before attending call Duquann Sweeney 201-284-1172 (day).

Hunterdon County

Men Mentoring Men Peer-led group dedicated to the sharing of a man's unique experience in a complex world through peer mentoring. Literature and newsletter. Those who wish to participate must first attend an orientation meeting after completing an online questionnaire. Donation \$15/mtg. Meets Thurs., Lambertville. Pre-registration required. Before attending call 908-707-0774 (day). Website: <http://www.menmentoringmen.org> E-mail: questions@mthree.org

Mercer County

Central Jersey Men's Support Group Mutual support for men ages 40+. Topics discussed include: careers, separation/divorce, relationships, health, etc. Meetings held

in members' homes in Princeton area. For meeting information call Jeff 732-277-4775.
E-mail: unemainlente@gmail.com

Morris County

Men-To-Men Men offering an accepting, non-judgmental listening environment for the exploration and expression of men's life issues. Topics include divorce, anger, parenting, health, aging, relationships, etc. Offers networking and phone support. Optional donation \$5/mtg. Building is handicapped accessible. Meets Wed., 7pm, Morristown Unitarian Fellowship, 21 Normandy Heights Rd., Morristown. Before attending call Neil 908-463-8674. Check website for meeting information. Website: <http://www.mentomen.net> E-mail: nse2167@yahoo.com

Somerset County

Men Mentoring Men Peer-led group dedicated to the sharing of a man's unique experience in a complex world through peer mentoring. Literature and newsletter. Those who wish to participate must first attend an orientation meeting after completing an online questionnaire. Donation \$15/mtg. Meets Mon., Tues., Wed. & Thurs. in Somerville. Pre-registration required. Before attending call 908-707-0774 (day). Website: <http://www.menmentoringmen.org> E-mail: questions@mthree.org

POLICE OFFICERS

Middlesex County

Wounded Officers Support Group of NJ *Professionally-run.* Provides support to officers who were wounded in the line of duty. Guest speakers and buddy system. Building is handicapped accessible. Meets 3rd Wed., 6-8pm, University of Medicine and Dentistry NJ, 151 Centennial Ave., Piscataway. Before attending call 1-866-267-2267 (day). Website: <http://www.cop2coponline.org> E-mail: cop2cop@umdnj.edu

SPIRITUALITY | MEDITATION

Essex County

Spirituality Group Support for mental health consumers fostering an awareness of spirituality and a sense of being a part of a much larger powerful entity. Offers mutual sharing, education, rap sessions, social, phone help and advocacy. Meets Tues., 4-

5pm, Where Peaceful Waters Flow Community Wellness Center, 47 Cleveland St., Orange. Call Jeanette **973-677-7700**.

VETERANS | MILITARY

Middlesex County

Veterans Support Group *Professionally-run*. Support for veterans to discuss experiences in combat and civilian life. Meets 1st and 3rd Wed., 7-8:30pm, Rutgers University, 797 Hoes Lane West, Anxiety Disorders Clinic, Piscataway. Before attending call **732-445-5384** (day).

Sussex County

NAMI Connections Veterans Support Group Support for veterans recovering from post-traumatic stress disorder or other effects from serving in combat. Building is handicapped accessible. Meets Tues., 7-9pm, Bridgeway Rehabilitation Services, 93 Stickles Pond Rd., Newton. Call **973-214-0632**. E-mail: nami.sussex@yahoo.com

NJ Statewide

VA Caregiver Phone Support Group *Professionally-run*. Telephone support and educational group for any caregiver of a veteran. Meets monthly. Pre-registration required. Call Jennifer Adams-Barsch **973-676-1000** ext. 3085 (day).

Vet Center Support Groups *Professionally-run*. Support groups and related services for both combat veterans of all wars (Iraq, Afghan, Vietnam and WWII) and their families to deal with post-traumatic stress disorder and other readjustment issues. Write: Ann Talmage, Vet Center, 2 Broad St., Suite 703, Bloomfield, NJ 07003. For group information and times, contact the closest center: Bloomfield (Essex) **973-748-0980**; Secaucus (Hudson) **201-223-7787**; Ewing (Mercer) **609-882-5744**. Website: <http://www.vetcenter.va.gov> E-mail: ann.talmage@va.gov

WOMEN'S ISSUES

Bergen County

Superwomen Standing Strong Support group of professional women to come together and share stories, ideas, best practices and business knowledge. Building is handicapped accessible. Guest speakers and literature. Meets last Sat., 5-6pm, Bergen Psychological Services, LLC, 1605 John St., Suite 208, Fort Lee. Pre-registration required. Before attending call Tricia **201-396-8954**.

Gloucester County

Center for People in Transition *Professionally-run.* Assists displaced homemakers whose major source of financial support has been lost due to separation/divorce, death or disability of a spouse. Helps individuals to become emotionally and economically self-sufficient through life skills training, career decision making, education or vocational training and supportive services. Evening divorce and bereavement support groups for men and women. Meetings vary, 8 week sessions, Gloucester County College, 1400 Tanyard Rd., Sewell. Pre-registration required. Before attending call **856-415-2222** (Mon.-Fri.). E-mail: peopleintransition@gccnj.edu

Hudson County

Women's Project Groups *Professionally-run.* Support, education, workshops and groups to help women on subjects such as self-esteem, separation/divorce, domestic violence, employment and stress management. Meetings vary, Christ Hospital, 179 Palisades Ave., Counseling Resource Center, Jersey City. Pre-registration required. Before attending call Shakia Mayer **201-418-7010** (Mon.-Fri.). E-mail: smayer@christhospital.org

Morris County

Familias en Paz *Professionally-run.* Support group for Latino women who want to improve their personal life through education, insight and self-empowerment. Discusses issues such as domestic abuse, relationships and other issues of interest to women. Education, advocacy, guest speakers, literature and buddy system. Meets every other Sun., 10am-noon, Morris County Organization for Hispanic Affairs, 95-97 Bassett Highway, Dover. Before attending call Alberto Olarte **201-919-4742** (day) or **973-366-4770** (day). E-mail: user9398@optonline.net

Warren County

Career and Life Transitions Center for Women - NORWESCAP *Professionally-run.* Provides support services, vocational counseling and career training for displaced homemakers who have lost their primary source of income due to divorce, separation, disability or death of a spouse. Meetings vary, 16 Broad St., Suite 7, Washington. Pre-registration required. Before attending call **908-835-2624**. Website: <http://www.norwescap.org> E-mail: transitions@norwescap.org

YOUTH | STUDENTS

Atlantic County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions.

Newtonville Meets 2nd and 4th Fri., 6-8pm, Martin Luther King Center, 661 Jackson Rd. Before attending call Peggy Fuller **609-485-0575** (day).

Northfield Meets 2nd and 4th Wed., 6-7:30pm, Atlantic Cape Family Support Organization, 950 Tilton Rd., Unit 108. Before attending call Peggy Fuller **609-485-0575** (day).

Bergen County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meetings vary, Family Support Organization of Bergen County, 0-108 29th St., Fair Lawn. Before attending call **201-796-6209** ext. 112 (day).

Burlington County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6:30-8:30pm, Family Support Organization of Burlington County, 1632 Route 38 East, Lumberton. Call **609-265-8838** (day).

Camden County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, guest speakers, literature and phone help. Building is handicapped accessible. Meets Thurs., 6:30-8:30pm, Family Support Organization, 23 West Park Ave., Suite 103-104, Merchantville. Before attending call Peter Burgos **856-662-2600** (day). Website: <http://www.camdenfso.org> E-mail: peter.burgos@camdenfso.org

Cape May County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets 1st and 3rd Thurs., 6-8pm, Cape May Family Success Center, 1046B Route 47, Rio Grande. Before attending call Peggy Fuller **609-485-0575** (day).

Cumberland County

Great Teens Achievement Christian-based mutual support group for teens (ages 12-18). Teaches teens how to better deal with bad days and bullying. Social activities. Meets Tues., 3:30-4:30pm, Greater Bridgeton Family Success, 155 Spruce St., Bridgeton. Call Mikhail **856-495-6343**. Website: <http://www.IBelieveIHaveHope.com>
E-mail: kailkail13@yahoo.com

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible. Meets Tues., 6-8pm, Family Support Organization, 3739 North Delsea Dr., Vineland. Call **856-507-9400** (day). Website: <http://www.cgsfso.com>

Essex County

Saving Our Sons Now *Professionally-run*. Mutual support to help young men and boys (ages 7 to 19) with self-awareness. Helps build self-esteem issues, success in school and to stay on path. Rap sessions and guest speakers. Building is handicapped accessible. Usually meets last Fri., 6-8pm, Family Success Center, in East Orange or Maplewood. Before attending call Latronia Green **862-205-1226** (day).

Young Teens Support Group *Professionally-run*. Support for teens (ages 15-17) to share ideas and topics of interest such as relationships, peer pressure, future goals, Facebook/Myspace/Twitter Status, dealing with stress and more. Meets Mon., 4-5pm, Wynona's House, 185 Washington St., Newark. Pre-registration required. Before attending call Marsha McMillan **973-735-9357** (day).

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, guest speakers, literature, newsletter and phone help. Meets Mon., 5-7pm, Family Support Organization of Essex County, 60 Evergreen Place, Suite 407, East Orange. Before attending call Jacqueline Oliver **973-395-1441** (day).

Gloucester County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 6-8pm, 445 Woodbury-Glassboro Rd., Suite 1, Woodbury. Call **856-507-9400** (day). Website: <http://www.cgsfso.com> E-mail: dcaleron@cgsfso.com

Hudson County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 5-7pm, Family Support Organization of Hudson County, 895 Bergen Ave., Jersey City. Call Jason **201-915-5140** (day).

Mercer County

Soft Skills Enrichment *Professionally-run.* Support group for teenage girls and boys (ages 13-17) to have an opportunity to discuss relevant issues. Discussions include topics such as self-esteem, peer pressure, unhealthy relationships and teenage pregnancy. Meets Mon. and Wed., 5-6:45pm, Anchor House, 482 Centre St., Trenton. Pre-registration required. Before attending call **609-396-8329** or **609-218-5630** (day).

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Mon., 6:30-8:30pm, Mercer County Family Support Organization, 3535 Quakerbridge Rd., IBIS Plaza, Suite 400, Hamilton. Before attending call **609-586-1200** (day). Website: <http://www.mercerfso.org> E-mail: info@mercerfso.org

Middlesex County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Educational series, advocacy, social group, newsletter, phone help and buddy system. Meets Fri., 6-8pm, Family Support Organization of Middlesex County, 1 Ethel Rd., Building 108, Edison. Pre-registration required. Before attending call **732-287-8701** (day). Website: <http://www.fsomiddlesexcounty.net>

Morris County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible on street level. Meets Tues., 5-6:30pm, Cornerstone, 62 Elm St., Morristown. Pre-registration required. Before attending call **973-940-3194** (day).

Ocean County

Youth Partnership Group Adult supervised activities for youth (ages 13-18) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Tues., 6:30-8:30pm, Ocean Mental Health, Ocean Academy, 160 Atlantic City Blvd. (Route 9), Bayville. Before attending call **609-693-4121** (day). Website: <http://www.oceanfso.org>

Passaic County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions, Meets Thurs., 7-8:30pm, Family Support Organization of Passaic County, 810 Belmont Ave., 2nd Floor, Suite 200, North Haledon. Pre-registration required. Before attending call **973-427-0100** (day).

Salem County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6-8pm, Healthcare Commons, 500 South Pennsville Rd., Carney's Point. Call **856-507-9400** (day). Website: <http://www.cgsfso.com>

Somerset County

Boys Youth Partnership Group Adult supervised activities for boys (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Building is handicapped accessible. Transportation available upon request. Meets 1st Fri., 5:30-7:30pm, Empower Family Success Center, 34 West Main St., 2nd Floor, Somerville. Before attending call **908-213-9932** (day). Website: <http://www.fso-hsw.org>

Sussex County

Youth Partnership Group Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible on street level. Meets Fri., 5-6:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., Newton. Pre-registration required. Before attending call **973-940-3194** (day).

Union County

Youth Partnership Group Adult supervised activities for youth (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Meets Thurs., 6-8pm, Family Support Organization of Union County, 1010 Park Ave., Plainfield. Pre-registration required. Before attending call **908-755-0090** ext. 15 (day). E-mail: info@fso-union.org

Warren County

Boys Youth Partnership Group Adult supervised activities for boys (ages 13-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Transportation available upon request. Meets 2nd Fri., 5:30-7:30pm, Vault Youth Center, 19 Belvidere Ave., Washington. Before attending call **908-213-9932** (day). Website: <http://www.fso-hsw.org>

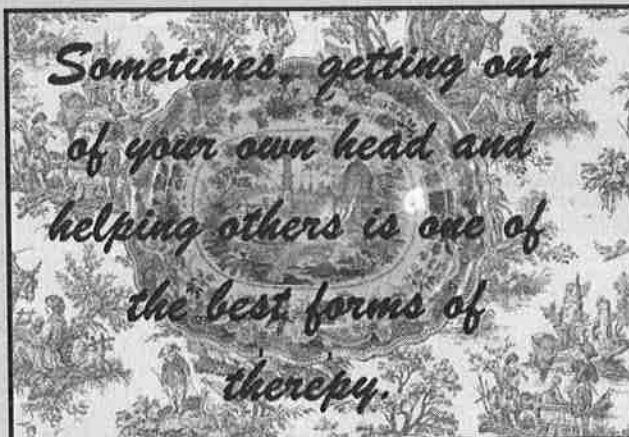


END NOTE

DISCLAIMER



The New Jersey Self-Help Group Clearinghouse produces this directory of support groups annually. Information, phone and email contacts, locations, facilitators, meetings days and times are always changing. New groups are added and disbanded groups removed. Therefore, we advise you not to depend solely upon entries in this directory past one full year of its publication. At, or before that time, please call us to inquire about the availability of the next director edition. At any time you may also call our helpline, through which we distribute the most up-to-date information on support groups and helplines.



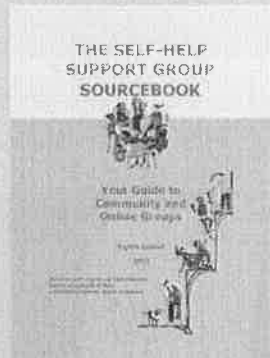
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