

# New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 973-989-1122 \* 375 E. McFarlan St., Dover, NJ 07801 \* [www.njgroups.org](http://www.njgroups.org)

## SAMPLE OF SUPPORT GROUPS IN MERCER COUNTY

### ADDICTIONS

**Alcoholics Anonymous** 12-step for alcoholism (*various sites in the county*) \* **Al-Anon Family Groups** Families & friends of alcoholics (*various*) \* **Alateen** young persons whose lives have been affected by someone else's drinking (*Hightstown*) \* **Narcotics Anonymous** for drug addicts (*various*) \* **Cocaine Anonymous** 12-step for recovery from cocaine (*Trenton*) \* **Nar-Anon Family Group** help for families of drug abusers (*various*) \* **Dreamers Club** those in recovery from alcohol and/or drug addiction, who take prescribed psychiatric medication (*Princeton*) \* **Gamblers Anonymous** compulsive gambling (*Hamilton*) \* **Overeaters Anonymous** compulsive overeating (*various*) \* **Nicotine Anonymous** to achieve a nicotine-free life (*Hamilton / Lawrenceville*) \* **Nurse Recovery Group** in recovery from addictions (*Trenton*) \* **Families Anonymous** for families of those with substance abuse and/or behavioral problems (*Lawrenceville*) \* **Princeton ACA** adult children of alcoholics/dysfunctional families (*Princeton*) \* **Debtors Anonymous** to stop incurring debt (*Lawrenceville*).

### BEREAVEMENT

**Caring & Sharing** for loss of a loved one (*Hamilton Square*) **Compassionate Friends** for parents, grandparents, adult siblings grieving the death of a child (*Hamilton*). **Surviving After Suicide** loss a loved one to suicide (*Hamilton / Ewing*). **Young Widows/Widowers** for young widows and widowers (*various*). **HOPE** for recently widowed (*various*). **Starting Over** for young widows & widowers (*Hamilton Square*) **Coping with Bereavement** (*Princeton*) **September 11th Family Support Group** for those who lost loved ones (*Princeton Junction*).

### EMOTIONAL/MENTAL HEALTH

**D.B.S.A.** (Depression & Bipolar Support Alliance) group for depression, bipolar disorder, or related disorders (*Princeton*). **Pregnancy & Postpartum Support Group** for pregnant/new mothers adjusting to baby blues, depression or anxiety (*Rocky Hill*). **New Perspectives** depression, bipolar disorder, anxiety, or panic attacks (*Washington Crossing*). **GROW** depression, anxiety, & other mental health problems (*Trenton/Hamilton*). **PUSH** for agoraphobia/panic attacks (*Mercerville/Hamilton Square*) **NAMI Support Group** for families & friends of those with any mental illness (*Lawrenceville*). **Family Support Organization Women's Group** for families/caregivers of children with emotional, behavioral, or mental health challenges (*Trenton*) **NAMI CARES Kids Group** for caregivers of children with brain disorders (*various*). **IFSS Family Support Group** for families of adults with a mental illness (*Lawrenceville*). **Reachout/Speakout** consumer-run drop-in center offering social activities, groups, advocacy (*Hamilton*). **NAMI CARE** for mental health consumers (*Lawrenceville*). **Parents Support Group** for parents of adolescents with emotional or behavioral problems (*Trenton*) **Tuesday Night Group** for women with trichotillomania (compulsive hair pulling) or other body-picking repetitive behaviors (*Princeton*). **Group forming** for divorced persons with mental illness.

### FAMILY / PARENTING GROUPS

**New Moms** (*Princeton*) **Grand-Parents Support Group** grandparents raising grandchildren (*Trenton*) **Grandparents Need More Than Hugs** grandparents raising grandchildren (*Trenton*) **Children of Aging Parents** for adult children caring for aging parents (*Princeton*) **Holistic Moms Network** natural health & mindful parenting for their children (*Lawrenceville*) **Mocha Moms** full or part-time stay-at-home mothers of color (*West Windsor*) **Hispanic Parenting Support Group** (*Trenton*) **Parents Support Group** for parents of adolescents (*Trenton*). **Parents Anonymous** for parents of teens who are under stress & who want to improve their relationships with their children (*Hamilton*) **Adoptive Parents Organization of Central NJ** for pre-adoptive parents (*Hamilton*) **Central Jersey Mothers of Multiples** for mothers of twins & triplets (*Hamilton*) **Special Education Support Group** for parents of special needs children (*Hamilton*) **Divorce Recovery** workshop (*Princeton*) **Saint James Separation & Divorce Support Group** (*Pennington*) **Separation & Divorced Catholics** open to persons of any faith (*various*) **Group forming** for divorced persons with mental illness

(see reverse side for more groups)

## **DISABILITIES**

**Disability Support Group** for those with any disability to share feelings/resources (*Hamilton*) **Adjustment to Vision Loss Support** vision loss (*Ewing*) **National Federation of the Blind** advocacy for the blind community (*Lawrenceville*) **Autism NJ** parents of children with autism (*Hamilton*) **Brain Injury Assn of NJ** brain injuries (*Lawrenceville*) **First Amendment** for those using air-flow speech technique to overcome stuttering (*Princeton*) **Down Syndrome Association** for parents of children with Down Syndrome (*Ewing*) **Tinnitus Support Group** (*Ewing*) **CHADD Princeton-Mercer County** for parents of children with attention deficit disorder (*Princeton*) **Group forming** for siblings of children with autism

## **HEALTH**

**Arthritis Support Group** (*Hamilton*). **Allergy & Asthma Support Group of South Central NJ** (*Trenton*). **Better Breathers Club** pulmonary disease - bronchitis, emphysema, asthma, etc. (*Trenton*). **Breast Cancer Support Group** for women with breast cancer (*Hamilton/Princeton*). **Young Women's Breast Cancer Support Group** women under the age of 45 (*Princeton*). **Dealing with Breast Cancer** for newly diagnosed (*Hamilton*) **Advanced Breast Cancer Support Group** for women with stage IV breast cancer (*Princeton*). **Sharing Your Journey Through Cancer** for any type of cancer (*Hamilton*). **Living & Loving with Chronic Illness** any medical conditions including heart disease, neuromuscular disorders, cancer, & chronic pain (*Trenton*). **AWAKE** sleep apnea (*Hamilton*). **Hamilton/Trenton Fibromyalgia Meetup Group** (*Hamilton*) **Chronic Fatigue Syndrome Support Group** those with CFS (*Hamilton*). **Crohn's & Colitis Support Group** (*Hamilton*). **Saint Lawrence Stroke Support Group** for stroke patients (*Lawrenceville*). **American Chronic Pain Assn** for those suffering with chronic pain (*Princeton*) **Survivors of Liver Disease/Hepatitis** education (*Hamilton*). **Peripheral Neuropathy Support Group** for persons with nerve damage as a result of neuropathy (*Hamilton*). **Circle of Hope** for recipients of organ transplants (*Hamilton*). **National MS Society** for discussions on managing multiple sclerosis (*Lawrenceville/Robbinsville*). **ALS Resource Group** families/patients (*Lawrenceville*). **Lupus Foundation of America** (*Lawrenceville*) **Alzheimer's Association Family Support Group** for caregivers of persons with Alzheimer's disease and related dementias (*Various*). **Eating Disorders Assn of NJ** anorexia, bulimia, or compulsive overeating - *Princeton*. **T.O.P.S. (Take Off Pounds Sensibly)** weight-loss support groups (*various sites*) **Parkinson's Support Group** for patients & families (*Lawrenceville*). **Tourette Family Support Group** for parents of children with Tourette syndrome (*Mercerville*) **Central Laryngeal Support Group of Central Jersey** laryngeal cancer (*Lawrenceville*) **Prostate Cancer** for patients (*Princeton*) **Cancer Support Group** (*Trenton, Monroe Township, Princeton*) **Thyroid Cancer Support Group** (*Hamilton*) **Beyond the Diagnosis: Survivor to Survivor Support Group** for cancer patients one year out of treatment (*Hamilton*), **Caregiver Support Groups** for those caring for an older adult or those with a chronic illness (*various meeting sites*).

## **Examples of Some Other Mercer County Groups**

**Professional Service Group** for unemployed and underemployed professional-level job seekers (*Trenton*). **Jobseekers** for unemployed persons & those changing careers (*Princeton*). **Latinas Unidas** (Spanish-speaking) Support for Latina women (*Trenton*). **SASS** Support female rape survivors age 13-26 (*Princeton*). **First & Third** social support for gay, lesbian and transgendered youth (*Princeton*).

## **Sample of Some of the Statewide Support Groups/Networks**

Association of Late Deafened Adults \* Monday Morning Project (*advocacy for persons with disabilities*) \* Spondylitis Support Group of NJ \* DOROT Phone Support (*aging issues for persons 59+*) \* Signs of Sobriety (*deaf addicted*) \* Professional Assistance Program (*professionals with an addiction*) \* Int'l Pharmacists Anonymous (*addiction*) \* Iraq/Afghanistan War Family Bereavement Groups \* COPS (*loss of loved one in line of duty*) \* NJ Assn of the Deaf-Blind \* Parents of Blind Children \* CJD Fdn (*Creutzfeldt-Jakob*) \* Cystic Fibrosis Family Network \* Fragile X Assn \* Hemophilia Assn of NJ \* Huntington's Disease Soc of America \* Myasthenia Gravis Fdn \* Parents of Prader-Willi Syndrome Children \* PXE Int'l (*pseudoxanthoma elasticum*) \* Shingles Phone Support \* Support Org. For Trisomy \* Resolve (*infertility*) \* NJ Self-Advocacy Project (*adults with developmental disabilities*) \* Unschoolers Network (*Homeschoolers*) \* MOMS Club (*stay at home moms*) \* Mothers & More (*stay at home moms*) \* MOPS (*Christian mothers of preschoolers*) \* Mothers Against Drunk Driving \* Lambda Families (*gay/lesbian parents*) \* Gay & Lesbian Political Action & Support Group \* Anorchidism Support Group \* NJ Families For Russian Ukrainian Adoptions \* SPAN (*parents of disabled*) \* Little People of America (*dwarfism*) \* Parents Without Partners (*single parenting*) \* Toastmasters (*public speaking*) \* Vet Center Groups \* Cult Info Service \* NJ Tenants Org \* Acoustic Neuroma Assn \* Spina Bifida Assn \* CSP (*housing, advocacy for mental health consumers*) \* Consumer Connections (*consumers working in mental health services field*) \* and many, many more!

For help in locating, or learning how to start, any type of mutual aid self-help group call:  
1-800-367-6274, more easily remembered as 1-800-FOR-M.A.S.H (Mutual Aid Self-Help).