

# NEW JERSEY SELF-HELP GROUPS CLEARINGHOUSE

In N.J., phone **1-800-367-6274** or **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help) \* [www.NJgroups.org](http://www.NJgroups.org)

## EXAMPLES OF ADDICTION-RELATED SUPPORT GROUPS IN NJ

For contact information for any of the groups below or on the reverse side, as well as info on hundreds of additional local and national groups, and even those seeking to start new groups in N.J., just call our Clearinghouse helpline at **1-800-367-6274**.

- ALCOHOL: Alcoholics Anonymous** meetings Jersey-wide, to include Spanish-speaking groups, north [www.nnjaa.org](http://www.nnjaa.org) central [www.centraljerseyintergroup.org](http://www.centraljerseyintergroup.org) south [www.aasj.org](http://www.aasj.org) Atlantic/CapeMay [www.caigrp.org](http://www.caigrp.org)  
**Women for Sobriety** in Bergen & Ocean counties. (See **all the family/friends groups** on reverse side).
- DRUGS: Narcotics Anonymous** (statewide) [www.nanj.org](http://www.nanj.org) \* **Cocaine Anonymous** north [www.nj-ca-ca.org](http://www.nj-ca-ca.org) (in Hudson, Monmouth, Middlesex, & Union counties); and in south Jersey [www.nj-ca.org](http://www.nj-ca.org) (one Trenton meeting).
- DUAL DIAGNOSIS** (for those persons in recovery from both a mental illness and an addiction):  
**Double Trouble in Recovery, Dual Recovery Anonymous, Psychiatrically Recovering 12-Steps, MICA (Mentally Ill Chemically Addicted), Narcotics Anonymous for MICA Patients, etc.** - various meetings statewide.
- DEAF / HARD OF HEARING: Signs of Sobriety** (interpreted 12-step groups for those who are deaf or hearing impaired and also in recovery for any type of addiction)
- GAMBLING: Gamblers Anonymous** 12-step meetings statewide [www.ga4nj.com](http://www.ga4nj.com)
- OVER-EATING: Overeaters Anonymous** [www.oa.org](http://www.oa.org) (12-step meetings available statewide), **Food Addicts in Recovery** (northern NJ), **Food Addicts Anonymous** (north central NJ), and **TOPS** - **Take Off Pounds Sensibly** (meetings in most counties statewide).
- TOBACCO ADDICTION - Nicotine Anonymous** (6 counties) \* **Smoke Free Group** (Monmouth)
- PROFESSIONALS IN RECOVERY: Lawyers Concerned for Lawyers** meetings statewide \* **Nurse Recovery Groups** meetings statewide
- GENERAL ADDICTION: SMART Recovery** (Self-Management And Recovery Training) - professionally facilitated non-12-step groups for any addiction, meetings in Middlesex & Morris counties \* **Seniors Count** (for any substance abuse) Bergen County \* **Double Jeopardy** (for those who are HIV+, in recovery from drug abuse) Bergen & Essex counties \* **Teen Recovery** (Gloucester) \* **Thursday Night Recovery** (Ocean County)
- SUBSTANCE ABUSE & HIV+** several groups.
- CHRISTIAN: Overcomers Outreach** (19 gps in 8 counties) \* **Addictions Victorious** (18 in South NJ)  
\* **Calix Society** – for Catholics \* **Celebrate Recovery** (Camden/Monmouth) \* **CARE** Christians, Addictions, Recovery, Education (Bergen) \* **12-Steps God's Way** (Burlington) \* **Pressing Toward the Mark II** (Gloucester) \* **Overcomers in Christ** (Ocean).
- JEWISH: A Jewish Approach to Recovery** (12-steps) Bergen County.
- CODEPENDENCY: Co-DEPENDENTS ANONYMOUS (CoDA)** for better, healthier & more fulfilling relationships.
- SEX & LOVE ADDICTION: Sexaholics Anonymous, Sex & Love Addicts Anonymous, Hoboken S.A.A. (Serenity, Acceptance, Affirmation), S-Anon Couples Groups** (for those with sexually self-destructive thinking/behavior).
- OVER-SPENDING: Debtors Anonymous** (for recovery from compulsive overspending and indebtedness) – in 8 counties.
- CLUTTERING / HOARDING: Clutterers Anonymous** (to solve their common problem with clutter, and help others recover), and **Clutter Club** – in 4 counties.
- And more groups** which you can either join or start.

(see reverse side for more groups available)

## JUST FOR THE FAMILIES & FRIENDS OF THOSE WITH AN ADDICTION

**Al-Anon** for families & friends of alcoholics (statewide, some Spanish-speaking groups) [www.nj-al-anon.org](http://www.nj-al-anon.org) \*  
**Alateen** for young persons whose lives have been affected by some else's drinking (statewide) [nj-al-anon.org](http://nj-al-anon.org)  
**Nar-Anon & Nar-A-Teen** (ages 13-17) groups for families and friends of drug abusers [www.naranonofnj.org](http://www.naranonofnj.org)  
**Gam-Anon** groups for families and friends of compulsive gamblers [www.njgamanon.org](http://www.njgamanon.org)  
**Families Anonymous** for parents and families of those with alcohol, drug, and/or behavioral problems.  
**Adult Children Of Alcoholics** (Camden) & **ACA** (Adult Children of Alcoholics - Mercer)  
**Al-Anon's Adult Children** of alcoholics groups (meet in Bergen, Essex, Morris & Passaic)  
**Bright Futures for Kids** for children of addicts (Somerset)  
**BASA** (Brothers And Sisters of Addicts - in Essex County)  
**Parent Support Group** - (groups in 8 NJ counties) & **Parent-to-Parent Coalition** (Camden/Burlington)  
**Families of Addiction** (Union County); **Addiction Support Group – Families & Friends** (Gloucester)  
**GRASP** (Grief Recovery After Substance Passing – Gloucester) & **PELA** (Parents Enduring Loss from Addiction - Morris County) – both groups are for parents who have lost a child to drug overdose.  
**Family Support Group** (Atlantic Cty.) & **Mental Health & Alcohol/Drug Family Education** (Morris County) for families of those dually diagnosed, i.e., in recovery from a mental illness & drug/alcohol addiction.  
**S-Anon** for families & loved ones of those suffering with sexually self-destructive thinking or behavior.  
**And more groups.**

**ADDITIONAL NATIONAL GROUPS JUST FOR PROFESSIONALS IN RECOVERY** which supplement their use of the primary 12-Step groups: **Doctors in AA** \* **Anesthetists in Recovery** \* **Veterinarians in Recovery** \* **Social Workers Helping Social Workers** \* **Psychologists Helping Psychologists** \* **International Lawyers in AA** \* **Birds of a Feather** pilots \* **International Ministers & Pastors in Recovery** (support network may be developing in NJ) \* **ICAP** (InterCongregational Addictions Program) for women in religious orders.

## ONLINE GROUPS WITH NO LOCAL COMMUNITY GROUPS YET

**Quitnet.com** online groups & customized guide for smokers wanting to quit. \* **Benzo** for those who want to end benzodiazepine addiction \* **On-Line Gamers Anonymous (OLGA)** for those life facing problems caused by their excessive or compulsive computer game playing \* **OLG-Anon** for family & friends of people who play computer games compulsively \* **Gamers Widows** for spouses of those addicted to computer games.

## GROUPS THAT COULD BE STARTED IN NJ ONLY IF...

### SOMEONE WAS INTERESTED IN JOINING WITH OTHERS TO START ONE

**Crystal Meth Anonymous** - [www.crystalmeth.org](http://www.crystalmeth.org) \* **Pills Anonymous** [www.pillsanonymous.org](http://www.pillsanonymous.org) \* **Co-Anon** (families of cocaine addicts) \* **Heroin Anonymous** [www.heroin-anonymous.org](http://www.heroin-anonymous.org) \* **Methadone Anonymous** - a few NJ methadone clinics have M.A. groups for their clients \* **JACS** (Jewish Alcoholics, Chemically dependent persons, & Significant others) \* **Millati Islami** -12-step group for persons of Muslim faith in recovery from alcohol or drugs \* **Alcoholics Victorious** (Christian-based 12-step) \* **Moderation Management** (to cut down on drinking) \* **Men for Sobriety** \* **LifeRing Secular Anonymous & Secular Org. for Sobriety** (non-religious) \* **Eating Addictions Anonymous** \* **Eating Disorders Anonymous** \* **Compulsive Eaters Anonymous** \* **Nat'l Family Anonymous** \* **Sexual Compulsives Anonymous** \* **Clutterless Recovery Group** \* **Free N One Recovery** \* **Chemically Addicted Anonymous** \* **Recoveries Anonymous** \* **Sexual Compulsives Anonymous** \* and other groups.

## HELP FROM YOUR NJ SELF-HELP GROUP CLEARINGHOUSE

For free help in either **finding or starting any type of self-help support group**, to include those for any one of the many **hundreds of other stressful life problems** (e.g., bereavement, chronic illness, divorce, disability, abuse, etc.) **that can frequently drive individuals to self-medicate themselves with alcohol and/or drugs**, just call our **NJ Self-Help Group Clearinghouse** at **1-800-367-6274**.

For professionals, who would like to know more about all the NJ, national, online & model groups, our current 744-page Directory (published last June) is available for \$15 postpaid. See sample pages of the Directory at <http://www.amazon.com/Self-Help-Support-Group-Directory-National/dp/1930683103>, but you'll receive it quicker if you order it directly from our Clearinghouse (call to order by credit card, or visit our website for order form).