

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

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 any of the hundreds of other local and national groups, and even those seeking to start new groups, 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 central www.centraljerseyintergroup.org south www.aasj.org Atlantic/CapeMay 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 * **Cocaine Anonymous** north www.nj-ca.org (in Hudson, Monmouth, Middlesex & Union counties); and in south Jersey, www.caphilly.org only a Trenton meeting *

Marijuana Anonymous (meets in Freehold in Monmouth County).

DUAL DIAGNOSIS (for those persons in recovery from both a mental/emotional illness and an addiction):

Dual Recovery Anonymous, Double Trouble in Recovery, Psychiatrically Recovering 12-Step Groups, MICA (Mentally Ill Chemically Addicted), Narcotics Anonymous for MICA Patients, etc. – see complete listing with contact info at: <http://www.mededfund.org/NJgroups/Dual-Diagnosis.htm>

SUBSTANCE ABUSE & HIV+ several groups in NJ.

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 – www.signsofsobriety.org

GAMBLING: Gamblers Anonymous 12-step meetings statewide www.ga4nj.com

OVER-EATING: Overeaters Anonymous 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. For others, see 2nd paragraph on reverse side.

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) in Bergen & Essex counties *

Teen Recovery (Gloucester) * **Thursday Night Recovery** (Ocean County).

CHRISTIAN: Overcomers Outreach (19 groups in 8 counties) * **Addictions Victorious** (18 groups in South Jersey) * **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 County) * **Overcomers in Christ** (Ocean County).

JEWISH: J.A.C.S. for Jewish alcoholics, chemically dependent persons & families in recovery (Bergen/Essex).

CODEPENDENCY: CO-DEPENDENTS ANONYMOUS (www.CoDA.ORG) helps individuals who want to work towards becoming more "capable of developing & maintaining healthy and loving relationships."

SUICIDE ANONYMOUS: 12-step groups to recovery from suicidal ideation & behavior (in Burlington & Camden counties).

SEX & LOVE ADDICTION: Sexaholics Anonymous, Sex & Love Addicts Anonymous, Hoboken S.A.A. (Serenity, Acceptance, Affirmation), S-Anon Couples' Groups (for those seeking to free themselves from sexually self-destructive thinking/behaviors).

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 the **Clutter Club** have meetings in 4 NJ counties.

And more groups which you can either join or start.