T A B L E  O F  C O N T E N T S

ABUSE
General Abuse

ADDICTIONS
Alcohol Abuse
Codependency
Debt / Overspending
Drug Abuse
Gambling
Overweight
Sex / Love Addiction
Smoking

BEREAVEMENT
Bereavement (General)
Death of a Child / Fetal Loss
Suicide Survivors
Widows / Widowers

DISABILITIES
Autism / Asperger Syndrome
Deaf / Hearing Impaired
Speech / Stuttering

FAMILY | PARENTING
Adoption | Foster Care
Childbirth / Breastfeeding
ABUSE

GENERAL ABUSE

ADDICTIONS

ALCOHOL ABUSE


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


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).


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: rbm8454@comcast.net


**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)

CODEPENDENCY

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

DEBT | OVERSPENDING


DRUG ABUSE

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


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.

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

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

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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: rbm8454@comcast.net


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](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)

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**GAMBLING**

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](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.

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**OVERWEIGHT**

Bariatric Support Group  *Professionally-run.* Support for individuals who have undergone 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).


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.oa-southjersey.org/meetings](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](http://www.tops.org)

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**SEX | LOVE ADDICTION**

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](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.

**SMOKING**

**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.

**BEREAVEMENT**

**BEREAVEMENT (General)**

**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](http://www.abundantharvest.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

**DEATH OF A CHILD | FETAL LOSS**

**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


**SUICIDE SURVIVORS**

**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.).

**WIDOWS | WIDOWERS**

**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.).

**DISABILITIES**
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

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


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 Jan., Feb., July and Aug.), Rohna/Advanced ENT Corp. Headquarters, 1020 North Kings Highway, Suite 201, Cherry Hill. Call Mary Ann Halladay 856-662-6527 (day or e-mail Linda. Website: http://www.hearmdllc.com E-mail: Linda.beach@gmail.com
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

FAMILY | PARENTING

ADOPTION | FOSTER CARE


CHILDBIRTH | BREASTFEEDING

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


PARENTING | GRANDPARENTING

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](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.paofnj.org](http://www.paofnj.org)

**Parents of Children with Behavioral Problems**


**Health**

**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**

**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](http://www.southjerseyaidsalliance.org) E-mail: info@sj AIDS.org

**ALZHEIMER’S DISEASE | DEMENTIA**

**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](http://www.alz.org/desjsepa)

**BRAIN INJURY | BRAIN TUMOR | COMA**


**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](http://www.events.cooperhealth.org/event/support-groups)

**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](http://www.healedwithscars.com) E-mail: rwashington@healedwithscars.org

**CANCER**

**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.


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.lls.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

CAREGIVERS

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).

CHRONIC FATIGUE AND FIBROMYALGIA

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

CHRONIC PAIN

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<th><strong>DIABETES</strong></th>
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<td><strong>Diabetes Support Group</strong> <em>Professionally-run.</em> 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 <strong>1-866-224-0254</strong> (day).</td>
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| **GLUTEN INTOLERANCE | CELIAC**          |
|----------------------|
| **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](http://www.celiac9.com) |

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<th><strong>HEART DISEASE</strong></th>
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<td><strong>Heart and Soul Cardiac Support Group</strong> <em>Professionally-run.</em> 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 <strong>1-888-847-8823</strong> (day).</td>
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<td><strong>Huntington’s Disease Support Group</strong> <em>Professionally-run.</em> 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.</td>
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<th><strong>INTERSTITIAL CYSTITIS</strong></th>
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<tbody>
<tr>
<td><strong>South Jersey Interstitial Cystitis Support Group</strong> 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</td>
</tr>
</tbody>
</table>
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

LARYNGECTOMY


MULTIPLE MYELOMA

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

MULTIPLE SCLEROSIS

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

POLIO


RESPIRATORY DISEASE | EMPHYSEMA

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.
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](http://www.scleroderma.org/chapter/delaware_valley) E-mail: johnkeegan@comcast.net

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](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](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](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.
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).

FAMILIES OF PERSONS WITH MENTAL ILLNESS

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 Vogelson 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.nbgroup.org](http://www.nbgroup.org) E-mail: newbeginningsnj@gmail.com


**MENTAL HEALTH (General)**

**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](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](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**.
MENTAL HEALTH CONSUMERS

**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, spiritually, 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

OBSESSIVE-COMPULSIVE DISORDER

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

MISCELLANEOUS

CRIME VICTIMS | OFFENDERS

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

LGBTQIA

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](http://www.camden-ahec.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](http://www.camdenfso.org) E-mail: peter.burgos@camdenfso.org

**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.

**SELF-HELP GROUP CLEARINGHOUSE HELPLINE:**
NJ RESIDENTS CALL 1-800-367-6274