



June 2019

“A Better State of Mind”

published by

The New Jersey Self-Help Clearinghouse

“I am not afraid of storms for I am learning how to sail my ship”

-Louisa May Alcott

Are you looking for a support group? It's easy to use!

1. Access the NJ Self-Help Group Clearinghouse by using the web address www.njgroups.org
2. Select **“Find a group”** option
3. Fill in a keyword, for example, **anxiety**
4. Review **“What We Found”**

Featured this month

The Statewide organization of OCDNJ (www.ocdnj.org), is an organization which exists to raise awareness and educate the public, support the affected community and OCD research. They provide a quarterly newsletter, referrals to professionals, a speaker's bureau, support group networks, phone help, literature, socials and provide assistance in starting new groups. They have a professional directory of clinicians who have paid to advertise to the OCD community. [Contact Adrienne Friedman at 732-476-4021.](mailto:Adrienne.Friedman@ocdnj.org)

The following is a listing of the county-based OCD groups. We suggest you always call to confirm your attendance, time, date and location.

- ◆ Gloucester County: **OCD Support Group**, Inspira Medical Center, 509 North Broad St., Woodbury, NJ-employee dining room A & B. 856-853-2011 second Sunday 6:30-7:30 pm For more information, please call 856-853-2011
- ◆ Mercer County: **Families of Individuals with OCD**, West Windsor Library, 333 North Post Rd, Princeton Junction, Meetings vary. For more information, please call 609-275-5487
- ◆ Middlesex County: **OCDNJ**, RWJ Fitness & Wellness Center, 100 Kirkpatrick St., New Brunswick. 2nd Monday 7:30-9 March, June, Sept. Dec. For more information, please call 732-476-4021
- ◆ Middlesex County: **Rutgers OCD Support Group**, professionally run, Rutgers, 797 Hoes Lane West, Anxiety Disorder Clinic, Piscataway First and 3rd Weds. 7-8:30 PM (1st Weds. during June, July, August) For more information please call 732-445-5384 (day).
- ◆ Middlesex County: **PANDAS Parent Support Group**, JFK Medical Center, 65 James St., Various Mondays 7:15-8:15 pm except July, Aug., Dec. Neuroscience Institute Conference Center, Edison **email only:** pandashelp@hotmail.com. See National Institute of Mental Health definitions below.*

- ◆ Morris County: **OCD Support Group**, St. Claire's Hospital, 130 Powerville Rd., Boonton
For more information, please call 973-727-0245
- ◆ **Parents of Children with OCD**, Atlanta Bread Co., 1711 Rt 10 E (in Kohl's Shopping Center), Morris Plains
Third Sat. @2:00 pm For more information, please call: 973-366-3564
- ◆ Morris County: **PANDA* Parent Support Group**, after 3 pm email ksisco@1210@aol.com, St. Francis Residential Home,
122 Diamond Spring Rd, Denville For more information, please call: 973-214-3708
- ◆ Ocean County: **PHOBIA** (People Helping Others Become Independent Again). Peer run.
email phobiaanxietygroup@gmail.com, St. Stephen's Church, 367 Rt 9, classroom 4, Waretown. Facebook site is
www.facebook.com/phobiasupport group Weds. 7-9 pm For more information, please call: 609-713-2963

*PANDAS is an abbreviation for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. The term is used to describe a subset of children and adolescents who have Obsessive Compulsive Disorder (OCD) and/or tic disorders, and in whom symptoms worsen following strep infections such as "Strep throat" and Scarlet Fever.

PANS is a newer term used to describe the larger class of acute-onset OCD cases. PANS stands for Pediatric Acute-onset Neuropsychiatric Syndrome and includes all cases of acute onset OCD, not just those associated with streptococcal infections.



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1-800-367-6274

1-800 FOR M.A.S.H.

(Mutual Aid Self-Help)

