

# Clearinghouse Connections

Your Quarterly E-Newsletter  
Update From the New Jersey  
Self-Help Clearinghouse



**NJ SELF-HELP CLEARINGHOUSE**  
**NJGROUPS.ORG**



For many Asian-American communities, mental health is a topic that often goes unspoken. Conversations about hardship and personal struggles can be met with silence, confusion, shame, or sometimes even anger. Many grow up hearing that stress and other types of emotional discomfort is “just a part of life,” and that having mental health issues is “a matter of personal weakness to be overcome through sheer willpower.”

You might be wondering to yourself, “why are we talking about mental health in Asian-American communities right now? Isn’t AANHPI Heritage Month in May?” While it may

seem odd to talk about this topic now, this is something that is near and dear to my heart.

Hi! My name is **Megan Macapagal** and I am the coordinator of the Self-Help Group Clearinghouse. I want to take this opportunity to formally introduce myself—and what better way to do so than by sharing my passion for my identity as an Asian-American?

In this newsletter, **we'll cover the following topics:**

1. SHCH Update
2. Mental Health Stigma in AA Communities
3. The Power of Self-Help
4. Lack of Resources
5. Call to Action
6. Community Resources

Before we get into the nitty-gritty aspects of this newsletter, let's first start off with a Clearinghouse update.

## □ SHCH Update □



*Spring has sprung*, bringing with it a season of renewal, growth, and new opportunities to connect. At the NJ Self-Help Clearinghouse, we've been working hard to expand our reach and provide more support for communities in need. Whether it's helping individuals find self-help groups, assisting new groups in getting started, or spreading awareness about the power of peer support, we remain committed to making mental health resources more accessible across New Jersey. **Here's a few notable updates:**

- Our previous administrative assistant, **Megan Macapagal** (*that's me!*), has stepped into the role of coordinator! She's eager to go out into the community and form connections, both old and new! One goal she strives to achieve is making meaningful connections with cultural and community-based organizations to better serve diverse populations, with a focus on getting her own community—Filipino-Americans—to come together to form support groups of their own.
- NJSHCH continues to provide informative trainings to group

facilitators! The last training, **The Art of Peer Facilitation: Building Stronger Support Groups**, was a great success. The 6-hour training held over two days, March 17<sup>th</sup> and March 19<sup>th</sup>, was jam-packed with information on essential facilitation skills, such as active listening, conflict resolution, group engagement, etc. **Kelly Uhland** did an incredible job designing this training, and it was evident in the high level of engagement from participants. The energy was palpable, with attendees actively participating, asking thoughtful questions, and sharing their own experiences. A huge thank you to everyone who showed up!



Now, let's shift back to this newsletter's main topic—**mental health in Asian-American communities**.

## Mental Health Stigma in Asian-American Communities



As an Asian-American, I grew up believing I was weak for letting my mental health “get in the way.” In response to my desperate attempts to talk about my feelings, I was often told to be grateful and that gratitude “heals everything.” There was no need for me to seek help; I just needed to toughen up and count by blessings, *right?*

Mental illness does not discriminate; it can affect anyone regardless of age, gender, race, ethnicity, social status, etc. According to research conducted by the CDC in 2018, “around 2.7 million people in the AANHPI

community have a mental health and/or substance use disorder” (as cited in American Psychiatric Association [APA], 2020). Yet, the National Institute of Mental Health found that this community is only a third as likely to seek mental health services compared to their white counterparts (as cited in APA, 2020). So many Asian-Americans are struggling with their mental health, but an alarmingly low percentage of Asian-Americans actually receive the help that they need.

**Stigma** is the “negative social attitude attached to a characteristic of an individual that... implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual” (American Psychological Association, 2025). In Asian-American cultures, mental health stigma is pervasive and is rooted in cultural values, generational differences, and systemic barriers. Many Asian cultures emphasize resilience, self-reliance, and prioritizing the collective well-being of the family over individual struggles. The concept of **saving face**—maintaining honor and avoiding social humiliation—plays a major role in discouraging individuals from openly discussing mental health concerns. Admitting to struggles with anxiety, depression, or other conditions is often seen as

bringing shame not just to oneself, but to the entire family. This can lead many to suffer in silence rather than seek professional help. Additionally, limited access to culturally competent mental health services, language barriers, and the lack of representation in the mental health field further contribute to the gap in support. Many Asian-Americans also face pressure to conform to the “model minority” stereotype, which can make it even harder to admit to personal challenges. **The result of all these factors combined is an environment where mental health conversations are avoided.**

## The Power of Self-Help □

In cultures where openly discussing mental health is discouraged, many individuals turn to friends—especially those with a shared cultural background—as their primary source of emotional support. Without the ability to speak openly with family members, friendships often become a safe space to vent frustrations, share struggles, and seek validation. From personal experience, these struggles come up in conversations with my friends all the time—it's something that every one of my Asian friends can relate to. However, this can sometimes lead to **trauma bonding**, where relationships are built primarily on shared pain rather than mutual growth and healing. While leaning on friends for support is valuable, relying solely on these connections may not always provide the tools needed to navigate challenges in a healthy way.



This is where self-help support groups can make a meaningful difference. Unlike casual conversations with friends, these groups create structured, judgment-free spaces where individuals can share their experiences while also learning effective coping strategies. Led by peers who understand the cultural nuances of mental health stigma, self-help groups foster a sense of belonging without reinforcing cycles of unprocessed trauma. They offer a community of understanding, where individuals can support one another without fear of shame or social consequences.

**By joining a self-help group, Asian-Americans can break the cycle of silence and isolation, finding strength in shared experiences while also learning ways to heal.**

## Lack of Resources

Despite the many benefits of self-help support groups, I do want to address the noticeable lack of groups tailored specifically for Asian-American communities. While some culturally specific groups do exist, they are often limited in number and not widely known or accessible. Many support groups cater to broader audiences, which can make it difficult for Asian-Americans to find spaces that truly understand their unique cultural experiences and the stigma they face. **This lack of visibility can reinforce the misconception that such support doesn't exist, discouraging people from seeking help altogether.**

## Call to Action □

One of our missions at the NJSHCH is to increase awareness and outreach. To ensure that Asian-Americans have access to culturally relevant self-help support groups, we

need to work together as a community to form groups, find existing resources, and spread the word! By making these groups more visible and accessible, we can help break the stigma and ensure that no one has to navigate their struggles alone.

The NJSHCH invites you to share any Asian-American support groups or related resources you know of! If you have resources, if you're part of an Asian-American organization in New Jersey and willing to connect, or if you're interested in starting a support group, please reach out to us using the contact form on our website at [www.njgroups.org](http://www.njgroups.org) or by sending us an email at [njgroups@mhanj.org](mailto:njgroups@mhanj.org). We'd love to hear from you!



Looking for support? Connect with us to find a self-help group near you!

New Jersey  
Self-Help Group Clearinghouse  
800-367-6274

The **NEW JERSEY SELF-HELP CLEARINGHOUSE** provides education, training, support, and technical assistance to a broad range of self-help support groups across all 21 counties in New Jersey.

**WHAT WE OFFER**

- Technical Aid for New and Established Self-Help Groups
- Trainings and Workshops
- Self-Help Group Referrals
- WRAP Training
- Community Psychiatric Advanced Directives (PAD) Education

**CONTACT US**

- ✉ [njgroups@mhanj.org](mailto:njgroups@mhanj.org)
- ☎ 732-451-4457 or 800-367-6274
- 📘 [NJSelfHelpGroupClearinghouse](https://www.facebook.com/NJSelfHelpGroupClearinghouse)

 Visit Our Website: [www.njgroups.org](http://www.njgroups.org)

## References

1. [https://www.psychiatry.org/File Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Asian-Americans-Pacific-Islanders.pdf](https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-Asian-Americans-Pacific-Islanders.pdf)
2. <https://dictionary.apa.org/stigma>

## Community Resources

Taking the first step toward seeking help can be challenging, but support is available.

**Below** are some general mental health resources, as well as organizations that specifically cater to Asian-American communities.

### General Mental Health Resources

1. **National Alliance on Mental Illness (NAMI):** [www.nami.org](http://www.nami.org) | the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. They provide groups in several NJ counties
2. **United by Wellness (MHANJ):** <https://www.mhaac.info/ubw.html> | a VIRTUAL Wellness Center that is a program of the Mental Health Association in NJ. They offer numerous online groups every week.
3. **Pay What You Can Peer Support:** <https://www.paywhatyoucanpeersupport.com/> | a non-profit organization born out of a desire to have low barrier mental support available to whomever needs it. PWYCPS offers online peer support groups that span a broad variety of topics, from specific diagnoses to more general issues that people often struggle with.

## Asian-American Mental Health Resources

1. **Asian Mental Health Collective:** [www.asianmhc.org](http://www.asianmhc.org) | Fosters healing, resilience and connection in Asian communities in the US through culturally-informed clinical services, virtual peer support spaces, and support for Asian mental health providers.
2. **National Asian American Pacific Islander Mental Health Association (NAAPIMHA):** [www.naapimha.org](http://www.naapimha.org) | A nonprofit organization whose mission is to promote and redefine the mental health and well being of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities in the United States through training, programs, policy & advocacy, centering those with lived experience.
3. **NAMI CAMHOP:** <https://naminj.org/organizer/camhop/> | a NAMI New Jersey initiative to serve individuals with lived experience of mental health conditions and their family members from the Chinese community in NJ and beyond, through support, education and advocacy.

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We hope this newsletter sheds light on the importance of mental health support within Asian-American communities and the need for more accessible, culturally relevant self-help groups.

**Before you click away,** make sure to view the wonderful flyers sent in by various organizations showcasing their groups and other related services!

Until next time,

**The NJ Self-Help Clearinghouse Team**

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## Community Flyers

	MON	TUES	WED	THURS	FRI	SAT	SUN
8 AM	EMPOWER HOUR		SHARE YOUR SUNSHINE	EXPLORING ENVIRONMENTAL WELLNESS			
9 AM							
10 AM			GRATITUDE COFFEE		COPING W/ CHRONIC CONDITIONS	ARTS & HUMANITIES (1ST/3RD)	OVERCOMING OBSTACLES
				(10:30) DEPRESSION & ANXIETY			
11 AM	TOPICS IN MENTAL HEALTH	OCD SUPPORT GROUP (1ST/3RD)	RECOVERY DHARMA		DEALING WITH DEPRESSION (1ST, 3RD, 5TH)		WELCOME TO RECOVERY WEEKENDERS: FINDING STRENGTH IN COMMUNITY
		YOU HAVE THE FLOOR (2ND/4TH)			MOVIE GROUP (2ND/4TH)		
12 PM	THRIVING NOT JUST SURVIVING: A DOMESTIC ABUSE SUPPORT GROUP	RELAXATION TOOLS & TECHNIQUES (1ST)	ADDRESSING ANXIETY	BIG TIME FUN PARTY		(12:30) MENTAL HEALTH WRITING GROUP	COMO AFRONTAR LAS ENFERMEDADES CRONICAS (BILINGUE ESPANOL E INGLES) (BILINGUAL)
1 PM	FUR-EVER FRIENDS	QUOTE ME HAPPY (2ND)		POETRY WORKSHOP (3RD)		(1:30) PROBLEM SOLVERS	
2 PM	COPING SKILLS	POP CULTURE PARTY (2ND/4TH)	CAEI ROUNDTABLE (2ND/4TH)	DESPUES DEL ALMUERZO (1ST/3RD)	LIGHT BULB		EMOTIONS (1ST/3RD)
							CREATIVITY UNLEASHED (2ND/4TH)
3 PM	GOOD NEWS GATHERING (4TH)	BETTER TOGETHER	CAEI - MODULE 4	MARA			
			SWING INTO SPRING (4/2)				
			TOO MUCH STUFF (1ST/3RD)				
4 PM		TOWNHALL (4TH)	PAWS OF COMFORT (2ND/4TH)	LIFE SKILLS	BREAKING BARRIERS	BRAVE STEPS (STARTS 4/12!)	THE FASHION CLUB (STARTS 4/13!)
5 PM	MENTAL HEALTH WRITING GROUP	LIFE AFTER LOSS	UNAPOLOGETICALLY ME (BPD)	CAEI - MODULE 4			
				SPRING CLEANING TIME! (4/3)			
6 PM	BIPOLAR SUPPORT GROUP	PARENTS NSYNC (ENDS 4/15!)	DEPRESSION				WINGS
	"LETTING IT GO": MOVING PAST TOXIC ABUSE (4/28)						
7 PM	EMPOWERED WELLNESS	WOMEN'S WELLNESS	BABY BOOMERS (1ST/3RD)	NOT FEARING FEAR	MUSIC TO MY EARS (7-9:30 PM)	GAME NIGHT SPECTACULAR	MEDITATION
			NEURO-TRIBE				BIPOC GROUP
8 PM		RELATIONSHIPS IN RECOVERY	KEEPING UP OUR COMMITMENTS	LAMBDA RISING (LGBTQIA+)			

[Click Here to Register](#)



# WINGS OF COMFORT

*An Atlantic County Wellness Center peer-led grief support group*


**Wednesdays, 5:30-6:30PM**

At the Mental Health Association  
in Atlantic County  
at MHA - Atlantic City 3pm-7pm 1125  
Atlantic Avenue, Suite 617, AC NJ  
08401

An open share, discussion focused support group for members to express their grief, share their stories, and engage with different perspectives to live happily again, sponsored by Angelic Health.



 [mhaac@mhanj.org](mailto:mhaac@mhanj.org)

 609-652-3800

 [MHAAC.INFO](http://MHAAC.INFO)

 **BECOME A MEMBER OF ACWC HERE FOR FREE!**

[Click Here to Become a Member](#)





# SUPPORT GROUPS



**Mon @  
1:00 PM**

## **DBT - Life Skills**

Learn essential life skills based on Dialectical Behavior Therapy (DBT) techniques, including emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness. This peer-led class will provide practical tools to navigate challenges and build a more balanced, fulfilling life.



**2nd & 4th  
Wed @  
7:00 PM**

## **Trauma Support Group**

Our trauma support group provides a safe and understanding space for anyone who has experienced trauma, not just veterans or those with PTSD. Trauma can stem from various life experiences, including abuse, accidents, loss, or difficult relationships. Join us to find support, healing, and coping strategies in a compassionate community.



**Wed @  
1:30 PM**

## **Anxiety Support Group**

This is a peer-led group where individuals with shared experiences of anxiety come together to support one another. Led by someone who has personally navigated anxiety, the group provides a safe and understanding space to share feelings, discuss coping strategies, and offer mutual support.



**Thurs @  
6:00 PM**

## **Alcoholics Anonymous/12-Step**

Join us for a welcoming AA 12-step meeting where individuals share their experiences, strength, and hope in recovery from alcohol addiction. Through fellowship and the 12-step program, we support each other in achieving and maintaining sobriety, one day at a time.

For more information about any of these support groups, please email [info@hasrcc.org](mailto:info@hasrcc.org), visit our website [www.hasrcc.org](http://www.hasrcc.org) or follow us on Facebook.

[Click Here for More Information](#)



# Anxiety Support Group

There is a difference between occasional anxiety and anxiety disorders. Occasional anxiety involves temporary worry or fear.

While an anxiety disorder is characterized by anxiety, worry, or fear that is strong enough to interfere with daily activities.

**Wednesdays @ 1:30pm**

**Hope & Serenity**  
**174 Edison Road**  
**Lake Hopatcong, NJ**  
Skylands Medical Building (downstairs)



This is a peer-led group where individuals with shared experiences of anxiety come together to support one another. Led by someone who has personally navigated anxiety, the group provides a safe and understanding space to share feelings, discuss coping strategies, and offer mutual support.

**This support group is confidential and free**

For more information please email: [info@hasrcc.org](mailto:info@hasrcc.org)

[Click Here to Email for Information](#)



# EDISON TOWNSHIP ADDICTION SERVICES

## SMART RECOVERY MEETINGS

### **TUESDAYS 12:00PM**

Edison Public Library  
340 Plainfield Ave  
Edison, NJ 08817

### **FRIDAYS 1:00PM**

Clara Barton Public Library  
141 Hoover Ave  
Edison, NJ 08817

**For more information, contact Holly Onorato,  
Township Recovery Coach at 732-248-7295**

**Additional information: [www.SmartRecovery.org](http://www.SmartRecovery.org)**

[Click Here for More Information](#)



# LOST ANGELS BEREAVEMENT SUPPORT GROUP

THE LOSS OF A LOVED ONE FOREVER CHANGES US. WHEN EXPERIENCING THE TRAGEDY OF A CHILD'S DEATH FROM DRUGS AND ALCOHOL, PARENTS AND LOVED ONES OFTEN FIND THEMSELVES ISOLATED AND CONFUSED.

LOST ANGELS IS A BEREAVEMENT SUPPORT GROUP THAT OFFERS SUPPORT, UNDERSTANDING, COMPASSION AND HOPE TO BEREAVED PARENTS AND LOVED ONES STRUGGLING TO REBUILD THEIR LIVES AFTER THE DEATH OF CHILDREN, GRANDCHILDREN, OR SIBLINGS AS A RESULT OF SUBSTANCE ABUSE OR ADDICTION.



MEETING INFO: ST. MARY'S CHURCH  
10 LENOX AVE ROOM 205  
POMPTON LAKES, NJ  
WHEN: 1<sup>ST</sup> THURSDAY OF THE MONTH  
TIME: 7:00PM

FOR MORE INFORMATION CONTACT DONNA ANDELORA  
[DANDELORA@YAHOO.COM](mailto:DANDELORA@YAHOO.COM) OR 973 713 9962

[Click Here to Email for More Information](#)

## Our Support Groups...

HDSA New Jersey Chapter offers both in-person and virtual support groups.

For more information or to register online please visit:

[newjersey.hdsa.org](http://newjersey.hdsa.org)

## All are Welcome

- ✓ Individuals living with HD, whether juvenile or adult
- ✓ Family members
- ✓ Those at-risk for HD
- ✓ Current or past caregivers
- ✓ Friends

## Testimonials

"My father had HD. I tested positive 10 years ago. When I've had a good week, I like coming to the group to share that... when I've had a not-so-good week, I know I'll feel better from talking with members who **understand** what I am going through."

"My dad had HD, and I used to come to the meetings to support my mom. Since he passed, we still come to the meeting most months because many of these people were with us as we walked in our journey and our experience with HDSA. **we found practical solutions to the challenges of everyday HD life.**"

"My spouse had HD and I have been his caregiver... the group understands how difficult this is **emotionally and physically.** They have given me some great ideas and resources. **I don't feel like I am managing this alone anymore.**"



## Where are our In-Person Support Groups?

### Northern NJ Support Group



**St. Clare's Behavioral Health  
University Doctor's Pavilion**  
130 Powerville Road, Boonton, NJ, 07005

2nd Thursday of the month September to June  
6:00pm-7:30pm

For more information, please contact:

**Janet Polzolis**  
201-317-6660  
[janet.polzolis@gmail.com](mailto:janet.polzolis@gmail.com)

### Southern NJ Support Group



**New Jersey Institute For  
Successful Aging**  
42 East Laurel Road, Suite 1800  
Stratford, N.J. 08084

For more information on meeting dates and times, please contact:

**Lisa Burkholder, LCSW**  
856-325-3896  
[burkholder@rowan.edu](mailto:burkholder@rowan.edu)

### Manahawkin Support Group



**Ocean County Library  
Stafford Branch**  
129 North Main Street, Manahawkin, NJ, 08050

3rd Wednesday of the month  
6:30pm-8:00pm

For more information, please contact:

**Bob Sylvia**  
617-504-8593  
[bobsylvia1948@gmail.com](mailto:bobsylvia1948@gmail.com)

[Click Here for More Information and to Register](#)



## **“STRENGTH THROUGH SUPPORT”**

### **IN PERSON STROKE SUPPORT GROUP MEETINGS**

**IN-PERSON MEETINGS ARE EVERY LAST  
WEDNESDAY OF EACH MONTH FOR  
STROKE SURVIVORS AND CAREGIVERS**

**MORRIS COUNTY LIBRARY  
30 EAST HANOVER AVE  
WHIPPANY, NJ  
TIME: 1:00-3:30 PM**

**PLEASE CALL OR EMAIL FOR MORE INFORMATION**

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**Lois - Stroke Caregiver  
908-578-0812  
loisfirz@yahoo.com**

**Rich - Stroke Survivor  
201-230-8204  
rchclr@gmail.com**

[Click here for More Information](#)

# Welcome!



We have a new schedule:

Tuesdays (in person) - 7:00 to 9:00 pm  
Wednesdays (in person) - 11:00 am to 1:00 pm  
Thursdays (online) - 7:00 to 9:00 pm  
(Contact us for online meeting info.)

### In-person Location

Holy Trinity Lutheran Church  
201 N. Warwick Road  
Magnolia, New Jersey 08049  
(near corner of Warwick & Evesham)

Supportive family and friends are welcome to attend.

We also enjoy activities such as picnics and holiday dinners.

Call or text: (609) 471-0676  
NewBeginningsNJ@gmail.com  
NBgroup.org  
facebook.com/NBpeersupport

# For more information:

We are happy to answer questions!

Call or text: (609) 471-0676  
NewBeginningsNJ@gmail.com  
NBgroup.org  
facebook.com/NBpeersupport

### In-person Location

Holy Trinity Lutheran Church  
201 N. Warwick Road  
Magnolia, New Jersey 08049  
(near corner of Warwick & Evesham)  
(Contact us for online meeting info.)

\*Our meeting room is at the front of the church, facing Warwick Rd.

\*\*\*New Beginnings is not equipped to help someone in immediate crisis.\*\*\*

If you have an emergency or feel like hurting yourself or others, do one of the following NOW:

- Call 911
- Go to the emergency room
- Call one of these hotlines:
  - [988 Suicide & Crisis Lifeline](tel:988)  
988 (call or text)
  - [NJ Hopeline](tel:18556546735)  
1-855-654-6735

# New Beginnings



Supporting peers with mood disorders since 1987

*If you experience symptoms of depression, anxiety, bipolar, or related mood disorders, we invite you to our free peer support group.*

*Come and share support and coping strategies with others like you!*

Tuesdays (in person) - 7:00 to 9:00 pm  
Wednesdays (in person) - 11:00 am to 1:00 pm  
Thursdays (online) - 7:00 to 9:00 pm

Call or text: (609) 471-0676  
NewBeginningsNJ@gmail.com  
NBgroup.org  
facebook.com/NBpeersupport

## New Beginnings Mission Statement

Our mission is to support one another as we empower ourselves to live successfully with mood disorders.



### You are not alone...

- A mood disorder is a real health issue. It is not a weakness or character flaw, and we can't just "snap out of it". It takes strength and courage to seek help.
- At a support group, you can share with others who have had similar experiences.
- You are welcome to be a part of our group. We can help one another achieve and maintain wellness.

Call or text: (609) 471-0676  
NewBeginningsNJ@gmail.com  
NBgroup.org  
facebook.com/NBpeersupport

## Group Guidelines

1. Confidentiality: What is said in group stays in group. We respect privacy.
2. Safety: Observe boundaries and respect others with language and actions. See a facilitator if you have any concerns.
3. Medicine & Doctors: We do not prescribe, diagnose, or give advice. Advice only comes from professional care givers. We do not name medications of any kind.
4. Participation: You have the right to pass. Participation is voluntary.
5. Unrelated Activities: No cell phones, texting, or food during group. Cell phone must be on vibrate.
6. Listening: Listen to others without interrupting. Raise your hand to respond. One person speaks at a time.
7. "I" Statements: Use "I" statements and share from your own positive experiences, insights, and coping skills.
8. Judgment: We do not judge or criticize each other.
9. Sharing: Our time is limited, and we start and stop on time. We need to give equal opportunity, for sharing as well as feedback, to all group members.
10. Accountability: We are responsible for ourselves, our actions, and our wellness.



## More About Us

- We strive to successfully manage our disorders and live well.
- We share positive support, encouragement, and coping strategies in a safe, confidential environment.
- All meetings are free.
- All meetings start and end on time.
- Everyone present must be at least 19 years old.
- All participation is voluntary.
- We offer peer support, not therapy or education.
- The facilitators are peers from the group.
- We are not professionals, nor is our group a substitute for professional treatment.
- We maintain a positive environment. We want to feel better when we leave a meeting than we did when we arrived!

[Click Here to Visit their Website](#)



# Parent Partnership supporting families impacted by addiction

Parent Partnership is a branch of the nonprofit organization, Be a Part of the Conversation. **Be a Part of the Conversation.** 

When parents and other caregivers recognize that their loved one is struggling with substance use or addiction, we need support and understanding from those who have "been in our shoes." Parent Partnership meetings are led by volunteers with lived experience and take place Sunday through Thursday.

*Come once, once in a while, or as often as you like.*

We are not professionals - we are simply parents helping parents. Meetings are friendly and confidential.

## St. Paul's Church

218 Nassau Street, Princeton, NJ

Enter using the door down the ramp leading from the parking lot to the basement of the church. We meet in the Fireside Room.



**In Person Only - Every Monday from 7 to 8:15 pm**

Learn more about  
Parent Partnership:



[conversation.zone/partnership](https://conversation.zone/partnership)



**Questions:**

Contact Michelle King  
[mokingnj@gmail.com](mailto:mokingnj@gmail.com) / 609-468-8708

[Click Here to Visit their Website](#)



# Join us for the MHANJ's 18th Annual Walk!

**Strength  
through Healing,  
One Step  
at a Time**



**Saturday, May 31, 2025  
Nomahegan Park,  
Cranford, NJ**

**To benefit:**



**Mental Health  
Association in  
New Jersey, Inc.**

**In partnership with:**

**Rotary**  
Club of Mental Health Advocates



[Click Here for More Information and to Register](#)





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