

September 2022 | Issue Number 4

# CLEARINGHOUSE CONNECTIONS

YOUR QUARTERLY E-NEWSLETTER UPDATE FROM THE NEW JERSEY SELF-  
HELP GROUP CLEARINGHOUSE.



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



Mental Health  
Association  
in New Jersey, Inc.

## **The New Jersey Self-Help Clearinghouse is a program of the Mental Health Association in NJ**

This quarterly newsletter will feature quarterly spotlights (of NJ support groups, programs, and organizations), information on the NJ Self -Help Clearinghouse, Upcoming trainings and workshops to support the support group facilitators throughout the state, resources for support groups throughout NJ, announcements of new support groups that have been formed, and much, much more!

## **A Note from the NJ Self-Help Group Clearinghouse Team:**

So as the weather cools down and the leaves begin to turn the NJSHCH staff reflects back on Summer and Early Fall 2022.

We have been busy training individuals and organizations on How to Start a Support Group, in Self-Help Support Group Facilitation and Group Dynamics, Seminar 1 WRAP® Workshops and most recently, we facilitated WRAP® Seminar 2 – WRAP® Co-Facilitation Training that has led to the certification/recertification of 13 WRAP® Co-Facilitators here in New Jersey. All this while our database grows with new groups starting up and the requests from individuals looking for support group referrals keeps on rolling in.

We offer a **BIG SHOUT OUT** to the **MHANJ Call Center** that handles the incoming requests and management of the NJSHCH database of over 8700 self-help support

groups.

For those of us who work in peer-to-peer or mutual-aid support we know the importance of reciprocity and mutual sharing. We, at the Clearinghouse are here to provide folx with info, keep you up to date on trainings, offer presentations and technical assistance to all NJ groups. In the spirit of reciprocity, we have an “ask” for you:

What we want to know is what have YOU and YOUR organization been doing as far as your support groups go? So much has changed since March 2020, that we are asking for your assistance in making sure our database of NJ groups is as up to date as possible.

- Is your group still meeting as it did before March of 2020?
- Is your group now meeting on-line or in-person or both (aka hybrid)?
- Is your group contact information that same?
- Has any of your group’s particulars changed, i.e., meeting day, time, location, now on-line, etc?
- Has the group ended?
- Do you have new groups up and running or starting?

Tell us about your new or existing support groups by clicking her to LIST or UPDATE your group(s) through our website: <https://www.njgroups.org/listupdate-your-group/>. If you prefer, please email us at: [njgroups@mhanj.org](mailto:njgroups@mhanj.org) and we can assist you in listing or updating your group(s). This way when people are looking for a specific type of groups in their area or on-line, the Clearinghouse will direct them to you and/or your group or organization.

Should you need any technical assistance in starting, re-starting, managing, marketing or improving your group(s) do not hesitate to reach out to us.

We are here to serve-

*Eve & Kelly*



As we come to the end of Recovery Month, although isn't every month really Recovery Month, the NJSHCH team thought, what better time than to spotlight Community Peer

Recovery Centers here in NJ. Sometimes called **Community Peer Recovery Centers (CPRC)**, **Peer Recovery Centers (PRC)**, **Recovery Community Centers (RCC)** or **Recovery Centers (RC)**, these centers provide peer support recovery services and/or activities to the community. Services can include Naloxone (Narcan) training and kits, peer recovery “coaching”, social and/or recreational activities, support groups, advocacy, one-to-one peer support and much more. While many services are provided in person, with the continuing COVID pandemic, many RC’s provide virtual community support services (via phone and online services including support groups)

### **SAMSHA (the US Substance Abuse and Mental Health Services Administration) identified: Four Domains for Recovery that need support**

1. **Health** - Overcoming and managing one’s disease(s) symptoms
2. **Home** – Having a stable and safe place to live
3. **Purpose** – Conducting meaningful daily activities
4. **Community** – Having relationships and social networks that provide support, friendship, love and hope.

### **How Peer-Run Recovery Community Centers Support the Four Domains**

- A safe, stigma free “home” that inspires a sense of community and purpose through volunteerism and service work
- Education programs on all aspects of recovery health and wellness
- Including access to evidence-based practices: such as supported employment, education, housing, and peer-operated services.
- Experienced Staff providing
- Systems of care navigation (referrals, cost issues, education, and advocacy)
- Removal of barrier to recovery such as: transportation, food, temporary shelter, childcare and criminal justice issues
- Services before, during, after and **in lieu** of treatment

*(W. White, 2006, 2009)*

We reached out to recovery centers all over NJ, both state-funded and privately funded non-profit organizations to learn more about the services that are offered. We heard back from several of these centers that provided information on support groups and services offered. Included below, are a number of NJ recovery centers, their locations, contact information and flyers for their support groups and events

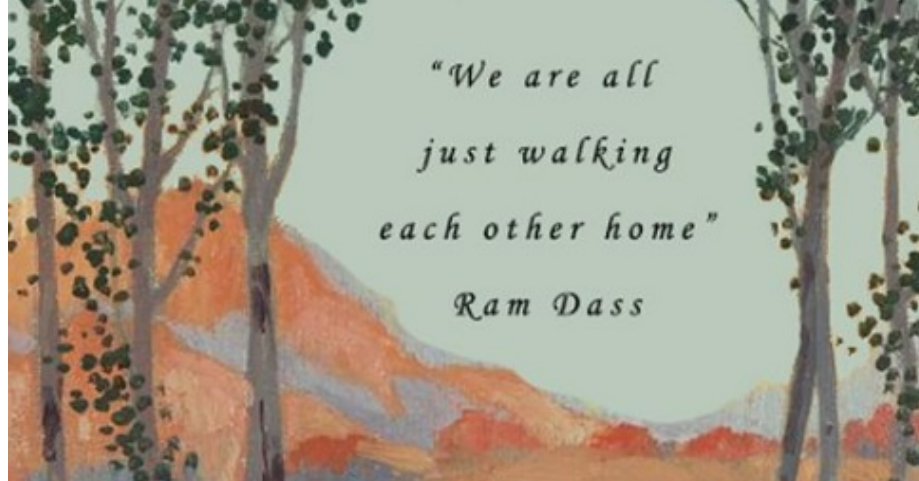
In addition, here is a link to the list state-funded Community Peer Recovery Centers:

[https://nj.gov/humanservices/reachnj/help/centers/#:~:text=Community%20Peer%20Recovery%20Centers%20\(CPRC,support%20groups%2C%20and%20much%20more.](https://nj.gov/humanservices/reachnj/help/centers/#:~:text=Community%20Peer%20Recovery%20Centers%20(CPRC,support%20groups%2C%20and%20much%20more.)

Don't Be  
Ashamed  
of your story

It Will  
Inspire  
others

InspirationalQuotesGazette.com



**Website:** <https://preventionlinks.org/recovery-support/recovery-community-center/>

**Link to Calendar:** <https://preventionlinks.org/ourevents/month/2022-10/>

**Rise Up Recovery Center – Union Co  
Prevention Links**

121-125 Chestnut Street Suite 301,  
3rd Floor Roselle, New Jersey 07203

phone: 732-381-4100

TTY: 732.381.4192

Fax: 732.381.0140

[info@preventionlinks.org](mailto:info@preventionlinks.org)

**Recovery Junction**

35 Journal Square, Suite 500,  
Jersey City, New Jersey 07306

**\*\*A brand new PL Recovery Center will soon open in New Brunswick! Stay tuned!**



# LGBTQ2+

## ALL RECOVERY MEETING

A topic/discussion  
recovery meeting for our  
fellow members of the  
LGBTQ2+ community.

**ZOOM MEETING ID:  
928-6368-2492**

If you want to be a speaker at our meeting or  
have any other questions, please contact  
Philip Brunke at [pbrunke@preventionlinks.org](mailto:pbrunke@preventionlinks.org)



Funding for programming is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.788.

**MONDAYS  
@ 6PM**

**HOSTED BY RISE UP  
RECOVERY CENTER**

## HARM REDUCTION WORKS

Hosted by the Rise Up Recovery  
Center based in Roselle, NJ

A meeting based on the values  
of respect, compassion, and  
kindness: exploring the  
reduction of harm surrounding  
substance use, whether you  
are using or abstinent, you are  
welcome here

**EVERY THURSDAY 6PM - 7PM EST**

For questions, please  
contact Phil at  
[pbrunke@preventionlinks.org](mailto:pbrunke@preventionlinks.org)

**ZOOM MEETING ID: 959 - 0519 - 7828  
PASSWORD: ReduceHarm**



Funding for this is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.788.



# BE YOUR OWN BEACON OF LIGHT

Hosted by the Rise Up Recovery Center based in Roselle, NJ

## RISE UP SMART RECOVERY

JOIN US EVERY  
TUESDAY AT 6PM  
EST ON ZOOM

ZOOM MEETING ID:  
561 - 132 - 881

For questions, please contact  
Ken Bae at  
[kbae@preventionslinks.org](mailto:kbae@preventionslinks.org)



Funding for this is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.788.



## LINKS TO RECOVERY

### AN ALL RECOVERY MEETING

EVERY WEDNESDAY  
AT 2PM

A topic-speaker discussion meeting for anyone in recovery, engaging in substance use, or interested in learning more about recovery is welcome to attend.

ZOOM MEETING ID: 818 9644 0180  
PASSCODE: 004273



Funding for this is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.788.



FOR QUESTIONS, PLEASE CONTACT KEN BAE AT [KBAE@PREVENTIONSLINKS.ORG](mailto:kbae@preventionslinks.org)

## RISE UP RECOVERY DHARMA

Hosted by the Rise Up  
Recovery Center based  
in Roselle, NJ

The Lovingkindness  
LGBTQ+ friendly meeting.

A buddhist inspired approach  
to recovery from addiction.

ZOOM MEETING ID:  
648 - 362 - 337

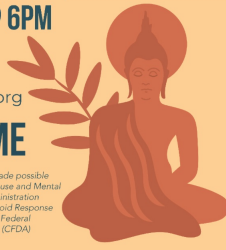
**EVERY WEDNESDAY @ 6PM**

For questions, please  
contact Phil at  
pbrunke@preventionlinks.org

**ALL ARE WELCOME**



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Response Grants Catalogue of Federal  
Domestic Assistance (CFDA) No. 93.788.



## SMOKING CESSATION

**SUPPORT GROUP  
EVERY FRIDAY  
AT 2PM**

For questions, please  
contact Maddy at  
mdesrosiers@preventionlinks.org

ZOOM MEETING ID: 947 - 4045 - 8620  
PASSWORD: QuitNow



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by the Substance Abuse and Mental  
Health Services Administration  
(SAMHSA) State Opioid Response  
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No. 93.788.

Hosted by the Rise  
Up Recovery Center  
based in Roselle, NJ

**QUIT VAPING,  
QUIT CIGARETTES**



## COFFEE &



## CANVAS

**SATURDAY, OCTOBER 15TH, 12PM Johnson**

**Park - Open Grove, Johnson Park Rd,**

**Piscataway, NJ 08854**

JOIN US FOR A PAINTING EXPERIENCE!  
FEATURING COFFEE!!!

**RSVP KBAE@PREVENTIONLINKS.ORG**



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and Mental Health Services Administration (SAMHSA) State Opioid  
Response Grants Catalogue of Federal Domestic Assistance (CFDA)  
No. 93.788.



**HOPE  
SHEDS LIGHT**

Hope Sheds Light info:

Ocean Co. Location:  
253 Chestnut Street  
Toms River NJ 08753

Monmouth Co Location:

2510 Apache Rd  
Manasquan, NJ 08736

Contact:

Phone: 855.850.4673

Email: [rise@hopeshedslight.org](mailto:rise@hopeshedslight.org)

Hours: M-F: 09:00-5:00p

Website

<https://hopeshedslight.org/>



# Weekly YOGA

CONNECT WITH EACH OTHER THROUGH  
RELAXATION AND GRATITUDE



# MARA SUPPORT MEETING

MEDICATION-ASSISTED RECOVERY  
ANONYMOUS



Thursday Nights via ZOOM

## MINDFULNESS MONDAYS

EXPERIENCE MINDFULNESS  
IN YOUR LIFE



For More Information,  
Contact - [Colin@HopeShedsLight.org](mailto:Colin@HopeShedsLight.org)

## "SCARE AWAY STIGMA" Trunk or Treat

October 26, 2022

6:00pm - 8:00pm

Located on the 4<sup>th</sup> Floor of the Ocean County Parking Garage off of Madison and Hadley Avenues

Have a chance to visit the stigma-free  
partners of Ocean County including:



for information, resources, and of course,  
TREATS!

# ATTENTION



## FINDING HOPE

NEW MONMOUTH  
ALL RECOVERY  
FAMILY SUPPORT MEETING

This peer-led support group meeting is open to  
all individuals and families impacted by substance use disorder.

Our Finding Hope All Recovery Family







Join us for our **second annual Pop-Up Drive-In** featuring the film "**Ghost Busters Afterlife**" **Support and celebrate friends and families** and enjoy this Fall night under the stars. Enjoy games, popcorn, an ice cream truck, and a movie!

Let's continue to lift the voices of those affected by substance use disorder through our Recovery Speaks: Embracing the Journey event series.

Email [Nancy@hopeshedslight.org](mailto:Nancy@hopeshedslight.org) to register.

**No Cost To Join Us!**

**Friday, September 30th  
6:00 PM to 10:00 PM**

**253 Chestnut Street,  
Toms River, NJ 08753**

**HOPEShedsLight.org**

253 Chestnut Street, Toms River, NJ 08753 | 732.244.0783 | [rise@HOPEShedsLight.org](mailto:rise@HOPEShedsLight.org)



All of Capital Recovery Centers information and flyers can be found on their website - [www.co.cumberland.nj.us/recoverysupportservices](http://www.co.cumberland.nj.us/recoverysupportservices)



## ALL RECOVERY MEETING

*Come experience recovery support in a safe non-judgmental environment that honors all pathways to recovery.*

### HYBRID EVENT

Meetings are available virtually or in-person

**Every Thursday  
at 1pm**

72 N Pearl Street, Bridgeton

OR

Join Microsoft Teams Meeting

or call in: 1-856-209-3537, Conference ID: 757 001 028#

**ALL RECOVERY  
ALL PATHWAYS  
ALL TOGETHER**



[www.facebook.com/capitalrecovery](https://www.facebook.com/capitalrecovery)

**CUMBERLAND COUNTY  
HUMAN SERVICES**  
Division of Mental Health & Addiction Services



**Division of Mental Health & Addiction Services**  
**wellnessrecoveryprevention**  
laying the foundation for healthy communities, together



**CUMBERLAND  
CARES**  
COMMUNITY ASSISTANCE RECOVERY SERVICES

Funding provided in part by Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No.93.788.



# Coffee & Conversation

*Get your cup of coffee ready and drop in for an open discussion on all things recovery!*

## — HYBRID EVENT —

MEETINGS ARE AVAILABLE VIRTUALLY OR IN-PERSON

**Every Tuesday  
at 2 pm**

72 N Pearl Street, Bridgeton  
OR

Join Microsoft Teams Meeting  
or call in: 1-856-209-3537, Conference ID: 708 667 335#

*We welcome all who are in or seeking recovery from substance use.  
We also welcome those affected by someone else's substance or  
alcohol use and those who support the recovery lifestyle.*



[www.facebook.com/capitalrecovery](https://www.facebook.com/capitalrecovery)

CUMBERLAND COUNTY  
**HUMAN SERVICES**  
*Division of Mental Health & Addiction Services*



Division of Mental Health & Addiction Services  
**wellnessrecoveryprevention**  
*laying the foundation for healthy communities together*



CUMBERLAND  
**CARES**

Funding provided in part by Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No.93.788.





Join Us For

# GratiTuesday

*What are you grateful for?*



Learn how gratitude can help build happiness, self-esteem, and more, through activities & peer support.



**Tuesdays**

**856-391-7449**

**7:00-8:00**

**72 N. Pearl St - Bridgeton NJ 08302**

**[www.co.cumberland.nj.us/recoverysupportservices](http://www.co.cumberland.nj.us/recoverysupportservices)**





## **MEN IN TRAINING M.I.T. MENTORING**

### **WHO WE ARE**


We are men shaping and transforming lives one day at a time for a better tomorrow throughout our communities!

**Come Join Us On  
Tuesday Nights**

**At 5 PM**

### **WHAT WE DO**

We offer resolutions to complex circumstances and situations

**856-391-7449** 

**[www.co.cumberland.nj.us/](http://www.co.cumberland.nj.us/)**

**recoverysupportservices** 

**72 N. Pearl St.,**

**Bridgeton, NJ 08302**

### **Objective**

- Leadership
- Role Models
- Empowerment

### **TOPICS**

- Recovery
- Resiliency
- Restoring Family Relationships
- Rebuilding Finances
- Restructuring Community Dynamics



We can be reached 24/7 via our "Hope Hotline" (973) 737-8448

We are located at 33 Wilson Drive - Suite D Sparta NJ 07871

Executive Director - John Bartichek [jbartichek@hasrcc.org](mailto:jbartichek@hasrcc.org)

Director of Recovery Services - Vance Mulholland [vmulholland@hasrcc.org](mailto:vmulholland@hasrcc.org)

Director of Mental Health Services - Stacey Manning [smanning@hasrcc.org](mailto:smanning@hasrcc.org)

Director of Volunteer Programming and Marketing - [jbuschner@hasrcc.org](mailto:jbuschner@hasrcc.org)

**Please call us with any questions or for further information!**

**Jennie Allen**

*Director of Community Relations - CRSP, CPRS*

*Hope and Serenity Recovery Community Center*

**Mission Statement:**

**At Hope and Serenity Recovery Community it is our mission to provide a stigma-free environment for those seeking support in their journey to recovery by enabling them to find their own pathway. We seek to promote our concept of “Recovery Life” which removes limits and constraints on what people can do and achieve in recovery.**

**Services Provided:**

- **Recovery Coaching and 1-on-1 Peer Work for both mental health and addiction (CRSP and CPRS)**
- **Links to Medical Services - Provide contacts to multiple local rehabs, clinics, mental health and medical support.**
- **Resource Center - Computer and wi-fi access, printers, telephones and office space to help peers with resumes, housing, and other recovery support services.**
- **Re-entry Support - Provide connections, ideas, and options to help clients re-enter all aspects of society when they come from jail, rehab and mental health institutions.**
- **Community Outreach & Municipal Alliances i.e. education and awareness events.**
- **Workshops - Offer a space for outside organizations to provide relevant trainings and workshops pertaining to recovery.**
- **Events to help empower people to live their recovery life to the fullest, including community art projects, local fairs and markets, and awareness events.**
- **Narcan Trainings - Train families and businesses how to use Narcan and perform rescue breathing.**
- **Mental Wellness Support Groups.**
- **Recovery Meetings - After hours space for recovery meetings.**
  - **Current meetings include: Alcoholics Anonymous, Depression & Bipolar Support Alliance, CRAFT (Family Support), and PTS Support.**

**We also offer a robust volunteer services program. If you like to contribute your time and energy to help us help others, we are always happy to welcome new volunteers! Volunteer hours served at our center can also be logged and used for CRSP and CPRS certifications.**

--

**Dr. Jennifer Allen, CPRS, CRSP**

**Director of Community Relations - Hope & Serenity Recovery Community Center**



# Peer To Peer Support From People Who Have Been There

## Weekly Menu Of Meetings



### **All Recovery Meetings** - Weds 6:30p In Person In Hopatcong & Thurs in Randolph

A peer-led group that welcomes everyone on their unique pathway to recovery and mental wellness, as well as all allies. Join our in-person All Recovery Meetings at either of our walk-in centers listed below (Weds in Hopatcong or Tues in Randolph both at 6:30p).

### **DBSA Peer Support** - Tuesday 7p & Friday 12p In Person In Sparta

A Depression & Bipolar Alliance peer-led support group providing fellowship and education for those dealing with depression and/or bipolar disorder.

### **Alcoholics Anonymous** - Monday 6:30p In Person In Sparta

A 12-Step Open Discussion/Topic meeting open to anyone who wants to do something about their drinking issue.

### **Peer & Advocate Connect** - Alternating Saturdays 10a via \*Zoom

A peer-led support group that welcomes anyone who works or volunteers in the recovery, mental wellness or treatment fields. Come connect and support one another.

### **Family Support Group** - Tuesday 6:30p via \*\*Zoom

Community Reinforcement And Family Training (CRAFT) meetings help family and friends of persons struggling with substance misuse and mental health challenges learn to improve how they interact so that recovery becomes a more rewarding option.

### **PTS & Trauma Peer Support** - 2nd & 4th Weds 7p-8p In Person in Sparta

We offer a safe, non-judgmental, and supportive environment for individuals seeking to increase their understanding of PTS and Trauma challenges, and how to take the first steps towards improving their quality of life.

### **Hopatcong Walk-In Center** - Wednesday 5p-8p In Person in Hopatcong

Individual peer support, resources, Narcan training, community & an in person All Recovery Meeting at 6:30p. Anyone is welcome. Hopatcong Community Resource & Wellness Center: 47 Hopatchung Rd, Hopatcong, NJ 07843

### **Randolph Walk-In Center** - Thursday 5p-8p In Person in Randolph

Individual peer support, resources, Narcan training, community & an in person All Recovery Meeting at 6:30p. Anyone is welcome. Ironia Free Methodist Church: 298 Dover Chester Rd, Randolph, NJ 07869

33 Wilson Dr, Suite D, Sparta, NJ (973)-737-8448 | [www.hasrcc.org](http://www.hasrcc.org) \*\*Zoom:  
<https://us02web.zoom.us/j/3010287909> - For more Info: [jbuschner@hasrcc.org](mailto:jbuschner@hasrcc.org)  
Facebook: Home and Serenity Recovery Community Center

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# ALL ROADS

RECOVERY COMMUNITY CENTER

A ONE-STOP SHOP FOR ALL RECOVERY NEEDS

**Jesse Dariano, Program Director**

[Dariano.jesse@jbrcnj.org](mailto:Dariano.jesse@jbrcnj.org)  
609-457-0767

## 2 Locations!

610 Blackhorse Pike  
Pleasantville, NJ

1931 Bacharach ave  
Atlantic City, NJ

**Rudy Sellitch, Coordinator**

[sellitsch.rudolph@jbrcnj.org](mailto:sellitsch.rudolph@jbrcnj.org)  
609-457-0581

## COMMUNITY GROUPS

Community is essential to success and we understand that everyone's needs and path to recovery are different. Our groups range from grief, co-dependency, MAT support and even game nights. *Check our website or facebook for updated group schedules*

## RESOURCE NAVIGATION

We pride ourselves on our community partnerships. We navigate and advocate peers going back to school, social services, recovery housing, treatment, etc. We do this with the intention of teaching members to advocate for themselves and live confident, self-directed lives

## SOCIAL SUPPORT

Part of Recovery and Life is having FUN! We have weekly activities within our groups, along with our large events every season. We serve and work with the community and welcome all to attend!

*Check our website or facebook for an updated event schedule*

## ONE-ON-ONE COACHING

Certified Peer Recovery Specialists (CPRS) are here to walk along side and guide people on their next steps. By working with a coach, members can build recovery capital, tear down barriers and build the life they deserve!

## RECOVERY GROUP SCHEDULE

### 610 Balckhorse Pike Pleasantville

**Monday - Friday**

(Various Groups)

**9am-10am & 12pm-1pm**

**Sat: Game Night (Football and Games)**

### 1931 Bacharach blvd. Atlantic City

#### Mon

Hour of Power 7:00a - 8:00a  
MAT Group 12:30p - 1:30p  
Game Night 6:00p - 7:00p

#### Tues

MAT Group 12:30p - 1:30p  
Faith Group 6:00p - 7:30p

#### Wed

Hour of Power 7:00a - 8:00am  
MAT Group 12:30pm - 1:30pm  
Womens Group 6:00pm - 8:00pm

#### Thurs

Art Therapy 12:30pm - 2:30pm  
Men's Group 6:00pm - 7:30pm

#### Fri

Reflections 7:00am - 8:00am

For Updated Schedules or To Setup a One-On-One Please Visit:  
[AllRoadsrecovery.org](http://AllRoadsrecovery.org) | [Facebook.com/AllRoadsRCC](https://www.facebook.com/AllRoadsRCC)



# Open Door Recovery Center

*Unify, Inspire, Believe, Live*

A Division of Prevention Resources, Inc.

Open Door Recovery Center, located at 5 E Main St, Flemington NJ, can be reached through our website - <https://njprevent.com/open-door-recovery/>, email - [opendoor@njprevent.com](mailto:opendoor@njprevent.com), or by phone at (908) 864-2940.

Open Door Recovery Center is a level-1, peer-focused recovery center that believes in creating an inclusive environment to support, empower, and provide resources to all persons in recovery from problematic substance use. We offer educational workshops, substance free activities and events, wellness planning, linkages to resources, and access to peer recovery coaching, as well as the following self-help and peer led groups at or near our Flemington Location—



- **Stepping Stones to Recovery All Recovery Meeting:** Monday 6:30PM - 7:30PM (ONLINE AND IN PERSON)

LOCATION: Open Door Recovery Center | 5 East Main Street, Flemington, NJ 08822

LINK: <https://us02web.zoom.us/j/82977039574>

- **Reunión De Alcoholicos Anónimos Para Los Que Habla Espanol:** Viernes de 8:00-10:00pm (IN PERSON)

LOCATION: 4 Walter E. Foran Blvd, Flemington, NJ 08822, Suite 410

- **Spanish Speaking Alcoholics Anonymous Meeting:** Friday 8:00pm-10:00pm (IN PERSON)

LOCATION: 4 Walter E. Foran Blvd, Flemington, NJ 08822, Suite 410

- **SMART Recovery:** Thursday 6:30PM - 7:30PM (ONLINE AND IN PERSON)

LOCATION: Hunterdon Chamber of Commerce | 119 Main Street, Flemington, NJ 08822

LINK: <https://us02web.zoom.us/j/83079693564>

- **Safe Haven LGBTQ+ Alcoholics Anonymous Meeting:** Friday 8:00PM - 9:00PM (ONLINE AND IN PERSON)

LOCATION: Open Door Recovery Center | 5 East Main Street, Flemington, NJ 08822

LINK: <https://us02web.zoom.us/j/84562885752>

- **Refuge Recovery, offering a Buddhist approach to recovery:** Saturday 7:00PM-8:00PM (IN PERSON)

LOCATION: Honor Yoga Flemington | 17 Reaville Avenue, Flemington, NJ 08822

- **Recovery Court Alumni Meeting** (Open to all current and past participants of the New Jersey Recovery Court system) : The last Wednesday of every month, 7:00-8:00pm. (IN PERSON)

LOCATION: Flemington Presbyterian Church 10 E Main St, Flemington, NJ 08822



# SAFE HAVEN



## LGBTQ+ MEETING OF ALCOHOLICS ANONYMOUS

New hybrid meeting  
starting  
March 18th, 2022

### FRIDAY NIGHTS 8:00PM-9:00PM

|  |   |
|--|---|
| <b>Open Door Recovery Center</b><br>5 East Main Street<br>Flemington, NJ 08822 | <b>Join virtually:</b><br>Zoom ID:<br>845 6288 5752 |
|--|---|

**OPEN TO ANYONE IN THE LGBTQ+ COMMUNITY SEEKING RECOVERY. ALL IDENTITIES AND GENDERS WELCOME.**

**Rotating format:**

1st Friday of the month: Speaker/discussion

2nd Friday of the month: Daily reflections

3rd Friday of the month: Step of the month (12&12)

4th Friday of the month: Meditation & topic discussion

5th Friday of the month (if applicable): Big book

**Contact Gillian H. with any questions:**

✉ [gill.heintjes@gmail.com](mailto:gill.heintjes@gmail.com)

OPEN DOOR RECOVERY CENTER PRESENTS

## RECOVERY COURT ALUMNI MEETING



HOSTED THE LAST  
WEDNESDAY OF THE MONTH  
7:00PM - 8:00PM

Flemington Presbyterian Church  
10 E Main St, Flemington, NJ 08822

Open to all current and past  
participants of the  
New Jersey Recovery Court system.



Email [opendoor@njprevent.com](mailto:opendoor@njprevent.com) for more information



## REFUGE RECOVERY

A Buddhist approach to recovery from  
addiction.

SATURDAY 7:00PM-8:00PM

Honor Yoga  
17 Reaville Avenue  
Flemington, NJ 08822

Contact Shaun with any questions:  
[smalleck@njprevent.com](mailto:smalleck@njprevent.com) | 908-402-3635

 **SMART Recovery®**  
Self-Management and Recovery Training

SELF-MANAGEMENT AND RECOVERY TRAINING

# SMART

## RECOVERY GROUP

**HYBRID MEETING**

Thursdays 6:30 - 7:30 PM

**Hunterdon Chamber of Commerce**  
119 Main St, Flemington, NJ 08822

**Join Virtually**  
Zoom ID: 830 7969 3564



### WHAT IS SMART?

SMART Recovery is for anyone with a desire to address any type of addictive behavior. It uses science-based skills that focus on building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviors, and living a balanced life.



Contact us: [opendoor@njprevent.com](mailto:opendoor@njprevent.com) | 908-864-2940

# REUNIÓN DE ALCOHOLICOS ANÓNIMOS



PARA LOS QUE HABLAN ESPANOL

## SPANISH SPEAKING AA MEETING

VIERNES  
DE 8:00PM - 10:00PM  
FRIDAYS  
8:00PM - 10:00PM

EN PERSONA  
IN-PERSON MEETING

## PREVENTION RESOURCES, INC.

4 Walter E. Foran  
Blvd, Flemington, NJ  
08822  
Suite 410

**Formato pre  
determinado.**

**Format to be  
determined.**



## ENCUENTRA LA RECUPERACIÓN HOY

Únase con nosotros en persona a partir del 8 de Julio 2022 para una reunión de Alcohólicos Anónimos para hispanos. Abierta a todas las personas que hablan espanol que buscan recuperación a través de 12 pasos.

## FIND RECOVERY TODAY

Join us in person beginning July 8th 2022 for an in-person Spanish speaking meeting of Alcoholics Anonymous. Open to all Spanish speaking persons seeking recovery through the 12 steps.

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Sussex County Recovery Community Center

## For individuals with substance use/addiction issues



### Alcoholics Anonymous

12-Step program for anyone with a desire to stop drinking  
 • Mondays at 7:30 p.m. (Open, Beginners Discussion)  
 • Tuesdays at 7:30 p.m. (Open, Big Book)



### Moms in Recovery

Peer support group for moms in recovery or seeking recovery from addiction  
 • Mondays at 1 p.m. Hybrid | Main Office 61 Spring St. Newton  
 Zoom ID: 844 0158 6226



### S.M.A.R.T. Recovery

Science-based recovery support meeting to equip people with practical skills and tools to overcome their addiction  
 • Mondays at 7:30 p.m. Virtual | Zoom ID: 489 552 540 | PW: 304617 (Open)  
 • Wednesdays at 7:30 p.m. (Open)



### The Noble Steps

12-step program that integrates Buddhist teachings and practices  
 • Saturdays at 8 a.m. Hybrid | Zoom ID: 730 677 9973 | PW: 306678 (Open)



### Narcotics Anonymous

12-step program for anyone with a desire to stop using drugs  
 • Saturdays at 5:00 p.m. (Open, Step Working Guide discussion)



### Debtors Anonymous

A 12-step program offering hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others.  
 • Fridays 5:30 p.m.

- IN-PERSON meetings are located at 65 Newton-Sparta Rd, Newton, NJ unless otherwise indicated
- VIRTUAL meetings are offered via Zoom.
- HYBRID meetings welcome participants both in-person and via Zoom
- CLOSED meetings are limited to people who identify as members or potential group participants.
- OPEN meetings are open to anyone, including observers.

## For everyone



### All Recovery

Open discussion meeting for anyone affected by addiction  
 • Fridays 1:00 p.m. Main Office, 61 Spring St, 1st Floor, Newton  
 • 2nd & 4th Thursdays 5:30 pm Hopatcong Resource & Wellness Center - 47 Hopatchung Rd., Hopatcong, NJ



### Drop-in for Recovery

Speak to a recovery coach for guidance navigating recovery  
 • Monday-Friday 10 a.m. - 4 p.m.  
 • 2nd & 4th Thursdays from 3-7 p.m. Hopatcong Resource & Wellness Center - 47 Hopatchung Rd, Hopatcong, NJ



### All Level Yoga

Free to the Sussex County Recovery Community. Mats provided  
 • Saturdays 9:30 a.m. - 10:30 a.m.



### Breaking Free Codependency Support Group

Exploring codependency and how it may affect your life  
 • Tuesdays 6:00 - 7:15 p.m. Main Office, 61 Spring St, 2nd Floor, Newton



### J.A.M. (Journey Through Arts & Music)

Journey together with others who want to enliven the recovery community center with arts and music  
 • 3rd Saturday 7:00 - 9:00 p.m.



### Narcan

Monthly opioid overdose prevention training and free Narcan kits  
 Go to: [centerforprevention.org/rcc/narcan](http://centerforprevention.org/rcc/narcan)

## For family and friends



### S.M.A.R.T. Family & Friends

Support group meeting for anyone affected by the addictive behaviors of a loved one. Learn ways to better cope with your unique situation  
 • Thursdays at 6 p.m. Virtual | Zoom ID: 917 230 074 | PW: 639809 (Open)

YOU ARE INVITED TO  
**HALLOWEEN JAM**  
 Journey through Arts & Music  
 MUSIC • ART • POETRY • MORE

**SATURDAY 10.15.2022 7:00-9:00 PM**

GIFT CARD PRIZES FOR COSTUMES!

Sussex County Recovery Community Center  
 65 Newton Sparta Rd, Newton NJ  
 973.940.2966

Recovery Support Services possible with funding from the Sussex County Department of Human Services, Chapter 51

SUSSEX COUNTY  
 RECOVERY COMMUNITY CENTER

**Pumpkin Patch**

MINI PUMPKIN PAINTING

PICK A FREE  
 MINI PUMPKIN

DECORATING  
 SUPPLIES

GOODIE  
 BAG

TREATS  
 & SNACKS

FALL-THEMED PHOTO AREA

**WEDNESDAY, OCTOBER 26 3-6 PM**  
**FRIDAY, OCTOBER 28 3-6 PM**

65 NEWTON SPARTA RD., NEWTON, NJ  
 973-940-2966  
[Marjorie@centerforprevention.org](mailto:Marjorie@centerforprevention.org)

Recovery Support Services possible with funding from the Sussex County Department of Human Services, Chapter 51





**mondays  
in october**

5:00 to  
6:00 PM

## FOREST BATHING TRAIL WALK

Introducing the Japanese practice of Forest Bathing, a practice of mindfully spending time in nature and engaging the 5 senses of taste, smell, touch, sight, and hearing. This practice can provide many physical and mental benefits and is an easy way of practicing mindfulness.

### DETAILS

- ✓ Open to the Recovery Community
- ✓ Meets at the CFPC rear parking lot
- ✓ \$5 gift card for attendance
- ✓ Transportation available
- ✓ Weekly registration required
- ✓ Rain or shine



Center for Prevention & Counseling  
61 Spring St., Newton, NJ



973-383-2497 [linda@centerforprevention.org](mailto:linda@centerforprevention.org)



## RECOVERY IS POSSIBLE

65 Newton Sparta Rd.  
Newton, NJ

**24/7 HELPLINE**  
**844-SC-CLEAR**



### EVERYONE IS WELCOME

The Sussex County Recovery Community Center provides recovery support services and connection to other resources for individuals and families affected by substance use and addiction.

People in or seeking recovery, friends, family and allies of recovery are all welcome at the Sussex County Recovery Community Center

### PROGRAMS & SERVICES

Peer Support Meetings | Family Support  
Recovery Coaching | Connection to Treatment  
Narcan Kits & Training | Volunteer Opportunities

**For a list of programs, meetings,  
services and events visit**

[centerforprevention.org/rcc](http://centerforprevention.org/rcc)



@sussexcountyrecoverycommunity



Sussex County Recovery Community Center  
is a program of the Center for Prevention & Counseling



# FALL RECOVERY EVENTS OCTOBER



**Pumpkin Patch · Mini Pumpkin Painting**  
Wednesday, October 26 & Friday, October 28 · 3:00 - 6:00 pm

Pick a free mini pumpkin · decorating supplies  
goodie bag · treats & snacks · fall photo area



## Weekly 'Forest Bathing' Trail Walk

Mondays in October · 5:00 - 6:00 P.M.



Meet at the CFPC parking lot. \$5 gift card for attendees.  
Transportation is available. Registration required · [linda@centerforprevention.org](mailto:linda@centerforprevention.org)  
no trail walk on 10/10

## Book Club

Thurs. October 20 · 7:00 pm



Featured Book

*Saving Eric: A Mother's Journey  
Through Her Son's Addiction* by Mary Burns  
registration [tinyurl.com/bookclubSE](https://tinyurl.com/bookclubSE)

## J.A.M.

**Journey Through Arts & Music**  
Sat. October 15 · 7:00 - 9:00 pm

Halloween Theme  
Gift Card Prizes for Costumes!



## Origami Workshop

Saturday, October 22 · 1:00 - 3:00 pm

Origami is a relaxing activity that helps develop and enhance skills like eye-hand coordination, attention to detail and focus, and other skills to boost the mind.  
Join us for this fun creative workshop! Transportation assistance available.



## Weekly Yoga

Saturdays · 9:30-10:30 a.m.



Join our free weekly yoga led by  
our volunteer certified instructors.  
Suitable for all levels. Mats provided.

## Free Narcan Training & Kits

First Friday of every month  
(times will vary)

Fri. October 7 · 6:00 pm

registration required  
[tinyurl.com/narcanoctober](https://tinyurl.com/narcanoctober)



65 Newton Sparta Rd. · Newton, NJ · 973.940.2966 · [centerforprevention.org/rcc](https://centerforprevention.org/rcc)

# Recovery Coaching Programs

Recovery Coaches use lived experience and professional training to provide peer support and assistance in developing a recovery plan.

Call our helpline at 844-722-5327 to learn more about our programs or connect with a recovery coach.



**CLEAR Program & Operation Helping Hand**  
Local law enforcement can refer Sussex County individuals and families affected by substance use to recovery services.



**Opioid Overdose Recovery Program**  
Recovery Coaches and Patient Navigators assist patients admitted to Newton Medical Center as the result of an overdose or other substance related issue.



**Support Team for Addiction Recovery**  
This program provides one year of Recovery Coaching and Case Management for adults in Sussex County with a history of Opioid Use Disorder.



**Maternal Wrap Around Program**  
This program provides Recovery Coaching and Case Management for pregnant women who have misused a substance at least once during their pregnancy.



**THERE IS NO SHAME  
IN BEGINNING  
AGAIN, FOR YOU GET  
A CHANCE TO BUILD  
BIGGER & BETTER  
THAN BEFORE.**

[Click here for a complete list of all Community  
Peer Recovery Centers in NJ](#)



# Everything you think you know about addiction is wrong | Johann Hari



What really causes addiction — to everything from cocaine to smart-phones? And how can we overcome it? Johann Hari has seen our current methods fail firsthand, as he has watched loved ones struggle to manage their addictions. He started to wonder why we treat addicts the way we do — and if there might be a better way. As he shares in this deeply personal talk, his questions took him around the world, and unearthed some surprising and hopeful ways of thinking about an age-old problem.



**WRAP Celebrates  
Recovery Month  
2022!**



September is **Recovery Month**, a time to celebrate and honor all who are in recovery— or starting on their recovery journey—from mental health issues and substance use disorders. Learn below how WRAP helped Lisa St. George with her mental health recovery by clicking the image above.



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

**The NEW JERSEY SELF-HELP CLEARINGHOUSE** was started in 1981 as the first statewide operation of its kind in the country. The mission of the Clearinghouse is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone.

**WE OFFER THE FOLLOWING SERVICES:**

- Information on Self-Help Support Groups
- Assistance with Starting New Support Groups

- Trainings and Workshops
- Support Provided via the MHANJ Call Center to those in need of immediate support

**Looking to start a support group?**  
**The NEW JERSEY SELF-HELP CLEARINGHOUSE staff can help!**

Step 1: Attend a Quarterly "How to Start a Support Group" Webinar.

Step 2: Schedule a meeting with one of the NJ Self Help Group Clearinghouse staff to discuss

what was learned in the webinar and how to put what was learned into action.

Step 3: Keep in touch with the Clearinghouse for any troubleshooting once the group is up and running and update on any group detail changes to be reflected in the Clearinghouse Database.

Step 4: Attend regular webinars offered by the NJ Self Help Group Clearinghouse to enhance your support group!

[Click Here to Add or Update your Support Group Information in our Database](#)



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## Upcoming Clearinghouse Happenings

### Understanding the New Jersey Psychiatric Advance Directive (PAD)

This presentation will provide participants with a basic overview of what Psychiatric Advance Directives (PADs) look like in New Jersey and how they can be utilized as a self-advocacy tool for individuals experiencing a mental health crisis.

**Wednesday October 26th @ 10am**

[Register Here](#)

### Holiday WRAP

Join us to discuss how you can create or update your WRAP to help stay well this holiday season!

**Wednesday November 9th @ 10am**

[Register Here](#)

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# MHANJ Call Lines

If anyone is a feeling distress due to today Supreme Court ruling, please reach out to our NJ Mental Health Cares Line or the Peer Recovery Warmline.



CALL 877-292-5588  
TTY: 877-294-4356

CALL FOR SUPPORT AND  
INFORMATION  
MONDAY-FRIDAY 8AM TO 10PM  
SATURDAY-SUNDAY 5PM TO 10PM  
HOLIDAYS-3PM TO 10PM

PEER RECOVERY WARMLINE  
(PRW) IS A PEER-RUN SERVICE  
PROVIDING ONGOING  
TELEPHONE SUPPORT TO  
MENTAL HEALTH CONSUMERS  
AS THEY WORK TOWARDS THEIR  
RECOVERY. ALL CALLS ARE  
ANSWERED BY PEERS WHO ARE  
TRAINED, SUPPORTIVE PEOPLE  
WITH LIVED EXPERIENCE WITH  
MENTAL HEALTH DISORDER.



CALL 855-652-3737  
TTY: 877-294-4356

THE NJ CONNECT FOR  
RECOVERY CALL LINE  
FOCUS ON HELPING  
PEOPLE WHO ARE  
EXPERIENCING DISTRESS  
RELATED TO THE  
SUBSTANCE USE DISORDER  
OF A FAMILY MEMBER OR  
FRIEND.



CALL 1-866-202-  
HELP (4357)  
TTY: 877-294-4356

NJMENTALHEALTHCARES  
IS NEW JERSEY'S  
BEHAVIORAL HEALTH  
INFORMATION AND  
REFERRAL SERVICE. THE  
STAFF OF SPECIALISTS  
USE THEIR EXPERIENCE  
AND UNDERSTANDING OF  
THE BEHAVIORAL  
HEALTH SYSTEM TO  
PROVIDE CALLERS  
INFORMATION AND  
CONNECT THEM TO THE  
BEHAVIORAL HEALTH  
AND SERVICES THEY  
NEED.



[Click here to view the most recent Key Update Newsletter of the  
National Mental Health Self-Help Clearinghouse](#)

**[Join our Mailing List!](#)**

**Follow us on Facebook:**

**<https://www.facebook.com/NJSelfHelpGroupClearinghouse>**

The NJ Self Help Group Clearinghouse | Mental Health Association in NJ  
35 Beaverson Blvd., Building 5, Unit B, Brick, NJ 08723

