

July 2023 | Volume 7

Clearinghouse Connections

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



Greetings from the New Jersey Self-Help Clearinghouse!

Here we are at a great transition time of the year. As we transition into Summer, the school year ends and Summer begins, regular work hours go to summer hours for some (thank you MHANJ management) and in general we go to a slightly more relaxed time of year. It's also time for a lot of celebrating for our program.

As we wrap up June's **LGBTQ+ Pride Month**, **Men's Health Month**, **Alzheimer's & Brain Awareness Month** and **PTSD Awareness Month** and a celebration of **Juneteenth**, we move into July's **BIPOC Mental Health Awareness Month** (formerly called Minority Mental Health Awareness Month) and **Disability Pride Month**.

June was an incredibly busy month of celebrations for the NJ SHCH Team
As members of the MHANJ PRIDE Team, Eve Ellsworth and Kelly Uhland staffed the booth, marched and rode in 2023 Jersey Pride Parade and Festival
MHANJ's PRIDE Team theme is:

Take Pride in Your Mental Health....We do!!!

Here Eve is with Bob Kley, MHANJ's VP and COO-



Here are a few more pics of MHANJ Staff at Pride. Visit our Facebook at <https://www.facebook.com/NJSelfHelpGroupClearinghouse> for more pictures!



Welcome Kayla!

The Clearinghouse is so happy to announce our newest team member Kayla! Kayla is joining the team as our Administrative Assistant and will be our self-help support group guru going forward (with the help of Eve). She is currently a clinical mental health graduate student, studying at Monmouth University. Just in the nick of time as the number of requests for support groups, coming in from our website, increased exponentially the past couple weeks. Folx must have known that Kayla had just started and wanted to make sure she got busy right away! We are so excited to have her on the team!



The next big June Celebration was Juneteenth MHANJ's Community Education Department, including **Clarissa Wheat**, Director of the PEWS Program and **Lynette Sheard**, Director of the New Jersey Mental Health Players recently provided an informative virtual session on Facebook Live in celebration and commemoration of Juneteenth. We here at the Clearinghouse find this to be an exceptional video to learn about Juneteenth! Click below to access the video.
https://www.facebook.com/watch/live/?ref=watch_permalink&v=1718766448552646

Retirement Celebration!

Although not an “official month” yet, late in June, we were privileged join the celebration for Deacon Laverne Williams, fondly known to us as Ms. Laverne, on her retirement after 38 years at MHANJ as the Director of PEWs program where she Promoted Emotional Wellness through Spirituality. We love you, Ms. Laverne, and there is “nothin’ you can do about it”.



Here is the SHCH Team with Ms. Laverne-



Here is your Clearinghouse Team with Clarissa Wheat (Co-worker) and Kathy Skelton (friend of the Clearinghouse)



The NJ Self-Help Clearinghouse Team unofficially declares June 2023 as Deacon Laverne Williams Month – Keepin’ it Real – One Decade at a Time!

WRAP for Veterans

In April, for the first time ever, we held our first WRAP® for Veterans Seminar 1 Workshop, hosted by the VFW in Little Egg Harbor. A total of nine veterans from various branches of service, one spouse of a veteran and one very patient service animal completed this training. Several of these veterans that work as peers on the Veterans Suicide Response Team for the Wilmington VA Medical Center serving southern NJ will go on later this year to become Certified WRAP® Facilitators. Along with my Co-Facilitator, Randy Elfenbein of MHA Union County, it was truly an honor and a privilege to share this life enhancing and lifesaving workshop with this group.



Best Certificate of Completion ever! For Alpha the Service Dog:



Certificate of Completion

Alpha

Has participated in the 18-Hour Workshop:
WRAP® For Veterans,
Active Service Members and Military in Transition
Seminar I:
The Study of Mental Health Recovery Including
Developing Your Own Wellness Recovery Action Plan
Completed: 4/28/2023

Randy Elfenbein
WRAP Facilitator
Since 2019

Eve Ellsworth
Advanced Level WRAP
Facilitator Since 2021

*This workshop serves as a prerequisite for the WRAP Seminar 2 Training

And.....let's make sure to spread the word about BIPOC (Black, Indigenous, People of Color) Awareness Month! Use the QR Code below to access the Mental Health America BIPOC Mental Health Awareness Month Toolkit and to learn more!

JULY IS BEBE MOORE CAMPBELL NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

**DOWNLOAD
FREE
RESOURCES**



mhanational.org/july



#BIPOCMENTALHEALTH

#BEBEMOORECAMPBELL

Enjoy your summer, support each other and do not hesitate to reach out for assistance in starting new groups, for technical assistance with your existing groups, to find a support group of any kind, to update us with new group information, changes or just to say HELLO!

Eve & Kelly



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**](#)



A graphic with a light pink background featuring several small white flowers with green stems. The text "Support Group Spotlights" is written in a large, purple, cursive font in the center.

Support Group Spotlights

While visiting booths at the Jersey Pride Festival in Asbury Park, Eve stopped by the MOCEANS Center for Independent Living table. There she was met by Sherone Rogers, Monmouth PASP County Coordinator. While learning about this Center, Eve's thoughts went to the Atlantic Center for Independent Living and the idea was sparked to spotlight these centers in this SHCH Newsletter. She learned, literally last week, that July is Disability Pride Month, so.....

A graphic with a black background. A rainbow flag is positioned diagonally from the top left to the middle. Another rainbow flag is positioned diagonally from the bottom left to the middle. The text "Happy Disability Pride Month" is written in white, bold, sans-serif font in the center.

Happy Disability Pride Month

What is Disability Pride Month?

Disability Pride Month is an annual observance is used to promote visibility and mainstream awareness of positive pride felt by people with disabilities. The first Disability Pride Day was held in Boston in 1990; and first U.S. based Disability Pride Parade was held in Chicago in 2004. Today, Disability Pride Parades are held in a number of places nationwide. These events celebrate "disability culture" with the intention to positively influence the way people think about and/or define disability and to end the stigma of disability. (Taken from AmeriDisability website)

In honor of Disability Pride Month, this Newsletter will be spotlighting the **New Jersey Centers for Independent Living**. So what is a Center for Independent Living here in New Jersey? To best understand what a Center for Independent Living is and what services are provided by these organizations provide, we reached out to Sherone Rogers who agreed to be interviewed. Here is what Sherone had to say.



**Sherone Rogers, Monmouth PASP County Coordinator,
Moceans Center for Independent Living**

Tell me about your involvement with this organization/program?

I am the Monmouth County Coordinator of a state-funded program that awards eligible individuals living with permanent physical disabilities to hire personal assistants to help them with their activities of daily living, or ADLs.

What can you tell us about the types of self-help groups the organization offers?

Moceans CIL supports people with disabilities to solve problems, open minds, and create opportunity. We do this by providing Peer Support, Independent Living Skills Training, Information & Referral, Individual & Systems Advocacy, Transition to

Community Life, and Support Coordination services to the DDD population.

What self-help support groups are offered? Are the groups online / in-person or both? Are there any costs? Are they open to the public? Is there a registration process?

- A weekly Peer-to-Peer group; a virtual platform offering participating individuals a safe space to discuss shared experiences and topics of interest while reducing isolation. A licensed practitioner participates in the discussion each week.
- Happy Hour is a fun, virtual bi-monthly Friday evening experience offered from October to April. The focus is on entertainment and each session has a guest performer. Past Happy Hours have featured professional comedians, singers, magicians, dancers, chefs, and more. Participants have reported feeling an increased sense of belonging, feeling of camaraderie, and reduction of stress and isolation.
- Stroll & Roll is an in-person, bi-monthly wellness walk. Participants reduce stress, improve their overall moods, and socialize while working to improve their physical health.
- For a full list of our events, please visit www.moceanscil.org to join our newsletter mailing list.

Both in-person and virtual self-help support groups are offered at no cost to the community. We usually don't require registration for our groups, but often ask individuals to RSVP with their names, email addresses and phone numbers so that we can contact them in case of a change of event time, venue, etc.

What is your target "audience"?

We serve individuals with any and all disabilities, living in Monmouth and Ocean counties, as well as their families and caregivers. Of course, people from other communities are welcome to participate in our activities, both virtual and in-person. Family members and caregivers from other communities are welcome to our activities in both counties.

How do people find or get referred to your groups?

The best way would be to go to our website and join our mailing list. Individuals are also often referred by other agencies or hear about us through word of mouth.

What is the message that you want to get out to potential group members/attendees:

If you are living with ANY disability, please reach out to us; there is SOME way that we can help you live your BEST LIFE.

The MOCEANS Center for Independent Living is only one of the CILs here in NJ – Here is the up-to-date link for all NJ county CILS <https://njacil.org/>



moceans

Peer-to-Peer

Wednesdays at 5:30 PM

Zoom Link: <https://zoom.us/j/832352469>
Meeting ID: 832 352 469
Dial-In Number: 1-929-436-2866

Join us - Listen in or lean in!

Zoom Meeting Link

While researching more about the NJ Centers for Independent Living Eve spoke with **Carolyn Quinn** of MHA Atlantic County who collaborates with **Donald Campbell** and additional staffers at the Atlantic Center for Independent Living to bring online support groups for people with disabilities of all kinds. Carolyn, always ready with a wealth of knowledge and resources, was able to provide us with this listing of online groups that are sponsored by the Atlantic CIL and hosted by MHANJ's UBW – United By Wellness Virtual Wellness Center.

These groups are open to anyone in any NJ County. To sign-up to attend these Whole Health Community/United By Wellness virtual support groups and all groups offered by UBW, go to: <http://www.mhaac.info/ubw-how-to-join.html> - Each day you will receive an email listing that day's group offering. One particular group will be highlighted each day and if you scroll down towards the bottom of the email you will see the particulars for each group and a zoom link to join. See below for a list of their support group offerings.



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC
160 SOUTH PITNEY ROAD, SUITE 3 & 4
GALLOWAY, NJ 08205
(609) 748-2253 [HTTPS://ATLANTICCIL.ORG](https://atlanticcil.org)

12PM – 1PM MONDAYS: COPING SKILLS SUPPORT GROUP
MEETING ID: 975 3587 3500 [HTTPS://ZOOM.US/MEETING/REGISTER/TJMOD0YQGTGVGTSW_LUNGCBEY582MB6VZKL](https://zoom.us/join/zoom/97535873500)
LEARN NEW COPING SKILLS TO HELP DEVELOP RESILIENCY AND WAYS TO PROCESS STRESS. TYPES OF ACTIVITIES VARY FROM WRITING, ART, POETRY, AND MUSIC.

8PM-9PM MONDAYS: KEEPING OUR COMMITMENTS
MEETING ID: 918 0901 4251 [HTTPS://ZOOM.US/MEETING/REGISTER/TIULDCORZ8OH9XRYDO3OHIXQIPQDNWCVR-T](https://zoom.us/join/zoom/91809014251)
OPEN SHARE/TOPIC FOCUSED GROUP – CONSUMERS WILL EXPLORE WAYS TO KEEP COMMITMENTS TO OTHERS BY EXPLORING WHAT MENTAL AND PHYSICAL ISSUES THAT THEY MIGHT BE EXPERIENCING AND HOW TO FACE THEM.

2PM-3PM WEDNESDAYS: BETTER TOGETHER
MEETING ID: 875 6132 4882 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZMOCEIRRD8IETAPSQDD-01VP4GHGIVIBFO](https://us06web.zoom.us/join/zoom/87561324882)
TOPIC FOCUSED GROUP – THIS IS A SUPPORT GROUP FOR INDIVIDUALS WHO STRUGGLE WITH A COMBINATION OF PHYSICAL AND MENTAL HEALTH CHALLENGES. TOGETHER WE WILL DISCUSS A TOPIC SURROUNDING THE STRUGGLE OF BALANCING PHYSICAL AND MENTAL WELL-BEING. LET'S SUPPORT EACH OTHER IN OUR JOURNEYS TO WELLNESS!

4PM-5 PM THURSDAYS: YOU HAVE THE FLOOR
MEETING ID: 948 2568 3415 [HTTPS://ZOOM.US/MEETING/REGISTER/TIALDEYUPIGUG9FAWK7IM7HBM5YXHEZ3RRO7](https://zoom.us/join/zoom/94825683415)
ALLOW PEOPLE TO BE SEEN AND HEARD BY GIVING THEM THE FLOOR SO TO SPEAK TO TALK FOR UP TO FIVE MINUTES. MAY ALSO INCLUDE, FROM TIME TO TIME, TOPICS ON BETTER COMMUNICATION SKILLS.

2PM-3PM SATURDAYS: COLOR ME HEALTHY
MEETING ID: 963 4262 7503 [HTTPS://ZOOM.US/MEETING/REGISTER/TIUC-UURDWVGTEKARAOZU3IYU8TIL3U6](https://zoom.us/join/zoom/96342627503)
ACTIVITY GROUP – GRAB YOUR COLORING BOOK & ART SUPPLIES OF CHOICE AND COLOR WITH US DURING THIS RELAXING, CREATIVE HOUR! CONVERSATION IS KEPT LIGHT AND FOCUSED ON UPLIFTING TOPICS.

10AM-11AM SUNDAYS: CHRONIC PAIN SUPPORT GROUP
MEETING ID: 891 6452 0279 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZOSCE2TRDSOHDCUHEEDTNYHPPQAQOOLQL](https://us06web.zoom.us/join/zoom/89164520279)
OPEN SHARE/TOPIC FOCUSED GROUP – THIS IS A SAFE SPACE FOR INDIVIDUALS WITH COMMON EXPERIENCES, FEELINGS & STRUGGLES OF LIVING WITH CHRONIC PAIN. SHARING AND DISCUSSING COMMON WORRIES... WHILE LISTENING, LEARNING, AND SUPPORT ONE ANOTHER.

7:30-8:15PM SUNDAYS: MEDITATION
MEETING ID: 927 8257 0162 [HTTPS://ZOOM.US/MEETING/REGISTER/TIYQF-UTQSRHNYABPFWUMGQ4NVXIHIFKP-X](https://zoom.us/join/zoom/92782570162)
END YOUR WEEKEND/ START YOUR WEEK OFF PEACEFULLY WITH OUR MEDITATION HOUR.

8-9 PM REDISCOVERING YOU THROUGH VITAL WELLNESS (2ND AND 4TH SUNDAY)
MEETING ID: 895 1210 9665 [HTTPS://US06WEB.ZOOM.US/MEETING/REGISTER/TZODUUPRIHSHGWSWJTIEDQX88_DY88M04E](https://us06web.zoom.us/join/zoom/89512109665)
TOPIC-FOCUSED/ACTIVITY-BASED – A SOCIALLY OPEN GROUP IN WHICH WE DISCUSS COPING SKILLS FOR TODAY'S STRUGGLES AND TOMORROW'S SUCCESS. JOIN US TO BE A PART OF AN ACCEPTING CONVERSATION OR ACTIVITY.



WWW.MHAAC.INFO/UBW



UNITEDBYWELLNESS@MHANJ.ORG



609-652-3800

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Art Sparks 1
	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 2	Life Skills 2pm Current Events 3pm 3	Chronic Pain 2pm 4	Walk & Talk 5:30pm Life Skills 6pm 5	Social/Wellbeing 1pm 6	Art Sparks 8
	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 9	Life Skills 2pm Current Events 3pm 10	Chronic Pain 2pm Health Call 5:30pm 11	Walk & Talk 5:30pm Life Skills 6pm 12	Social/Wellbeing 1pm 13	Art Sparks 15
	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 16	Life Skills 2pm Current Events 3pm 17	Chronic Pain 2pm 18	Walk & Talk 5:30pm Life Skills 6pm 20	Social/Wellbeing 1pm 21	Art Sparks Express Yourself 12pm Galloway Library 22
	Yoga 10:30am Sketch Book Club 1pm Application Help 2pm 23/30	Life Skills 2pm Current Events 3pm 24/31	Chronic Pain 2pm Health Call 5:30pm 25	Walk & Talk 5:30pm Life Skills 6pm 26	Social/Wellbeing 1pm 27	Art Sparks 28

Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

An **IMPORTANT FACT** about the NJ CILs is that as long as an individual is aware that there is a local CIL in their county or a nearby county, they are able to receive services from any CIL. There is “No Wrong Door” for services and different CILs provide different services.

Many of us in the mental health recovery community are aware of a saying that rings true for self-help support groups - **NOTHING ABOUT US WITHOUT US!** Did you know that this slogan comes from the Independent Living Movement?

To learn more about the History of the Independent Living Movement visit this link: <https://www.nilp.org/history-of-independent-living-movement/>

Thank you to those that contributed, Sherone and Carolyn, and all that provide services at the NJ CILs!

To wrap-up our highlight on the CILs here in NJ, the Clearinghouse wishes you and your loved one's a Happy Disability Pride Month!

Here are some additional resources for Disability Pride Month:

- [Disability Rights New Jersey](#) - New Jersey’s designated Protection and Advocacy agency under federal law. They advance the human, civil, and legal rights of people with disabilities and promote their self-determination, independence, productivity, and integration into all facets of community life.
- [Perform Care](#)
- [ABLE National Resource Center](#)

*Gov. Phil Murphy names July Disability
Pride Month in New Jersey*



*Click Here to read about the
proclamation!*

CENTER FOR INDEPENDENT LIVING OF SOUTH JERSEY, INC.

MONTHLY SUPPORT GROUP

EVERY 3RD WEDNESDAY
11AM - 1PM

1150 DELSEA DRIVE SUITE 2
WESTVILLE NJ 08093

LUNCH
PROVIDED
PLEASE
RSVP

(856)853-6490
CIL-SJ.COM



Second Monday of Every Month from 5:00 to 6:00 PM

[Click Here to Register](#)



Thursdays from 5:30 to 6:30 PM
ACI, 629 Amboy Ave, Edison, NJ

This weekly support group is for anyone looking to recover from substance addiction (alcohol, marijuana, opiates, cocaine, etc) as well as people looking for information on how to help loved ones who are struggling. You do not have to consider yourself an alcoholic or drug addict to attend!

[Click Here to Register](#)



Fourth Tuesday of Every Month from 5:30 to 7:30 PM
ACI, 629 Amboy Ave, Edison, NJ

When like-minded people come together to share their thoughts, concerns and experiences, there is a sense of community. ACI is inviting parents and loved ones of adults with disabilities (ages 18+) to join us on the fourth Tuesday of each month from 5:30 to 7:30 PM.

Light snacks and refreshments will be served.

Feel free to bring something to share!

Registration is required. Limited to 18 participants. Masks are optional.

If you have any questions, please contact Victoria Romanienko at vromanienko@adacil.org

[Click Here to Register](#)



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

Chronic Illness Support Group

Wednesdays @ 2pm

Ehlers Danlos Syndrome, Fibromyalgia,
Chronic Pain, Arthritis, Multiple Sclerosis,
Migraines, Complex Regional Pain
Syndrome and Chronic Fatigue
Syndrome/Myalgic Encephalomyelitis

Zoom Meeting ID #: 854 4918 0096

[Zoom Link](#)

Atlantic Center for Independent Living, Inc. supports equal access for all.
For accommodations email jburke@atlanticcil.org or call (609)748-2253 ext 4.

[Click Here to Join the Meeting](#)



COMMUNICATION SKILLS SUPPORT GROUP

A MONTHLY DISCUSSION OF EFFECTIVE WAYS TO COMMUNICATE.

3RD THURSDAYS [at] 3:00PM

ZOOM LINK

ZOOM ID #: 874 8523 8023

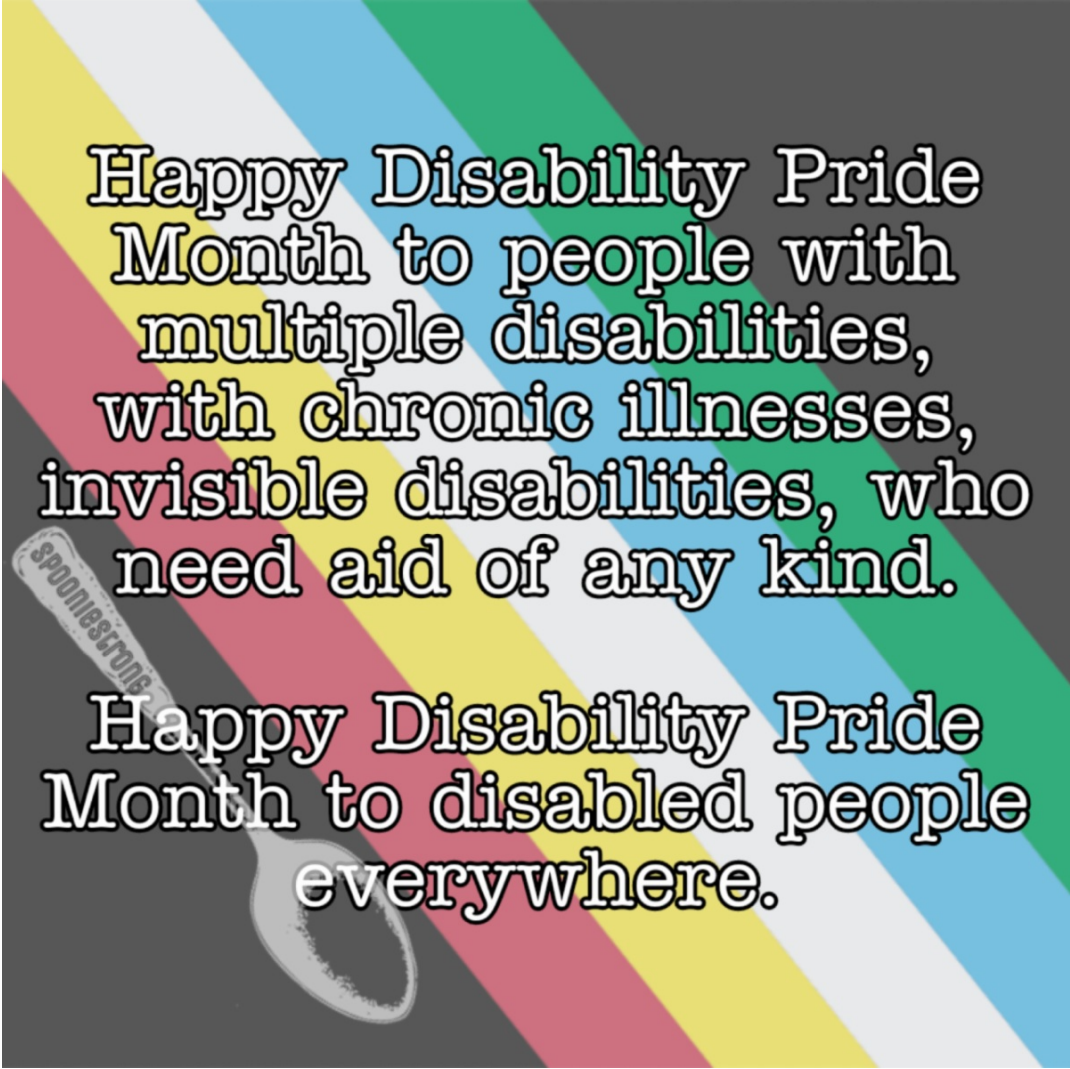
PASSCODE: 688079



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC.

**The Atlantic Center for Independent Living supports equal access for all.
For accommodations please contact Jennifer at jburke@atlanticil.org (609)748-2253 ext. 4**

Communication Skills Support Group – third Thursday of the month – 3:00pm



Happy Disability Pride
Month to people with
multiple disabilities,
with chronic illnesses,
invisible disabilities, who
need aid of any kind.

Happy Disability Pride
Month to disabled people
everywhere.

**Additional Flyers Shared by
our
Community Partners**

Seminars are online, at Eastern Time, and in English - unless otherwise specified.

Understanding Dementia for Caregivers

A safe, comfortable place to learn about dementia and resources and services that can help you cope with the challenges today while you plan for the future. Seminars are online.

Register by calling our Helpline: 646-744-2900 or online: www.caringkindnyc.org/understanding

Friday, July 14 10:00 am - 12:00 pm

Legal & Financial Seminars

Volunteer elder law attorneys acquaint family members with the legal and financial issues associated with planning and long-term care. Prior attendance at an Understanding Dementia seminar is recommended. Seminars are online.

Register by calling our Helpline: 646-744-2900 or online: www.caringkindnyc.org/lf

Monday, July 10 5:30 - 7:30 pm

Medicaid Home Care Seminars

Caregivers are guided through the application process for Medicaid home care service in New York City for a person with dementia. Prior attendance at a Legal & Financial Seminar is required. Seminars are online.

Register by calling our Helpline: 646-744-2900 or online: www.caringkindnyc.org/mhc

Thursday, July 6 5:30 - 7:30 pm

Monthly Education Meeting

Lewy Body Dementia

A common disease you may not know about.

Discussion about the symptoms of Lewy body dementia (LBD), how it differs from Alzheimer's disease, and available support and resources.

Speaker: Norma Loeb
Founder and Executive Director, Lewy Body Dementia Resource Center

Monday, July 10 6:00 - 8:00 pm

This meeting is online. Register at:
www.caringkindnyc.org/monthlyeducation

Art Class for Chinese Dementia Caregivers In Mandarin

Workshops are in-person.

Thursday, July 27 10am - 12pm

Registration:

Email Ms. Shi: wshi@cknyc.org

connect2culture

Connect2culture offers many engaging and diverse programs with our cultural partners. These are offered online and in-person for people living with dementia and their care partners.

For information and registration:
www.caringkindnyc.org/connect2culture



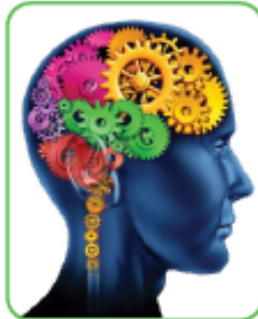
Monthly Education Meetings for Alzheimer's and Dementia Caregivers



A live online webinar.

Lewy Body Dementia

A common disease you may not know about.



Monday, July 10 ~ 6:00-08:00pm

- What are the symptoms of Lewy body dementia (LBD)?
- What distinguishes LBD from Alzheimer's disease and Parkinson's disease?
- Why is it so often misdiagnosed?
- What caregiving support and resources are available in New York?

Speaker:

Norma Loeb, Founder and Executive Director, Lewy Body Dementia Resource Center

Norma's knowledge and experience with Lewy body dementia (LBD) began with the personal care of her mother, Lillian, who had LBD for many years. Lil is the inspiration behind the founding of LBDRC. Norma has been facilitating the only New York Metro area LBD caregivers support groups since 2008. She also leads a national group for people living with LBD.

Register online at

caringkindnyc.org/rsvp-monthlyeducation

All meetings are free of charge and subject to change.

caringkind

The Heart of Alzheimer's Caregiving

Formerly known as the Alzheimer's Association, NYC Chapter

360 Lexington Avenue, 3rd Floor

New York, New York 10017

CaringKind Helpline: 646-744-2900 caringkindnyc.org
Facebook: [/caringkindnyc](https://www.facebook.com/caringkindnyc) Twitter: [@caringkindnyc](https://twitter.com/caringkindnyc) Instagram: [@caringkindnyc](https://www.instagram.com/caringkindnyc)

Click Here for More Information

NAMI CONNECTIONS and FAMILY SUPPORT Groups

When: **Monday, August 14th...** 7:00-8:30 PM

Where: St. Joseph's Catholic Church, 606 Shore Rd, Somers Point

Turn off shore Rd going towards the bay onto Harbor Lane. Parking lots are on both sides of the street. Enter the building from the right-side parking lot thru the double doors.

NAMI Connection is a recovery support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.

NAMI Family Support Group is a support group for adult friends and family members (18+) of people with mental health conditions. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes.

UPCOMING MEETINGS:

September 11th-in Person Connection and Family Support Meetings 7:00-8:30 PM

October 9th- in Person Connection and Family Support Group Meetings 7:00-8:30 PM

For more information and to register for all support groups please visit www.namiacm.org or call 609-741-5125. NAMI ACM is a non-profit 501C(3) corporation.

NAMI CONNECTIONS and FAMILY SUPPORT Groups

When: **Monday, July 10th...** 7:00-8:30 PM

Where: St. Joseph's Catholic Church, 606 Shore Rd, Somers Point

Turn off shore Rd going towards the bay onto Harbor Lane. Parking lots are on both sides of the street. Enter the building from the right-side parking lot thru the double doors.

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UPCOMING MEETINGS:

August 14th-in Person Connection and Family Support Meetings 7:00-8:30 PM

September 11th- in Person Connection and Family Support Group Meetings 7:00-8:30 PM

For more information and to register for all support groups please visit www.namiacm.org or call 609-741-5125. NAMI ACM is a non-profit 501C(3) corporation.

Click Here to Email for More Information

PEER GROUPS
POWERED BY:



RECALIBRATE

DATE/TIME

**3RD WEDNESDAY
OF EACH MONTH
AT 7PM**



**VETERAN, NATIONAL
GUARD & RESERVE MEMBER
PEER GROUP**

IF YOU HAVE SERVED OR ARE CURRENTLY
SERVING OUR NATION, THERE IS A
GROUP THAT SUPPORTS YOU.
COME MEET OTHERS LIKE YOU FOR
A NO PRESSURE, NON-JUDGMENTAL
DISCUSSION WITH PEOPLE WHO HAVE
BEEN THERE TOO.

DATE/TIME

**1ST WEDNESDAY
OF EACH MONTH
AT 7PM**

LOCATION:

**MHANJ BUILDING
25 SOUTH SHORE
DRIVE, TOMS
RIVER, NJ**

**SPOUSE/PARTNER
PEER GROUP**

IF YOUR SIGNIFICANT OTHER HAS SERVED
OR IS CURRENTLY SERVING, THERE IS A
GROUP THAT SUPPORTS YOU.
COME MEET OTHERS LIKE YOU FOR A NO
PRESSURE, JUDGEMENT FREE DISCUSSION.
YOU'VE SUPPORTED THEM, LET US SUPPORT
YOU.

**QUESTIONS? EMAIL
TFISHER@MHANJ.ORG**

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

Living With Anxiety

SUPPORT GROUP

Are you constantly battling with overwhelming worry, fear, or unease? Do you find it challenging to manage your anxiety on your own? Living With Anxiety is a support group created to provide a safe and understanding community for you!



WHEN? Mondays 7:00pm – 8:00pm

WHERE? Zoom

Contact Melissa at mbaldwin0122@gmail.com with questions and to obtain the Zoom link!

Whether you are seeking emotional support, practical advice, or simply a place to connect with others who understand, Living With Anxiety is here for you!

Remember, you are not alone in your journey, and together we can work towards managing anxiety and improving overall well-being.

Click Here to Email For More Information and to Register

Upcoming Clearinghouse Happenings

Support Group Dynamics

Support Groups typically include people with different personalities, strengths, and challenges. This creates the group's dynamic. Support group leaders are tasked with managing these dynamics in ways that creates trust, safety, and connection. This webinar will explore different dynamics and provide tools for the group leader to implement in order to create a positive group dynamic among the group members.

Wednesday July 26th @ 10am

Click Here to Register

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.

Attention will also be given to the following topics:

- Understanding the NJ PAD law
- How completing a PAD can help an individual in their recovery and how it can benefit healthcare professionals and providers
- What can be included in a PAD and how it is implemented and used

[Click Here to Register](#)

MHANJ Call Lines

 <p>CALL 877-292-5588 TTY: 877-294-4356</p> <p>CALL FOR SUPPORT AND INFORMATION MONDAY-FRIDAY 8AM TO 10PM SATURDAY-SUNDAY 5PM TO 10PM HOLIDAYS-3PM TO 10PM</p> <p>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.</p>	 <p>CALL 855-652-3737 TTY: 877-294-4356</p> <p>THE NJ CONNECT FOR RECOVERY CALL LINE FOCUSES ON HELPING PEOPLE WHO ARE EXPERIENCING DISTRESS RELATED TO THE SUBSTANCE USE DISORDER OF A FAMILY MEMBER OR FRIEND.</p>	 <p>CALL 1-866-202-HELP (4357) TTY: 877-294-4356</p> <p>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.</p>
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The NJ Self Help Group Clearinghouse | Mental Health Association in NJ

NJ Self-Help Clearinghouse | 25 S. Shore Dr., Toms River, NJ 08753

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