

# CLEARINGHOUSE CONNECTIONS

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



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

**Pride Month** is often seen as a celebration of identity, visibility, and self-expression; however, it's also rooted in struggle, resistance, and the fight to simply exist. For many members of the LGBTQIA+ community, mental health and Pride are deeply intertwined. Pride exists not only to affirm who they are, but to push back against the shame and rejection that has long affected their well-being.



This year, Pride may feel heavier. Ongoing attacks on LGBTQIA+ rights, including bans on gender-affirming care, the erasure of queer stories, and the loss of specialized support services, remind us that while there is much to celebrate, there is still so much more to fight for. These threats lead to increased experiences of discrimination, stigma, and violence, all of which are linked to higher rates of mental health issues within the LGBTQIA+ community. It is in these tough times that the connection between Pride and mental wellness becomes not only clear, but vital. Creating and participating in safe, affirming spaces—like support groups—is a powerful form of resistance.

Hi again! I'm **Megan Macapagal**, the coordinator of the Self-Help Group Clearinghouse, and I'm excited to share another newsletter—this time focusing on



thank you

the LGBTQIA+ community as we close out Pride Month.

I'd like to quickly thank everyone who showed their support for the previous (and my very first) newsletter that I wrote that

focused on Asian American communities. I was happy to see the positive feedback!

Before we dive into the connection between mental health and Pride and explore the vital role of peer support, let's begin with a **Clearinghouse update!**

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## □ SHCH Update □

It's been a busy and exciting few months at the New Jersey Self-Help Group Clearinghouse!

- Since our last newsletter, we've focused our outreach efforts on **Asian-American communities**, starting with Filipino organizations as a meaningful first step. We're continuing to build relationships and identify ways to better connect with communities across New Jersey. One idea we're exploring is focusing each month on a specific community or topic to guide our outreach, resource sharing, and education efforts more intentionally.
- We're also continuing our mission to support both new and existing support groups. Whether it's helping someone start a group from scratch or working with long-established groups, we remain committed to ensuring that support group spaces stay active. Trainings for facilitators are ongoing, and we're here every step of the way.
- On the training front, **Kelly Uhland** continues to deliver outstanding trainings for the Clearinghouse. Since our last update, she and her co-facilitators have completed **two WRAP Seminar I** and **two WRAP Seminar II** trainings, helping grow the pool of trained WRAP facilitators across the state.
- And speaking of WRAP—**Megan Macapagal** (that's me!) is now officially certified to facilitate **WRAP Seminar I**, both in-person and virtual! She'll be co-facilitating her very first WRAP in the second week of July. While a little nervous, Megan is excited to be part of the WRAP team here in New Jersey!
- One last **personal update**: I attended my very first Pride event this year! I didn't march with the rest of the MHANJ Pride Team, but I proudly stood on the sidelines wearing my MHANJ Pride shirt. I was happy to show support and celebrate the LGBTQIA+ community.



## Beyond the Celebration — Pride, Mental Health, and the Power of Support



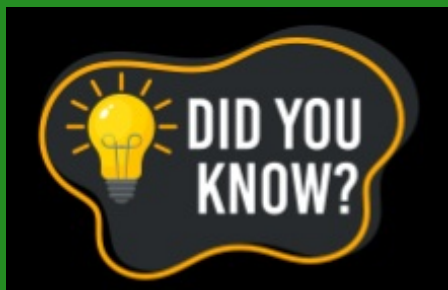
### Mental Health Toll of Visibility

Celebrating Pride Month is a radical act of joy that reminds the LGBTQIA+ community that just “existing” can be powerful. While Pride encourages us to be loud and proud, that visibility can come at a cost. For many LGBTQIA+ individuals, being “out” can also mean being at increased risk of

discrimination, rejection, and danger.

Even within affirming spaces, there’s an unspoken expectation to always be joyful and confident—to be strong. But what about when you’re **struggling**? What about the moments when you’re anxious, afraid, or simply just unsure of where you belong in the world?

Navigating identity in a society that still questions your worth takes a toll on people’s mental health, and it’s these feelings and experiences that are associated with this toll that deserve care. And this is where support groups can help offer a safe space for LGBTQIA+ individuals to come as they are, and to be met with empathy and understanding from others who have similar experiences.



**23% of LGBTQ+ young people reported that they have been physically threatened or harmed in the past year due to either their sexual orientation or gender identity (The Trevor Project, 2024)**

### Pride Beyond June

For that reason, the sense of community and support we build during Pride should

not be limited to just one month. As the parades wind down and the rainbow colors disappear from corporate logos, many LGBTQIA+ folx (a more inclusive term than folks to many) are left feeling unseen once again.

Pride is a continuous process of self-acceptance, joy, and connection. Support groups help carry this spirit beyond the month of June. They offer a place to belong all year round, where people can connect without judgment and share without fear.

## LGBTQIA+ Support Groups: What Exists and What's Missing

There are some excellent resources out there for the LGBTQIA+ community. Organizations like the Pride Center of New Jersey, the Hudson Pride Center, and PFLAG offer a range of services from peer support groups to advocacy to education. These spaces can be lifelines for people looking to connect.

But even with these resources, **gaps remain**. Through our work responding to support group requests, we've noticed some consistent challenges, especially when it comes to finding age-specific or in-person LGBTQIA+ groups. While many existing groups are open to all adults, that often doesn't meet the needs of young adults, teens, or seniors who are looking for spaces tailored to their age groups. We get frequent inquiries from young adults specifically, many of whom feel like they're caught in the middle—not quite fitting into youth services, but also not feeling seen in general adult groups.

It's also becoming harder to find in-person support options. While virtual groups have expanded accessibility, many people, especially those without privacy at home or who feel isolated, are yearning for the connection that comes with face-to-face community.

Not to mention, there are still not enough dedicated spaces for trans individuals, queer people of color, and those who are also navigating disability, neurodivergence, or other intersecting identities. These voices are often the most underrepresented in mainstream LGBTQIA+ spaces. Yet, they are often the ones who need community the most.

**As demand grows, so does the need for groups that reflect the diversity of those seeking support.**

## How the Clearinghouse Can Help

At the NJ Self-Help Clearinghouse, we recognize these gaps and are determined to address them. Whether you're looking to start a new support group tailored to a specific identity, or you already run a group and want to make improvements, we're here as a resource! We're here to offer tools, encouragement, and ongoing consultation to help groups thrive.

There's no better time than now to build and nurture inclusive spaces



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  
📞 732-451-4457 or 800-367-6274  
📌 NJSelfHelpGroupClearinghouse

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



for the LGBTQIA+ community—and we're here to help make that possible. To find a group, list a new one, update an existing group, or schedule a training, visit [www.njgroups.org](http://www.njgroups.org) or contact us at [njgroups@mhanj.org](mailto:njgroups@mhanj.org).

### Thinking of starting a group?

We can help:

- Clarify your group's focus (identity, topic, age range)
- Choose a format (in-person, virtual, or hybrid)
- Plan outreach, structure, and sustainability

## LGBTQIA+ Support Groups You Can Access

To close out this newsletter, here is a curated list of support groups and resources for the LGBTQIA+ community categorized by county—a list so beautifully created and provided by Garden State Equality:

## Atlantic County LGBTQ Resources

- **Atlantic City LGBTQ+ Affairs** <https://www.acnj.gov/Pages/lgbtq-affairs>

The Mayor's Office of LGBTQ+ Affairs was created in 2021 under Mayor Marty Small, Sr. to foster equitable living and working conditions for residents who identify as LGBTQ+ and to advocate for LGBTQ+ issues in all areas of City Government.

- **Saint James Lutheran Church** <http://www.stjamesfolsom.org/>

St. James Lutheran Church is a Christ-centered, welcoming, inclusive community of faith that actively reaches outward to share God's love. Its mission is to welcome all people to abide in Christ, to experience God's love and to do God's work in the world around us.

- **Stockton University- A Whole New Closet**

Stockton University Women's Gender, and Sexuality Center provides fund to FTM and MTF students to purchase up to two complete outfits at local area second hand stores -- up to a \$50 value. For more information or to sign up, come to the WGSC lounge on campus or ask to speak with a peer educator or the WGSC Director. [Website](#)

- **Transcendence: A Transgender Support Group**

A safe space group for any student questioning or identifying along the transgender spectrum, including non-binary, gender fluid, or gender queer individuals. This groups is run in conjunction with the Office of Counseling Services. [Website](#)

- **Egg Harbor Township High School Teen Center**

Egg Harbor Township Students

Address: 24 High School Drive, Egg Harbor Township, NJ 08234 Phone: (609) 653-0100 ext. 2681 Email: [erica.leak@fsa.sj.org](mailto:erica.leak@fsa.sj.org)

- **Mainland Regional High School - Rally for Diversity Club**

Mainland Regional High School Students Address: 1301 Oak Lane, Linwood, NJ 08221 Contact Person: Dr. Kim Spagone Phone: (609) 927-4151 ext. 1022 Email: [kspagone@mainlandregional.net](mailto:kspagone@mainlandregional.net)

- **Ocean Heights Presbyterian Church**

Address: 2116 Ocean Heights Avenue, Egg Harbor Township, NJ 08234 Contact Person: Rev. Dr. Wm. Blake Spencer Phone: (609) 788-0271 Email: [laughlinpastor13@gmail.com](mailto:laughlinpastor13@gmail.com) [Website](#)

- **Unitarian Universalist Congregation of South Jersey Shore**

Location: 75 S. Pomona Road, Galloway, NJ 08205 Email: [uucsjsadmin@gmail.com](mailto:uucsjsadmin@gmail.com) Phone: (609) 965-9400 [Website](#)

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## Bergen County LGBTQ Resources

- **Bergen County LGBTQ+ Alliance (BCLA)** <https://www.bergencountylgbtq.org/>

BCLA's mission is to advocate for equality and resources for the LGBTQ+ community in Bergen County, N.J., to celebrate our diversity, and to provide safe spaces that allow us to be our true selves through assessing Bergen County LGBTQ+ needs and connecting the LGBTQ+ community with resources.

- **Marsha P. Johnson Social (Support Group)** <https://www.facebook.com/MarshaPJohnsonSocial/> **Last Wednesday of every month 7-8pm**

Safe space and social group for the Transgender or non binary community. We meet the last Wednesday of the month at Central Unitarian Church for socializing and friends. Location: 156 Forrest Avenue Paramus, NJ 07652 Bergen County (201) 470-894

- **Parents, Families and Friends of Lesbians and Gays (PFLAG) (Support Group)** <https://www.bergenpflag.com/> **Third Wednesday, 7:30-9:30 pm**

PFLAG realizes its vision through: support for families, allies and people who are LGBTQ, education for ourselves and others about the unique issues and challenges facing people who are LGBTQ and advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

Location: Temple Beth Or 56 Ridgewood Road, Washington Township, NJ 07676 Bergen County (201) 287-0318

- **Rainbow Resource** <https://westbergen.org/lgbtq-services-rainbow-resources/> **Mondays at 6:45pm**

Rainbow Resource, an innovative and exciting new service being offered to both the public and community organizations in response to their enormous outreach to us regarding mental health questions and requests related to lesbian, gay, bisexual, transgender, and questioning issues.

Clients between the ages of 16-20 are welcome to join the group.

We are also pleased to announce a support group for the high school aged LGBTQ+ community. Location: 120 Chestnut Street, Ridgewood Call the Access Department at 201-485-7172 and schedule an intake. For more information contact Michela Tripodi at 201-444-3550 ext. 7204

- **Sexuality and Gender Equality (SAGE) Virtual Outpatient Group (Renfrew Center of Northern New Jersey) (Support Group)** [marketing2@renfrewcenter.com](mailto:marketing2@renfrewcenter.com) **Monday 6:00pm-7:00pm**

This weekly group provides a safe, nurturing, and empowering environment to enhance the eating disorder recovery experience, tailored for those who are members of the LGBTQIA+ community. Location: The Renfrew Center 1 Kalisa Way Suite 211 Paramus, NJ 07652 Bergen County (215) 254-1530

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## Burlington County LGBTQ Resources

- **Burlington County Community Action Program 1 Van Sciver Pkwy, Willingboro, NJ 08046**

The Burlington Community Action Partnership, Inc. exists to combat the causes and reduce the effects of poverty in Burlington County. It fulfills the purpose by facilitating a community-based capacity for the human needs planning process, which focuses program strategies on promoting self-sufficiency among low-income people, removing barriers to self-sufficiency among low-income people in the organization and operation of institutions and programs, and more.

## Camden County LGBTQ Resources

- **Kaleidoscope 584 Benson St, Camden, NJ 08103**

Kaleidoscope is a community-based LGBTQIA+ program that offers monthly meetings and ongoing virtual platforms in a welcoming atmosphere where teens and young adults like you can find support, guidance, and a sense of community. Kaleidoscope provides a safe, supportive environment for LGBTQIA+ and allied teens and young adults to gather, socialize, organize, and help each other.

- **Teen Space: Planned Parenthood of Southern Jersey 317 Broadway, Camden, NJ 08103**

Provides safe space for LGBTQ teens in the Camden, NJ area. Meets on Wednesdays at 4:00 PM. Pizza and soda are served.

- **PFLAG Collingswood Collingswood, NJ 08108-8941**

Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality through its mission of support, education, and advocacy. PFLAG Collingswood is the chapter serving the South Jersey region.

- **Project Rainbow for LGBTQ+ Youth 1301 Springdale Rd, Cherry Hill, NJ 08003**

A safe, affirming, and fun monthly gathering for LGBTQ+ tweens (grades 6-8), teens (grades 9-12) and their allies. These Zoom meetups are free and open to the community. Contact Gaby Marantz at 856-424-1333 or gmarantz@jfedsnj.org to RSVP. This program is a collaboration of JFCS of Southern New Jersey and the JCC of Cherry Hill.

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## Cumberland County LGBTQ Resources

- **GLSEN Southern New Jersey** <https://www.glsen.org/chapter/southern-new-jersey>

GLSEN is an American education organization working to end discrimination, harassment, and bullying based on sexual orientation, gender identity and gender expression and to prompt LGBT cultural inclusion and awareness in K-12 schools

- **PFLAG NJ** <https://pflag.org/find-resources/>

PFLAG is the United States' first and largest organization uniting parents, families, and allies with people who are lesbian, gay, bisexual, transgender, and queer

- **The Trevor Project** <https://www.thetrevorproject.org/>

The Trevor Project is an American nonprofit organization founded in 1998. Focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth, they offer a toll-free telephone number where confidential assistance is provided by trained counselors

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## Essex County LGBTQ Resources

- **Essex County Local LGBTQ Resources**

NJCRI North Jersey Community Research Initiative (NJCRI) | 393 Central Avenue | (973) 483-3444

- The North Jersey Community Research Initiative (NJCRI) is one of New Jersey's largest and most comprehensive HIV/AIDS community-based organizations. Our mission is to "empower our clients by reducing social and health disparities in the greater Newark area."

- **RAIN Foundation East Orange 168 Park St (973) 675-6780**

Rain was created to provide emergency shelter solutions to LGBT young adults between 18-26 experiencing crisis leading to homelessness.

- **Linking Hands Counseling | 662 Iris Ct | (201) 639-8888**

Linking Hands Counseling offers intensive in-home therapeutic services, Family therapy, School Counseling, College Readiness and awareness, parenting skills, and Wraparound services.

- **The African American Office of Gay Concerns Newark 877 Broad St | (973) 639-0700**

AAOGC is a community based non-profit organization founded in 2001 by its founder and current Executive Director Gary Paul Wright, to ensure that men of color who were gay-identified, bi-sexual, or men who had sex with other men (MSM) had a voice in the fight against HIV/AIDS...

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## Hudson County LGBTQ Resources

- **Hudson Pride Center 3000 John F. Kennedy Blvd, SUITE 306 Jersey City, NJ 07306**

Hudson Pride Center is a 501(c)(3) non-profit community-based organization situated in Jersey City, one of the most vibrant and diverse cities in this country and home to the largest Lesbian, Gay, Bisexual, Transgender and Queer/Questioning (LGBTQ) community in New Jersey. Hudson Pride was established in the early 1990's to serve as an advocate and social service provider for both the LGBTQ and HIV/AIDS communities in Hudson County at a time when few organizations in our area were willing and able to do so, and more than 25 years later, we continue to deliver a wide array of services, programs, and events to meet their on-going health and social support needs.

- **Hyacinth Foundation Jersey City \* Paterson \* Plainfield \* Trenton \* New Brunswick \* Newark \* West New York**

Hyacinth works to stop the spread of HIV, sexually transmitted infections, and Hepatitis C through education and prevention strategies; provide wellness and behavioral health services; meet the unique needs of the diverse HIV community (gay, bisexual, transgender, women, addicts) through safe and supportive programs; address stigma, housing challenges, and barriers to care and treatment; and educate lawmakers and lobby for corrective/progressive legislation on HIV-related issues.

- **Hoboken Rainbow Family <https://www.facebook.com/groups/hobokenrainbowfamily/>**

HRF's mission is to increase visibility and normalize the presence and lives of LGBTQ+ (rainbow) individuals and families in the Hoboken community. We create inclusive events to connect families with LGBTQ+ parents and/or children and to enrich the culture of Hoboken and Hudson County. Our goal is to provide mentorship and support as we work toward acceptance and equity within our community.

- **RWJ Barnabas Jersey City Medical Center | LGBTQ Program | 355 Grand Street Jersey City, NJ 07302**

LGBT Program at Jersey City Medical Center Jersey City Medical Center is dedicated to meeting the healthcare needs of our Lesbian, Gay, Bisexual, Transgender, Queer/Questioning (LGBTQ) community. We offer a variety of health and educational services that promote LGBTQ health equity and access to care. To that end, Jersey City Medical Center has created several policies and programs addressing issues facing the LGBTQ community.

- **Institute for Personal Growth | LGBTQ Services | 235 9th Street Jersey City, NJ 07302 800-379-9221**

With offices in Jersey City, Highland Park and Freehold, IPG has roughly thirty psychotherapists that, in addition to traditional therapy, offer special therapy techniques such as EMDR, play therapy and sex therapy. We offer flexible times, six days and evenings a week. IPG is not in network with insurance companies, but we do work with many insurance plans, checking your plan's benefits when you call. We provide individual, child, family, marriage and couples counseling for problems ranging from depression and anxiety to relationship issues or major life disruptors. And we have specialties not found elsewhere: we're internationally known experts on LGBTQ issues, we're the largest provider of AASECT-certified sex therapy services in the tri-state region and we have a cutting-edge program for transgender and gender non-conforming youth.

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## Hunterdon County LGBTQ Resources

- **Beacon Light Fund | PO Box 302 Annandale, NJ 08801**

Nearly one-third of patients diagnosed with AIDS or disabling HIV will exhaust their financial resources quickly. Beacon Light is a fund that offers financial support to those who are HIV+ and have progressed to AIDS status or have disabling HIV. Through the support of generous donors, funds are provided to support common needs such as rent, utility bills, medical equipment, home services, and other necessary areas of support. Learn more about Beacon Light Fund [here](#).

- **Hunterdon Healthcare LGBTQIA Navigation (908) 246-8309 Hunterdon Medical Center 2100 Wescott Drive Flemington, NJ 08822**

Hunterdon Healthcare welcomes Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, and Asexual (LGBTQIA) patients and families. Our LGBTQIA navigator is dedicated to helping you and your family find the compassionate care you need.

- **PFLAG- Hunterdon/ Flemington 10 East Main St Flemington, NJ 08822-1208 (908) 507-9328**

The PFLAG Chapter Network—with over 400 chapters across the country—provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies. PFLAG chapters are in communities in all 50 states, the District of Columbia, and Puerto Rico. With 200,000+ members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas, PFLAG has been saving lives, strengthening families, and changing hearts, minds and laws since 1972.

- **Inclusive Community Of Neighborhood | [kbettencourt@njprevent.com](mailto:kbettencourt@njprevent.com)**

This group is run through Prevention Resources, and the Positive YOUTH initiative, and is geared towards youth ages 14 through 18, who identify as part of the LGBTQ+ community. Our goal is to come together as a community, meet others who may be sharing some of the experiences that are unique to this community, and to socialize, learn, and collaborate.

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## **Mercer County LGBTQ Resources**

- **Center For Family Services** <https://www.centerffs.org/nav-counties/mercerc-county>

CFFS offers a comprehensive continuum of care and a broad range of services to best meet the current and changing needs across the New Jersey community.

- **HiTOPS Address: 300 Witherspoon St, Suite 204, Princeton, NJ 08542 Phone: 609-453-2555 | [info@hitops.org](mailto:info@hitops.org)**

HiTOPS is a 501(c)(3) non-profit organization that fosters strong and healthy young people of all identities by providing inclusive and youth-informed sex education and LGBTQ+ support for young people throughout New Jersey.

- **Bayard Rustin Center for Social Justice 12 STOCKTON ST, PRINCETON, NJ 08540**  
**[RUSTINCENTER@GMAIL.COM](mailto:RUSTINCENTER@GMAIL.COM)**

offers services to individuals and groups to help people in school, the workplace, or everyday life to feel safe, protected and loved.

## **Middlesex County LGBTQ Resources**

- **The Pride Center of NJ 85 Raritan Avenue, Suite 100 Highland Park NJ, 08904-2430**

The mission of Pride Center of New Jersey is to provide a safe and welcoming space for all individuals who identify as LGBTQ+ to find support, educational tools, health and education resources, and social opportunities within a community of acceptance. Comprehensive programming in support of this mission includes lesbian, gay, trans and family resources, social groups and free HIV testing.

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## Monmouth County LGBTQ Resources

- **Project R.E.A.L. (Real Empowerment on All Levels)** <http://prnvncj.org/project-real/>  
offers free social events that bring together the local young LGBTQ+ community helping build peer support. Project R.E.A.L. provides sexual health advocacy and also serves as a point of contact between the client and community resources such as housing, HIV and STD testing, therapy, etc. For LGBTQ+ young adults ages 18 to 34
- **QSpot, QSpot LGBTQ Community Center 1601 Asbury Ave, Asbury Park, NJ** <https://qspot.org/>  
Founded in 2005, QSpot fosters the health, well-being and pride of NJ's LGBTQ and allied community by providing resources, referrals, education, and outreach. QSpot works tirelessly to fulfill its mission while operating a safe and welcoming LGBTQ community center in Asbury Park.
- **Garden State Equality** <https://www.gardenstateequality.org/> [hello@gardenstateequality.org](mailto:hello@gardenstateequality.org)  
Garden State Equality lifts up the diverse voices of LGBTQ+ communities through education and advocacy to advance the movement for equality in New Jersey and nationally. We work tirelessly to ensure the communities we serve experience lived equality.

## Morris County LGBTQ Resources

- **GAAMC** | <https://www.gaamc.org/>  
is a not-for-profit volunteer-run organization that provides social, educational, and outreach programs. GAAMC also offers opportunities for individuals to become politically active on issues related to the GLBTI community. Our intent is to maintain a positive, healthy, respectful and supportive environment in a safe space.
- **EDGE 295 East Main St, Denville, NJ 07834 | Info@edgenj.org | (973) 285-0006** The mission of EDGE New Jersey is to respond compassionately and responsibly to those living with HIV, those at risk, and the LGBTQ+ communities by providing supportive services, housing opportunities, prevention strategies, and education to enhance the community we serve.
- **NJ PRIDE CHAMBER 155 Willowbrook Blvd, Suite 350 | Wayne, NJ 07470** [info@njpridechamber.org](mailto:info@njpridechamber.org) | <https://www.njpridechamber.org/>  
The New Jersey Pride Chamber provides LGBTQ+ business owners in New Jersey with LGBTQE certification, networking opportunities, and a range of other business and professional development resources in a fun and welcoming environment that affirms and celebrates diverse and intersectional LGBTQ+ identities.

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## **Cape May County LGBTQ Resources**

- **GABLES of Cape May County P.O. Box 205, Villas, NJ 08251**

GABLES of Cape May County was organized in 1995 as part of an effort to establish an organization in every NJ County with a similar mission. At present, GABLES is a Gay, Lesbian, Bisexual, Transgender (GLBT) group at the furthest point in South Jersey. We currently have over 200 dues paying members. GABLES is an I.R.S. registered not-for-profit 501(c)(3) corporation.

## **Ocean County LGBTQ Resources**

- **PFLAG Jersey Shore P.O. Box 677 Howell, NJ 07731**

PFLAG Jersey Shore was formed in 2004 and serves Monmouth and Ocean counties in New Jersey. Our main role in the community is hosting monthly support meetings (one for all LGBTQ topics and one exclusively for transgender topics) that provide comfort, information and discussion about LGBTQ issues in a safe, confidential and nonjudgmental environment. We have helped countless parents who were struggling to accept their child after they came out as gay, LGBTQ teens who were being harassed in school because of their sexuality, transgender people who were struggling with their transitioning process, and LGBTQ individuals and their loved ones in many other situations. If you or someone you know is in a situation similar to these, we urge you to join us at a support meeting.

- **PROUD Center at Community Medical Center 201 Main St, Toms River, NJ 08753**

Community Medical Center offers specialized primary care services for the lesbian, gay, bisexual, transgender, questioning, intersex and asexual (LGBTQIA) community at the PROUD Center at IM Faculty Practice. We are committed to providing a safe and supportive environment where you can get the medical care you need at all stages of your life. PROUD stands for Promoting Respect, Outreach, Understanding and Dignity. Our goal is to provide health services to the LGBTQIA community in an evidence-based, culturally-competent manner. We currently provide care for people age 18 and older.

The PROUD Center is located on the hospital's campus, in Riverwood Plaza-Building 1, and offering patients access to our comprehensive health care services such as laboratory, radiology, cardiology, emergency, oncology, and rehabilitative services, and an on-site Walgreen's pharmacy.

- **Ocean County LGBTQ+ Democratic Caucus Ocean County, NJ**

"The Ocean LGBTQ+ Democratic Caucus is committed to visibility and representation in the Democratic Party and supporting, recruiting, and electing Democratic LGBTQ+ candidates in Ocean County."

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## Passaic County LGBTQ Resources

- **Passaic Alliance 286 Passaic St, Passaic, NJ 07055**

Passaic Alliance, a Government Funded Gambling Addiction, Opioid Addiction, Substance Abuse and Drug Rehab Center in Passaic, NJ. Primarily providing treatments (under a variety of additional methods) to people struggling with drug and alcohol addiction. Additionally, clients can self-pay. Have health insurance? Our admissions experts are here to help guide you in finding the best treatment center available to you.

- **New Jersey Pride Chamber of Commerce 155 Willowbrook Blvd #350, Wayne, NJ 07470**

Since 2013, the New Jersey Pride Chamber of Commerce has been the premier LGBT and allied business organization committed to facilitating successful business collaboration and increasing the economic staying power of its diverse membership. We are an inclusive platform for business visionaries and the first stop for LGBT and allied entrepreneurs seeking to grow and access opportunities and resources.

- **LGBT Depression and Bipolar Support Alliance (DBSA) 404 Clifton Avenue Clifton, NJ 07011 USA**

Each day, the Mental Health Association in Passaic County assists many families and individuals conquer the challenges of mental illness. For the last three decades, we have been helping people change their lives by providing high quality, free services to help our community in need, and restore order, wellness, and confidence to their lives. The mission of the MHAPC is to serve children, adults and families affected by mental illness through support services, education, and advocacy.

- **Out in Clifton, Clifton, NJ**

Out in Clifton is a Facebook for LGBTQ+ adults living in Clifton, NJ to talk, meet, and share pictures and experiences.

## Salem County LGBTQ Resources

- **FamCare- Salem County STD Clinic 370 South Broadway Pennsville, NJ**

FamCare offers affordable family planning services for men, women and teens, including various birth control methods, pregnancy testing, and STI/HIV testing. All reproductive healthcare services are confidential. Our programs and services are LGBTQ-friendly and our bilingual (Spanish speaking) staff are available at each location to ensure quality care. You don't need to make an appointment as we welcome walk-ins. For more information, please visit FamCare at 370 South Broadway Pennsville, NJ 08070 or call 856-678-4000. Hours of operation are Thursday 9:00am-5:00pm.

**EMAIL:** [contact@gardenstateequality.org](mailto:contact@gardenstateequality.org) **TEXT:** EQUALITY to 56069 to sign up for texts

## **Somerset County LGBTQ Resources**

- **Somerset LGBTQ Advisory Board- [lgbtqboard@co.somerset.nj.us](mailto:lgbtqboard@co.somerset.nj.us) | <https://www.co.somerset.nj.us/about/inclusivity/lgbtq>**

Supports diversity in Somerset County by raising public awareness, and advocating for LGBTQ+ residents by promoting justice and equality, ending oppression and inequities, ensuring that all voices in the community are heard, and fostering mutual respect among residents and its leaders. The Advisory Board will also conduct ongoing outreach, promote education about LGBTQ+ issues, respond to community needs, and recommend positive changes. These and additional future actions will result in measurable outcomes that are lasting and sustainable.

- ***Babs Siperstein PROUD Center- 908-685-2200. 110 Rehill Avenue, Somerville NJ. 08876.***

Robert Wood Johnson University Hospital Somerset offers specialized primary care services for lesbian, gay, bisexual, transgender, questioning, intersex, and asexual (LGBTQIA) adults at our Babs Siperstein PROUD Center.

## **Sussex County LGBTQ Resources**

- ***PFLAG, Sussex- 71 Sparta Ave. Sparta, NJ. 07871. [pflagsussexcounty@yahoo.com](mailto:pflagsussexcounty@yahoo.com)***

"Our mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people."

- ***Rainbow Cafe- 85 Union Avenue. Cresskill, NJ. 07626 [rainbowcafecresskill@gmail.com](mailto:rainbowcafecresskill@gmail.com)***

Rainbow Cafe NJ started in 2009 as a partnership between the Cresskill Congregational Church, United Church of Christ and Parents and Friends of Lesbians and Gays (PFLAG) of Bergen County. The youth group is not a religious one and is open to all faiths or no faiths. We believe in providing a safe space for LGBTQ teens without fear of judgment, bigotry, or shame.

**EMAIL:** [contact@gardenstateequality.org](mailto:contact@gardenstateequality.org) **TEXT:** EQUALITY to 56069 to sign up for texts

## Union County LGBTQ Resources

- **Union County Office of LGBTQ+ Affairs | Union County Office of LGBTQ+ Affairs**  
**908-527-4742. [DNewbury@ucnj.org](mailto:DNewbury@ucnj.org)**

Union County's Office of LGBTQ Affairs, under the Department of Economic Development, was established by the Freeholder Board in 2018 and is the first county government office of its kind in the State of New Jersey - one of four government offices in the nation to support the LGBTQ community, of which only two are county government offices.

## Warren County LGBTQ Resources

- **Pride of Warren County- Facebook Group**

We recognize there is a desperate need for an outlet for our community to share our stories, resources, empathy, and to support one another in a safe, secure, uplifting environment. We are always open to suggestions on how to make this group better, and how we can be more proactive in supporting our LGBTQIA+ community. Don't hesitate to communicate! We love you and you are safe and accepted exactly as you are here! Our Admin are always available if you are in crisis or just need someone to listen to you.

- **PFLAG of Flemington/Hunterdon County- 10 East Main St. Flemington, NJ. 08822**  
**(908) 507-9328 [pflaghc@yahoo.com](mailto:pflaghc@yahoo.com) <https://pflag.org/>**

Founded in 1973, PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families.

**EMAIL:** [contact@gardenstateequality.org](mailto:contact@gardenstateequality.org) **TEXT:** EQUALITY to 56069 to sign up for texts

You can also access this list and clickable links by going to the Garden State Equality website:

Garden State Equality

To supplement this list, here are a few national resources that offer opportunities to join support groups held virtually:





LGBT  
**LIFE**  
CENTER

# Safe, affirming LGBTQ support groups reducing isolation + stigma.

Learn healthy relationship skills, get support coming out, explore sexual orientation and gender identity, and connect with others.

LGBT Life Center

## Support Groups



**Support Groups**

All LOFT Peer Support Groups are open topic, free to attend, and require no RSVP. Peer Support Groups are led by trained, peer facilitators.

Donations are accepted at the conclusion of every LOFT Peer Support Group. \$5 is suggested.

Have an idea for a group or activity that isn't listed below? [Contact](#) the center to let us know, or consider [volunteering](#)!

Pay What You Can Peer Support

# Need to talk?

YPA offers virtual,  
confidential support groups  
for LGBTQ+ students.

*Check out the link in our bio to sign up.*



The Youth Pride Association

That's all for now! We hope this edition serves as a reminder that support is out there.  
Take PRIDE in your mental health!

Until next time,

**The NJ Self-Help Clearinghouse Team**



Mental Health Association in New Jersey | 673 Morris Ave. Suite 100 | Springfield, NJ 07081  
US

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