

## NEW JERSEY SELF-HELP CLEARINGHOUSE

**ADDRESS:** 375 East McFarlan Street  
Dover, NJ 07801

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**EMAIL:** [NJSHC@cybernex.net](mailto:NJSHC@cybernex.net)

**WEBSITE:** [www.njgroups.org](http://www.njgroups.org)

**HOURS:** Monday - Friday 8:30 a.m. - 5:00 p.m.

**FEES:** None

### DESCRIPTION OF SERVICES

Provides information on over 6,700 mutual aid self-help groups in NJ, over 1,100 national and online groups, and over 100 individuals who are seeking other to help them start needed new groups in NJ. Groups are run by and for people who share a particular problem, disability, illness, addiction, loss or common life situation, e.g., parenting, divorce, etc. Assists anyone interested in developing a new group. Provides training, speakers, literature and listing on the computer for those starting new groups.