

Workshop Registration  
**HOW TO START AN EFFECTIVE  
SELF-HELP GROUP**  
*Absecon, NJ (Atlantic County)*

Name: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Type of group you are starting: \_\_\_\_\_

\_\_\_\_\_

Has the group started yet?  Yes  No

What would you most like to learn at the workshop? \_\_\_\_\_

Do you have any special needs (e.g. use a wheelchair, need large print, etc.)? \_\_\_\_\_

\_\_\_\_\_

Please mail registration form to:

NJ Self-Help Group Clearinghouse  
375 E. McFarlan St.  
Dover, NJ 07801

Registration can also be done over the phone or via an email to: **bwhite@saintclares.org** If you have any questions call the Clearinghouse at **1-800-367-6274** or 973-989-1122.

**Directions**  
**Atlantic County Library Galloway Branch**  
**306 East Jimmie Leeds Road**  
**Absecon, NJ 08201 - Phone: (609) 652-2352**

FROM THE EAST

Take U.S. Route 30 (White Horse Pike) west to Pomona. Turn right on Sixth Avenue. Turn right at Jimmie Leeds Road. Library is on the right in back of the Municipal Complex.

FROM THE WEST

**Egg Harbor & Hammonton** Take US Route 30 (White Horse Pike) east to Pomona. At traffic light near Pomona Shopping Plaza turn left on to Route 575 (Pomona Road). Go to next traffic light & turn right on Jimmie Leeds Rd (Route 561). Go 4 miles to Municipal Complex on right. Library is on right in back of Municipal Complex.

**Mays Landing** - Route 40 (Harding Highway) to intersection with Route 322 (Black Horse Pike) at Hamilton Mall. Bear right to proceed east on Route 40/322. Bear right at jughandle to Route 575 (Pomona Road) north. Continue on Rte 575 north past FAA Tech Center & Route 30 to Jimmie Leeds Rd (Route 561). Turn right on Jimmie Leeds Rd. Go 4 miles to Municipal Complex on right. Library is in back of Complex.

**Philadelphia & Camden area** - Take Atlantic City Expressway east to Exit 12. Turn left (north) on to Route 575 (Pomona Road) and proceed as in From Mays Landing.

FROM THE NORTH

Take Garden State Parkway south to Atlantic City Service Area (signs are for a fast food restaurant, food, fuel), mile marker 41. Take service road to Jimmie Leeds Road. Turn right on to Jimmie Leeds Road and go about 1 miles. Library is on the right in separate building behind the Municipal Complex.

# New Jersey Self-Help Group Clearinghouse

*Presents a free workshop*

## HOW TO START AN EFFECTIVE SELF-HELP SUPPORT GROUP Lunch 'n Learn

**Saturday, Dec. 5, 2009**  
**10:00 am – 2:00pm**

**Galloway Branch Library**  
**306 E. Jimmie Leeds Rd.**  
**Absecon, NJ 08201**  
(Atlantic County)

The workshop is designed for anyone who is interested in starting, or who has recently started, a self-help group for any issue.

Come have fun while learning new skills, exchanging ideas, and sharing techniques.

For information call the Clearinghouse at  
**1-800-367-6274 or 973-989-1122**

## HOW TO START AN EFFECTIVE SELF-HELP GROUP AGENDA

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The workshop is designed for persons who are interested in starting a member-run self-help group for any issue. The workshop will discuss ways to build a strong foundation on which the group can grow. It will cover:

- ☞ **Why People Go to Groups:** Find out what a self-help group is, how they benefit their members, and why people attend groups. This will help group leaders to better meet the needs of potential members.
- ☞ **Nuts & Bolts of Starting a Group:** Attendees will learn the tools and strategies for defining the group focus, finding a meeting place, and conducting your first meeting.
- ☞ **Sharing the Workload:** This workshop will discuss how to develop a core group so your group uses “mutual aid self-help” techniques from the start.
- ☞ **Publicity:** This workshop will explore effective ways in which to find members using flyers, brochures, media, internet, community agencies, etc.
- ☞ **How to Be a Telephone Contact Person for your Group:** The workshop will give you strategies on being an effective contact person for your group.
- ☞ **Group Format:** Groups come in all varieties--which format is right for your group? Find out how to develop a welcoming format and ground rules.

## HOW WE HELP PERSONS TO START NEW GROUPS

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The NJ Self-Help Group Clearinghouse offers free assistance to anyone who is interested in developing a self-help group for any stressful life situation, transition, medical or emotional problem, addiction—just about any issue which affects a person’s daily life.

**Literature:** We have a wide range of literature on starting and running groups, including general how-to’s as well as literature on starting specific types of groups.

**Networking With Other Groups:** The Clearinghouse can help you network with the same or similar groups in your area (or around the world) in order for you to gather ideas on starting and running groups.

**Referrals from our Helpline:** We can list you as a person interested in starting a group on our database so that we can refer any callers interested in helping you.

**Training Workshops:** The Clearinghouse offers free workshops on issues related to self-help which may be useful to those beginning groups, as well as to leaders of existing groups. The Clearinghouse also periodically co-sponsors special interest conferences with self-help groups and other organizations.

**Phone Help:** The Clearinghouse offers free telephone consultation to persons starting groups as well as for existing group leaders. If you ever run into a problem or would like additional information, give us a call. We can help!

## HOW TO START AN EFFECTIVE SELF-HELP GROUP WORKSHOP

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**The workshop is free;** however space is limited and pre-registration is requested. To reserve your spot, mail in the attached registration form to the Clearinghouse. You may also register by phone or by sending an email to: [bwhite@saintclares.org](mailto:bwhite@saintclares.org)

The Clearinghouse will call registrants a few days before the workshop to confirm registration. If you do not get a confirmation call, please give us a call to make sure that you have been registered. (We like to know the approximate number of attendees.) Although pre-registration is preferred walk-ins are welcome.

Light refreshments will be served. **Lunch will not be provided.** Feel free to bring your lunch. There will be a short break for lunch.

For information on other workshops, to find a self-help group, or to find out more about our services, call the Clearinghouse at **1-800-367-6274 or 973-989-1122** (Mon-Fri, 8:30am-5pm). Or visit our website at [www.njgroups.org](http://www.njgroups.org)

*The NJ Self-Help Group Clearinghouse is funded through the Division of Mental Health Services and is sponsored by Saint Clares Hospital, Denville, NJ*