



Affordable Health Care Resource Guide

The presence of a healthcare facility/ agency on this list in no way implies a recommendation or endorsement; this list is meant for informational purposes only.

Questions regarding each listing should be directed to the source.

*All other questions,
contact the Somerset County Council for Young Children
(908) 722-4400 fsc@empowersomerset.com*

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PREVENTATIVE CARE

Clinics

Community Visiting Nurse Association

Child Health Clinics/ Free Immunizations

Location: Clinic locations vary

Phone: (908) 725-9355, Ext. 2201

Website: <http://www.communityvna.org/Child-Health-Clinics.cms>

Services provided: to residents of Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Middlesex, Montgomery, North Plainfield, Raritan, Somerville, South Bound Brook, Warren, Watchung

Free Immunization Clinics for newborn baby and children up to Age 18. The nurse, registered dietitian and physician assess the growth and development of children who attend. In addition, parents receive information and education on child health. The clinics are conducted in conjunction with local health departments for families without health insurance.

**Service is only for families who have NO health Insurance*

Call to schedule an appointment & find out if you are eligible.

Blood pressure screenings

Location: Clinic locations vary

Phone: (908) 725-9355, Ext. 2201

Website: <http://www.communityvna.org/BP-Screenings.cms>

Community Home Care, in collaboration with local Health Departments, conducts Blood Pressure Screenings at many local senior centers and other community sites. In conjunction with the screenings, our nurses educate participants on healthy lifestyles.

**To participate, you must be a resident of the town where the screening is held.*

Neighborhood Health Plainfield

Location: 1700-58 Myrtle Ave, Plainfield, NJ 07063

Phone: (908) 753-6401 ext. 1301

Hours: Monday 9AM–5PM
Tuesday 9AM–5PM
Wednesday 9AM–5PM
Thursday 9AM–5PM
Friday 9AM–5PM
Saturday 9AM–5PM

Website: <http://www.nhscnj.org/>

SERVICES

Neighborhood Health Services Corporation serves patients from the prenatal care through geriatric stage of the life cycle. We serve men, women, boys and girls providing exceptional patient oriented primary care, dental and vision services.

- Physicals
- Employment Examinations
- Treatment of acute & chronic illnesses
- Care of hospitalized patients
- Case management of chronic illnesses
- Adult immunizations (dT, Pneumovax, MMR, Hepatitis B, Varicella & Influenza)
- Patient education
- HIV counseling, testing and treatment
- Nutrition & weight loss programs
- Referrals for diagnostic testing and specialty care
- Family education and counseling
- Vision and hearing screening

Insurance information:

Most forms of insurance coverage, including Medicaid and KidCare are accepted. Patients who do not have insurance are eligible for services through NHSC's Access to Healthcare program. Dental lab work is available on a sliding fee scale. Visa and MasterCard are accepted. All possible efforts are made to collect payment but services are provided regardless of ability to pay and citizen status.

Se Habla Español

Zarephath Health Center

Location: 595 A West Canal Rd, Somerset NJ 08873

Phone: (732) 537-0737

Website: www.ZHcenter.org

Office hours: Monday & Thursday 9 am- 2 pm
Wednesday 5pm- 9pm

Insurance Information: All insurance accepted but NO Medicare B.
First come, first served.

Zufall Health Center

Location: 71 Fourth St., Somerville, NJ. 08876

Phone: (908) 526-2335

Office hours: Monday 8:00 AM – 5:00 PM
Tuesday 7:30 AM – 7:00 PM
Wednesday 7:30 AM – 5:00 PM
Thursday 7:30 AM – 6:00 PM
Friday 7:30 AM – 5:00 PM

Website: <http://www.zufallhealth.org/>

Services provided:

- Check-ups
- Treatment of Illness and Injury
- Preventative Care
- Health education and Counseling
- Referrals to Specialists
- Diagnostics Services
- Dental care

Insurance Information: Medicaid, Medicare, NJ Family Care, and Private Insurances are accepted. Fees for patients without insurance are based on income.

Se Habla Español

Veterans Total Care Clinic

Location: Rutgers RWJMG Family Medicine at Monument Square
317 George Street, Suite 100, New Brunswick, NJ

Phone: 1-866-838-7654 (Available 24/7)

Hours of Operation: Thursday- 12:00 pm-8:00 p.m. Friday- 12:00 pm- 5:00 pm

Services provided: Free health care for Anyone who has ever served in the military

- Women's Healthcare
- Behavioral Health
- Peer Support
- Physical exams
- *Limited number of same day appointments are also available daily*

Health Insurance

NJ FamilyCare

Phone: 1-800-701-0710

Hours of Operation: Monday and Thursday 8:00 A.M. - 8:00 P.M.

Tuesday, Wednesday, Friday 8:00 A.M. - 5:00 P.M.

Website: <http://www.njfamilycare.org/default.aspx>

Para Español visite: http://www.njfamilycare.org/docs/facts_spanish.pdf

NJ FamilyCare - New Jersey's publicly funded health insurance program - includes CHIP, Medicaid and Medicaid expansion populations. Individuals ineligible for NJ FamilyCare can find information on other insurance affordability programs at www.healthcare.gov. Qualified NJ residents of any age may be eligible for free or low cost health insurance that covers doctor visits, prescriptions, vision, dental care, mental health and substance use services and even hospitalization.

DEPARTMENTS OF HEALTH

Somerset County Department of Health

Location: 110 West End Ave, Somerville, NJ 08876

Phone: (908) 231-7155

Website: www.co.somerset.nj.us/government/public-health-safety/health-department

Services provided: *(To residents of Bedminster (including Pluckemin, Pottersville), Far Hills, Franklin (including East Millstone, Franklin Park, Kingston, Middlebush, Griggstown, Little Rocky Hill, Somerset, Zarephath), Manville, North Plainfield, Raritan, Somerville):*

- Public Health Administration
- Health Education
- Environmental Health
- Public Health Nursing
- Communicable Disease Control and Prevention
- Maternal and Child Health
- Adult Health Program
- Flu Shots:

The Somerset County Department of Health provides free and low-cost flu shots to residents 18 and older of our contract areas throughout the flu season.

Find your local health department below to find more about free-low cost services:

Bernards Township Health Department

Location: 262 South Finley Avenue, Basking Ridge, NJ 07920

Phone: 908-204-3067

Website: <http://www.bernardshealth.org/>

Serving: BERNARDS TWP, BERNARDSVILLE BORO, PEAPACK-GLADSTONE BORO

Branchburg Health Department

Location: 1077 Route 202, North Branchburg, NJ 08876

Phone: 908-526-1300, Ext. x 183

Website: http://www.branchburg.nj.us/departments/health_department/index.php

Serving: BRANCHBURG, NESHANIC STATION, NORTH BRANCH

Bridgewater Township Health Department

Location: 100 Commons Way, Bridgewater, NJ 08807

Phone: 908-526-1300, Ext. 183

Website: <http://www.bridgewaternj.gov/>

Serving: BRIDGEWATER, Bradley Gardens, Finderne, Martinsville, Thomas Park

Hillsborough Township Health Department

Location: 379 South Branch Road Hillsborough, NJ 08844

Phone: 908-369-5652

Website: <http://www.hillsborough-nj.org/departments/health-new/>

Serving: HILLSBOROUGH, MILLSTONE BORO

Middle-Brook Regional Health Commission

Location: 111 Greenbrook Road, Green Brook, NJ 08812

Phone: 732-968-5151

Website: <http://middlebrookhealth.org/>

Serving: BOUND BROOK, GREEN BROOK TWP, SOUTH BOUND BROOK, WARREN TWP, WATCHUNG

Montgomery Township Health Department

Location: Municipal Building 2261 Route 206. Belle Mead, NJ 08502-4012

Phone: 908-359-8211, Ext. 245

Website: <http://www.twp.montgomery.nj.us/departments/health/>

Serving: BELLE MEAD, SKILLMAN, MONTGOMERY, ROCKY HILL

WELLNESS CLASSES

NJ SNAP-ED: Online resource

Website: <http://snaped4me.org/>

Para Español visite: <http://snapedparami.org/>

Service: Educational videos and healthy recipes

NJ Supplemental Nutrition Program for Women, Infants and Children (WIC)

Location: 120 Finderne Ave, Bridgewater, NJ 08807

Phone number: (908) 685-8282

Website: <http://www.state.nj.us/health/fhs/wic/>

Services:

- Supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of five.
- Nutrition education and counseling,
- Breastfeeding promotion and support,
- Immunization screening and health care referrals.
- *Enrollment is open to eligible applicants*

Shoprite of Hillsborough

Location: 601 US 206, Hillsborough, NJ 08844

Phone: (908) 359-0313

Website: <http://www.shoprite.com/health-events/>

Registered Dietitian: Samantha Nuzio

Services: Call for more information about FREE events and nutrition workshops

MENTAL HEALTH (Screenings/interventions)

Easter Seals NJ

Location: 25 Kennedy Boulevard, Suite 600, East Brunswick, NJ 08816

Phone: 908-722-4300

Services provided:

Residential facility for behavior health and individuals with developmental disabilities.

Family and Community Services of Somerset County

Location: 339 West Second Street

Bound Brook, NJ 08805

Phone: 732-356-6327

Services provided:

- Individual, family and couples' therapy
- Group therapy
- Addictions-focused individual and group therapy

PerformCare

Location: 300 Horizon Drive, Suite 306, Robbinsville, NJ 08691

Phone: 1-877-652-7624

Service: Referral resource for all uninsured patients under 21 years of age

Richard Hall

Location: 500 North Bridge Street, Bridgewater, NJ 08807

Phone: (908) 725-2800

Toll-free number: 1-888-744-4417

Cost: *Services are provided on a sliding scale payment method for community residents*

Services provided:

- Outpatient counseling for adults, adolescents and children
- A variety of intensive services for adolescents
- Intensive programs for adults with mental health diagnoses/addiction
- Traumatic Loss Coalition for Youth- counseling for schools and the community following a traumatic event
- Adult Partial Care Programs
- Project Outreach- supported employment and services to the homeless

Somerset County Psychiatric Emergency Screening Services (PESS)

Location: Robert Wood Johnson University Hospital Emergency Entrance
110 Rehill Avenue, Somerville, NJ 08876

Phone: (908) 526-4100

Services provided:

- Primary screening center for Somerset County
- Mobile Outreach services for individuals in crisis

SUPPORT GROUPS

NJ Self-Help Group Clearinghouse

Phone: 1 (800) 367-6274

Website: <http://www.njgroups.org/>

Services: Database of over 8,600 self-help group meetings statewide, as well as over 1,000 national self-help group headquarters, online and telephone groups, and networks. Individuals and families can find support groups for ADDICTIONS AND COMPULSIONS, EMOTIONAL AND MENTAL HEALTH, BEREAVEMENT, CHRONIC ILLNESS & HEALTH ISSUES, DISABILITIES, FAMILY AND PARENTING ISSUES, ABUSE, OTHER POPULATIONS & STRESSFUL LIFE SITUATIONS

MENTAL HEALTH

Alzheimer's Hotline: 1-800-424-2494

Alzheimer's Association Caregiver Support Group

Meeting Times: 2nd Tuesday of every month at 10:00 AM

Location: Saint Peter's Adult Day Center Conference Room
200 Overlook Drive, Monroe Township

Phone: (609) 655-6863

Depression and Bipolar Support Alliance (DBSA) Support Group

Location: Richard Hall Community Mental Health Center
500 North Bridge Street, Bridgewater, NJ 08807

Meeting Time: Wednesdays from 7:00-8:45pm

Location: Carrier Clinic School Amphitheater
252 County Route 601, Belle Mead, NJ 08502

Meeting Time: Thursdays from 7:30-9:15pm

DBSA Online Support Groups Website:

http://www.dbsalliance.org/site/PageServer?pagename=peer_Online_Support_Groups

NAMI AACT-NOW Support Group (African American Community Takes New Outreach Worldwide)

Location: First Baptist Church of Lincoln Gardens

771 Somerset Street, Somerset, NJ 08873

Meeting Time: 3rd Thursday of the month, 7:00-9:00pm

Phone: (732) 940-0991

NAMI Family-to-Family:

Location: 1562 Route 130, North Brunswick, NJ 08902

Phone: 732-940-0991

Service: 12-week educational workshop for family caregivers of individuals with severe mental illness.

NAMI Family Support Group

Location: Richard Hall Community Mental Health Center

500 North Bridge Street, Bridgewater, NJ 08807

Meeting Time: 1st Thursday of the month, 7:30-9:30pm

Phone: (908) 725-2800

Obsessive-Compulsive Disorder Support Group

Location: Robert Wood Johnson- Somerset Medical Center,

Hamilton Wing, Conference Room,

110 Rehill Ave. ,Somerville, NJ 08876

Phone: 908-725-5595 (day).

Meeting time: Meets 3rd Thurs., 7:30pm

Service: Professionally-run. Support, education and coping skills for persons suffering with, or recovering from, obsessive-compulsive disorder including trichotillomania.

Families are welcome. Building is handicapped accessible.

Survivors of Sexual Violence

Meets for 12-week sessions, twice a year

Pre-registration required

Bilingual

Location: Zufall Health, Inc.

71 4th St, Somerville, NJ 08876

Phone: 908-526-2335 ext. 130

Website: <http://www.zufallhealth.org>

SUBSTANCE ABUSE SUPPORT GROUPS

Addiction Recovery Support Group

Meeting Time: Sunday at 3:30 pm

Location: Church of Jesus Christ of Latter-Day Saints
35 Lamington Road, Branchburg, NJ

Phone: LDS Family Life Services at 212-876-7427

Al-Anon Family Groups

Phone:

For English: 973-744-8686 (Mon-Fri 9am-5pm)

Para Español: 973-268-1260

For Addictions Hotline: 1-800-238-2333

Website: <http://www.northjerseyal-anon.org>

Service: Support group for families and friends of alcoholics (includes groups for children) Call Al-Anon Information Services for more information

Alateen

For teens ages 10-17 whose lives have been affected by someone's else's drinking

Meeting time: Sundays 8pm

Location: St. Elizabeth's School, 141 Seney Dr., Bernardsville

Phone: 973-744-8686

Website: www.northjerseyalnon.org

Alcoholics Anonymous

Phone: 1(800) 245-1377

908-687-8566 (24 hr)

Website: www.nnjaa.org

Para español: 973-824-0555

Bright Futures for Kids

Location: Carrier Clinic, Atkinson Amphitheater

252 Route 601, Classroom 3, Belle Mead, NJ 08502

Meeting Time: Sundays, 11am-1pm

Phone: (908) 281-1513

Age Requirement: 4-12

Service: Support for children coping with a family member's addiction

Celebrate Recovery

Location: Christian Community Chapel
211 Route 206 North, Hillsborough, NJ 08844
Meeting Time: Fridays, 7pm
Phone: 908-431-9244

Nar-Anon

Hotlines: 1-(877) 424-4491 / 1-(844) 276-2777 / 1-(800) 238-2333
Phone: (609) 587-7215
Website: www.naranonofnj.org
Service: Provides help for family members and friends of drug abusers

Narcotics Anonymous

Phone: 1 (800) 992-0401 or 732-933-0462
Website: <http://www.nanj.org>
Service: For men and women seeking recovery from drug addiction.

Parent Support Group- New Jersey, Inc.

Location: Carrier Foundation, Admissions Building, Chapel, Belle Mead.
Phone: 1-800-561-4299 / 973-736-344
Website: www.psgnjhomestead.com
Service: self-help groups for mothers and fathers to understand and cope with the disease of addiction of their children with 10 to 40 years of age.

PARENTS SUPPORT GROUPS

Breastfeeding Support Group-Free

Location: St. Peters University Hospital

254 Easton Avenue, New Brunswick, NJ 08901

Meeting Time: 1st Friday of the month 1 pm- 2:30 pm

Phone: Lactation Department (732) 745-8600, x8820

Time: Offered the first Friday of every month from 1pm to 2:30pm.

Service: For currently breastfeeding mothers and your babies to your experience with other new moms. The group is facilitated by a Board Certified Lactation Consultant.

*Registration required

Website: <http://www.saintpetershcs.com/support-groups/>

Caregiver Support Group

Meeting Time: 2nd Thursday of every month

Location: Saint Peter's Adult Day Center

200 Overlook Drive, Monroe Township

Phone: (800) 269-7508 x8662.

Service: Support group for spouses/partners caring for a loved one with any type of illness.

Family Education & Support Meetings

Location: McCarrick Care Center

15 Dellwood Lane, Somerset

Phone: (732) 545-4200

Foster and Adoptive Family Services Group

Meetings times: Meeting days vary, 6pm

Location: Franklin Township Library

485 Demott Lane, Somerset, NJ

Call: 1-800-222-0047 (registration required)

Website: <http://www.fafsonline.org>

Service: Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events, newsletter and support services

Grand Parents Support (GPS)

Location: Centre at Raritan, 1124 Highway 202 South, Suite A-2, Raritan.

Phone: 908-218-9062 (Mon.-Fri., 9am-3pm).

Time: Meets 2nd Tuesday of the month 7:30 pm -9pm

Service: Professionally-run. Support, education and advocacy for grandparents denied access to grandchildren. Building is handicapped accessible.

Pre-registration required.

Jump-Start New Parent Autism Support Group

Phone: (877) 886-9462

Service: 2 hour meeting with Guest speaker and networking with other parents
Support groups for siblings and childcare (All ages)

Group is free of charge

New Moms Support Group

Location: St. Peters University Hospital

254 Easton Avenue, New Brunswick, NJ 08901

Phone: (732) 745-8579

Website: <http://www.saintpetershcs.com/support-groups/>

*Registration required

Parents Anonymous

Phone: 1-855-427-2736 (day).

Website: <http://www.pa-of-nj.org>

Service: Support for parents who are under stress and who want to improve their relationships with their children.

Pregnancy Aid & Information

Phone: (908) 526-8121

Proactive Parenting Group

Meeting Time: 4th Tuesday of each month, 7 pm-9 pm

Location: EmPoWER Family Success Center

34 West Main Street, Suite 201, Somerville, NJ

Phone: 908-223-1191 (registration required)

Service: Parents will have the opportunity to learn proactive skills, support and share their story with similar parents and caregivers looking to strengthen their families.

Group is free of charge

BEREAVEMENT/ GRIEF

Bereavement Support Groups

- Location: Conference Center at Saint Peter's University Hospital.
Meeting Time: 1st and 3rd Thursday of each month, 7-8:30 pm
Phone: (732) 745-8565
Group is free of charge
- Meeting Time: 2nd Tuesday of each month, 4-5pm
Location: Stein Hospice
49 Veronica Avenue, Suite 206, Somerset, NJ
Phone: (732) 227-1212
*Pre-registration appreciated
Group is free of charge

Bereaved Catholics

Location: Various meeting locations and times in Somerset County (click on link below)

<http://diometuchen.org/assets/Uploads/Documents/FamilyLife/Bereavement.pdf>

Phone: 732-562-1990 ext. 1624

Service: Mutual support for bereaved persons of any faith.

Website: www.diometuchen.org

***Charge may apply depending on location**

Bereavement Support Group (Cancer)

Professionally-run.

Location: 3 Crossroads Drive Bedminster, NJ 07921

Phone: 908-658-5400 ext. 102.

Website: <http://www.cancersupportcnj.org>

Service: Support for individuals who have experienced the death of a loved one from cancer.

*Pre-registration required.

Compassionate Friends

Provides mutual support for parents, siblings and grandparents grieving the death of a child.

Meeting Time: 2nd Tuesday of each month, 7:30pm

Location: Bridgewater Library

1 Vogt Drive, Bridgewater, NJ

Phone: 1-877-969-0010/ (908) 292-8591

Website: <http://www.freewebs.com/cfbridgewater>

Friends of Nikki (Pet Loss)

Meeting Time: Meets every 3rd Sunday of the month, 1-2:30pm

Location: Somerset, NJ

For more information: (732) 246-2124

GRASP (Grief Recovery After Substance Abuse Passing)

Location: Raritan Valley Community College

118 Lamington Rd, Branchburg, NJ 08876

Phone: (908) 872-1388

Meeting Time: 1st Sunday of each month, 1-2:30pm

Service: For anyone who lost a loved one due to any substance addiction

Group is free of charge

JANUS Bereavement Group

Location: Bridgewater and Raritan

Phone: 908-218-9062

Meeting Time: 2nd Tuesday of each month, 7:30-9:00 pm

Kids Connect / Parents Connect Bereavement Groups

Location: Cancer Support Community Central NJ

3 Crossroads Drive, Bedminster, NJ

Contact: (908) 658-5400

*Pre-registration required

SHARE

Location: St. Peters University Hospital

Time: 3rd Thursday of each month, 7:00 -9:00 pm

Phone: (732) 745-8600, x5214

Service: For pregnant women who have previously experienced a loss

Group is free of charge

Survivors of Suicide Loss Support Group

Location: Somerset County Library

1 Vogt Drive, Bridgewater, NJ 08807

Meeting Time: Mondays or Tuesdays (please contact for details)

Contact: (908) 707-1699

Website: www.thejohncharitable.org

Group is free of charge

MEDICAL

Adjustment to Vision Loss Groups

Phone: (201) 996-9100 ext. 10 or 26

Availability: Groups in Skillman and Somerset

NJ AIDS/HIV/STD Hotline

For Information & Referrals: 1-800-624-2377

Angeles Rosados Breast Cancer Support Group-SPANISH (Grupo de Apoyo)

Phone: 908-635-4553

Time: Meets 3rd Saturday of each month

Location: Varies (please call to verify location)

Service: Support for anyone diagnosed with breast cancer. Families welcome.

Group is free of charge

Aphasia Support Group

Location: 775 Talamini Rd., Bridgewater, NJ 08807

Phone: 973-530-3981

Time: Meets 2nd and 4th Wed., 9:30-11:30am

Website: <http://www.adleraphasiacenter.org/>

Service: Support for patients living with aphasia.

Pre-registration required.

Group is free of charge for the 1st year

Autism Support Group

Location: St. Saint Peter's University Hospital (Held in cooperation with MyGoal, Inc.)
254 Easton Avenue, New Brunswick, NJ 08901

Phone: (877) 886-9462

Website: www.mygoalautism.org

Group is free of charge

Brain Injury Alliance of New Jersey-Support Group

Location: The Warren Library

42 Mountain Blvd., Warren, NJ 07059

Phone: 1800-669-4323 / 732-745-0200

Time: Meets the 2nd Thursday of each month at 6:30

For the month of June, this group will meet the 1st Thursday, June 2nd.

Bariatric Support Group

Location: Saint Peter's University Hospital

Phone:(732) 745-8600, ext. 8159

Website: <http://www.saintpetershcs.com/support-groups/>

Group is free of charge

Children's Insulin Pump Group

Location: Saint Peter's University Hospital

254 Easton Avenue, New Brunswick, NJ 08901

Phone: (732) 745-8600, x8751

Website: <http://www.saintpetershcs.com/support-groups/>

Group is free of charge

Commission for the Blind and Visually Impaired-Support Group

Phone: (973) 648-2821

Group is free of charge

Craniofacial Girls/Boys Support Group

Location: Saint Peter's University Hospital

254 Easton Avenue, New Brunswick, NJ 08901

Phone: (732) 745-7943

Service: for girls and boys (ages 11 to 17) with craniofacial conditions (meet separately).

Group is free of charge

Diabetes Self-Management Education

Location:Thyroid and Diabetes Center at Saint Peter's University Hospital

Phone: (732) 745-6667

Website: <http://www.saintpetershcs.com/support-groups/>

Group is free of charge

Diabetes & Stroke Support Group

Phone: (732) 339-7672

Website: <http://www.saintpetershcs.com/support-groups/>

Group is free of charge

Eating Disorders Support Group

Location: Robert Wood Johnson University Hospital Somerset,
110 Rehill Ave., Somerville NJ 08876

Eating Disorder Conference Room, 1st Floor, Room 197

Meeting time: Meets Tuesdays., 7:30-8:30pm

Phone: 908-685-2847

Service: Professionally-run. Provides mutual support for those suffering from an eating disorder. Under 18 welcome. Share information and experiences. Building is handicapped accessible.

Group is free of charge

Epilepsy Foundation Support Group

Location: 20 Grove St., 2nd Floor, Conference Room, Somerville

Meeting time: Meets 4th Thurs., 7pm

Phone: (908) 400-9591

Service: Mutual support and education for persons with epilepsy. Families and friends are welcome.

Gestational Diabetes Self-Management

Location: Thyroid and Diabetes Center at Saint Peter's University Hospital

Phone: (732) 745-6667

Website: <http://www.saintpetershcs.com/support-groups/>

Group is free of charge

HIV Support Group

Mutual support for anyone living with HIV/AIDS.

Location: Somerset Treatment Services
118 West End Ave., Somerville.

Phone: 908-722-1232 ext. 3015

Time: Thursdays 5:30-8pm

Website: <http://www.somersetmentservices.org/index.php?id=180>

Group is free of charge

Kids with Diabetes Family Support Group

Brought to you by Michael's Miracles

Location: 34 West Main St., Suite 201, Somerville, NJ

Time: 3rd Friday of each month 7:00 pm - 9:00 pm

Phone: (908) 391-0220

Website: <http://www.michaelsmiracles.net/>

Group is free of charge

Living with Autoimmune Disease Support Group

Location: Robert Wood Johnson University Medical Center-Somerset,
110 Rehill Ave., Somerville, NJ 08876
Hamilton Conference Room, Main Floor,

Phone: 908-358-7167

Time: Meets 1st and 3rd Sat., 2-3:30pm

Service: Mutual support for those with rheumatoid arthritis, lupus, fibromyalgia, chronic fatigue or other autoimmune disorders. Building is handicapped accessible.

Pre-registration required

Living Well With Diabetes Support Group

Location: Robert Wood Johnson University Hospital Somerset,
110 Rehill Ave., Somerville

Meeting time: Meets in March, May, September, November

Phone: (908) 685-2846

Service: Professionally-run. Mutual support and information for adults with diabetes type 1 or 2. Building is handicapped accessible.

Registration required

Group is free of charge

Bilingual staff available: Hindi and Spanish

National MS Society Support Group

Location: People Care Center

120 Finderne Ave., Bridgewater

Meeting time: Meets 4th Tuesday of each month, 7-9:00 pm (except June, July, Aug.)

Phone: (908) 872-9268

Service: Information and open discussions on living with and managing the physical and emotional aspects of multiple sclerosis for both the person with MS and their significant others.

Website: <http://www.nationalmssociety.org>

Group is free of charge

Stroke Club of Somerset County

Location: Robert Wood Johnson University Hospital Somerset,

Conference room at 4 West building

110 Rehill Ave., Somerville NJ 08876

Meeting time: Meets 1st Thurs., 2-3:00 pm (No meeting in August)

Phone: (908) 704-3776

Service: Professionally-run. Mutual support for stroke patients and their families. Building is handicapped accessible.

Website: <http://www.nationalmssociety.org> or www.rwjuh.edu

Group is free of charge

Teen Mix Support Group

Location: YMCA

19 East Mountain Rd., Hillsborough, NJ

Meeting time: Meets 3rd Friday of each month, 7 pm

Phone: (908) 391-0220

Service: Support for teens (ages 12-18) who have type 1 diabetes. Parents group meets concurrently. Activities after meeting. Building is handicapped accessible.

Registration required

Group is free of charge

CANCER

Breast Cancer Support Groups

- Location: Steeplechase Cancer Center,
30 Rehill Ave., Somerville, NJ
Phone: 908-927-8721.
Time: Meets 2nd Tues., 6:30-8pm
Service: Professionally-run. Support for women with breast cancer. Building is handicapped accessible. Registration required.
- Location: Cancer Institute of NJ
195 Little Albany St (2nd floor waiting room), New Brunswick, NJ
Meeting Times: 1st & 3rd Mondays; 7-8:30pm
Phone: (732) 235-7011
Service: Mutual support and education for breast cancer patients.

Central Jersey Multiple Myeloma Support Group

Location: Steeplechase Cancer Center
30 Rehill Ave., Somerville, NJ, 08876
Time: Meets 1st Wednesday of each month. 7pm
Phone: (908) 725-4948
Website: <http://www.centraljersey.myeloma.org>
Service: Mutual support for patients, families and friends affected by multiple myeloma. Building is handicapped accessible.

Family and Friends Support Group

Location: Cancer Support Community Central New Jersey,
3 Crossroads Dr., Bedminster NJ
Phone: 908-658-5400 ext. 102
Meeting time: Meets 1st and 3rd Wed., 11:30am-1pm
Service: Professionally-run. Support for family members and friends who are caring for an adult with cancer. Sharing of thoughts, feelings and information.
Website: www.cancersupportcnj.org
Pre-registration required.
Group is free of charge

Gynecological Cancer Support Group

Location: Cancer Support Community Central New Jersey
3 Crossroads Dr., Bedminster, NJ

Phone: 908-658-5400

Meeting time: Meets 2nd Mon., noon-1:30pm

Service: Professionally-run. Support for women with gynecologic cancer.

Gynecologic Cancer Support Group

Location: Cancer Institute of NJ
195 Little Albany St (1st floor Women's Center), New Brunswick, NJ

Meeting time: 2nd Tuesday; 7-8:30pm

Phone: (732) 235-8522

Service: Mutual support and problem-solving for women diagnosed with gynecologic cancers.

Kids Connect/Parents Connect

Location: Cancer Support Community Central New Jersey,
3 Crossroads Dr., Bedminster.

Meeting time: Meetings vary

Phone: 908-658-5400 ext. 102

Service: Professionally-run. Support for children (ages 7-17) to help them cope with a parent's cancer diagnosis. Children participate in creative activities to help them express their feelings. Parents develop skills to talk with children about their cancer.

*Registration required

Living with Cancer Support Group

Location: Cancer Institute of NJ
195 Little Albany St (2nd floor waiting room), New Brunswick, NJ

Meeting time: 2nd & 4th Wednesdays; 7-8:30pm

Phone: (732) 235-7557

Service: Mutual support for anyone diagnosed with cancer and their loved ones.

Young Women's Cancer Support Group

Location: Steeplechase Cancer Center
30 Rehill Ave., Somerville NJ 08876

Meeting time: Meets 3rd Tues., 6:30-8pm

Phone: 908-927-8721

Service: Support for young women (under age 45) with cancer. *Registration required

OTHER SUPPORT GROUPS

Co-Dependents Anonymous (CoDA)

Meeting Time: Mondays, 7-8:15pm

Location: United Methodist Church

9 Church Street, Anderson House Annex, Kingston, NJ

Debtors Anonymous

Meeting Time: Tuesdays, 7:30pm (7pm for beginners)

Location: Presbyterian Church of Basking Ridge

1 East Oak Street

Basking Ridge, NJ

Gamblers Anonymous

Location: Saint James Church, Parish Community Center

184 South Finley Avenue, Room 4

Phone: 24 hr. Hotline 1-855-222-5542

1888-424-3577

Meeting Time: Saturdays, 10-11:30am

Website: www.ga4nj.com

Gam-Anon

Location: Lyons VA Medical Center

151 Knollcroft Rd, Building 143, Lyons, NJ

Phone: (973) 815-0988

Website: www.njgamanon.org

Overeaters Anonymous

Phone: 908-253-3464 or 732-634-6695

Main Website: <http://www.oa-centraljersey.org>

Meeting Calendar: http://oa-centraljersey.org/?page_id=93&ai1ec=cat_ids~10

Services: Fellowship who meet to help one another understand and overcome their common problem of compulsive overeating.

OTHER SERVICES

ComforTree

Location: 952 Evergreen Ave.

Branchburg, NJ 08876

Phone: (908) 256-1192

Website: <http://comfortree.org/>

Services provided: As a non- profit cleaning organization, ComforTree provides free, basic monthly cleaning with non toxic cleaning products. A basic cleaning consists of general dusting, vacuuming, mopping, cleaning of bathroom, and wiping down the kitchen.

SHIP'S Eye Clinic

Location: 87 East High Street, Somerville, NJ 08876

Phone: 908-393-9545

Time: First Thursday of each month from around 9:30 am to 1pm, by appointment.

Website: http://ship908.com/html/eye_clinic.html

Services provided: Eye examinations for patients. Examinations are provided by eye specialists of the N.J. Commission for the Blind and Visually Impaired Eye Examination Unit. Prescriptions for glasses or medications will be written as required. Review and interpret findings of examinations. Provide written reports of all eye examinations to include identification of those who require early or immediate attention. The N.J. Commission for the Blind and Visually Impaired Eye Examination Unit will evaluate blind or visually impaired patients for educational or rehabilitation services and provide financial or other assistance towards eye care or treatment for patients determined by the Commission to be eligible for such assistance.

Transportation

For medical transportation information, click the link below:

http://media.wix.com/ugd/9bb8ca_53aa5a2d7e45480b95515b2686441f09.pdf

HOTLINES

Addictions Hotline of NJ: 1 (800) 238-2333

Ala-call Substance Abuse Hotline: 1 (800) 322-5525

Alcohol and Cocaine Abuse Hotline: 1 (800) 888- 9383

Catastrophic Illness in Children Relief Fund: 1 (800) 335-3863

Commission for the Blind & Visually Impaired: 1 (877) 685-8878

Child Behavioral Health Services: 1 (877) 652-7624

Disaster Mental Health: 1 (877) 294-4357
1 (877) 294-4356 TTY

Division of Addiction Services: 1(609) 292-5760
1-609-292-6735 TTY

Division of Developmental Disabilities (DDD): 1 (800) 832-9173

Division of Disability Services (DDS): 1-888-285-3036
1-609-292-1210 TTY

Division of Medical Assistance and Health Services:1 (800) 356-1561

Division of Mental Health Services (DMHS): 1 (800) 382-6717

Gambling Addiction: 1 (800) 426-2537

Family Help Line (for stressed parents): 1 (800) 843-5437

NJ FamilyCare/Medicaid Call Center: 1 (800) 356-1561

NJ Disaster Mental Health Helpline: 1 (877) 294-4357
1 (877) 294-4356 TTY

NJ Drug Hotline: 1 (800) 225-0196

NJ MentalHealthCares (NJMHC): 1 (866) 202-4357
1 (877) 294-4356 (TTY)

Psychiatric Emergency Screening Services (PESS): 1 (908) 526-4100

Poison Control Center: 1 (800) 222-1222

Postpartum Mood Disorders: 1 (800) 328-3838

State Disability Insurance

(Dept. of Labor & Workforce Development): 1 (609) 292-7060

1 (609) 292-8319 (TDD)

National Suicide Prevention Lifeline: 1 (800) 273-8255

NJ Relay for Deaf, Hard of Hearing, or

Speech-Impaired Text Telephone User: 1 (800) 852-7899

Teen Pregnancy Hotline: 1 (800) 843-5437