Do you have questions?

My child is allergic to ….

My child has asthma.

What is anaphylaxis?

I don't know why she is breaking out in hives.

He has eczema.

What can we feed her?

How do we explain severe allergies to the school?

How do we keep our child safe?

We don't know what to do.

If someone in your family has been diagnosed with severe allergies to food, the environment, insects, latex, and/or asthma, your mind may be overloaded with these and other questions.

You are not alone.

Meet with others who share the challenges of living with food allergies, environmental allergies and asthma.

Lending Library

Members have access to a lending library of books, children books, magazines, cook books, and DVDs focused on allergies and asthma.

Other Resources

Food Allergy and Anaphylaxis Network (FAAN)
www.foodallergy.org
800-929-4040

Food Allergy Initiative (FAI)
www.foodallergyinitiative.org
212-527-5835

Allergy and Asthma Network/Mothers of Asthmatics, Inc.
www.breatherville.org
800-878-4403

Allergy & Asthma Foundation of America
www.aafa.org/
1-800-7-ASTHMA

Pediatric/Adult Asthma Coalition of New Jersey
www.pacnj.org/
908-687-9340

Kids with Food Allergies
www.kidswithfoodallergies.org

Version: 5/2009

Allergy & Asthma Support Group of Central New Jersey

http://www.allergyfriendsnj.org

Mission

The Allergy & Asthma Support Group is for adults and parents of children with food and environmental allergies, asthma or both. By sharing stories, personal experiences, wisdom, suggestions and practical knowledge, we support families and friends affected by these life-threatening conditions through face-to-face meetings, online support and advocacy.

Our monthly meetings range from formal speaker presentations to informal group discussions. We occasionally have "nights out" for parents and safe parties for the children. Our "members-only" listserv allows people to reach out on a day-to-day basis for advice and assistance.

As volunteer parent advocates we educate others and ourselves about the medical, social and emotional aspects of food and environmental allergies and asthma and raise public awareness through print publications and presentations about allergies and asthma to schools, policymakers, community groups and other interested audiences.

We are registered with the New Jersey State Department of Education; teachers, nurses and administrators may earn Professional Development Units (PDUs) by attending meetings.

Meetings

The Support Group meets monthly (except July and August) at a Central New Jersey location. See our website (http://www.allergyfriendsnj.org) for meeting date, topics and location.

Our topics are determined by suggestions and the needs of the group.

Guest speakers who are trained professionals in provide expert advice on a variety of topics, such as nutrition, research, and much more.

History

The Allergy and Asthma Support Group of Central New Jersey formed in May 2002 by Dr. Helen Skolnick of Princeton Allergy and Asthma Associates and two parents.

Contact Us

Allergy and Asthma Support Group of Central New Jersey
Allison Inserro, Facilitator
allison@allergyfriendsnj.org

For presentations:
Angela Perone
outreach@allergyfriendsnj.org

Committees

The Support Group includes the following committees:

- Advocacy
- Community Outreach
- Fund Raising
- Social

The Advocacy Committee works with other groups to help support legislative initiatives related to food allergies and asthma.

The Community Outreach Committee works with parents, schools and community groups to raise awareness and understanding of food allergies and asthma.

The Fund Raising Committee raises money for the *Food Allergy and Anaphylaxis Network* (FAAN) and the *Food Allergy Initiative* (FAI) as well as supplying local libraries in South and Central New Jersey with books and other materials for children and adults specific to allergies and asthma.

The Social Director organizes safe activities (no food served) for the children at various times during the year.