

New Jersey Self-Help Group Clearinghouse

Group Information Helpline 1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.NJgroups.org

Sample of Community Support Groups in Bergen County

ADDICTIONS **Alcoholics Anonymous** (bilingual) *alcoholics in recovery* (various locations www.njaaa.org) * **Al-Anon families of alcoholics** (various www.nj-al-anon.org) * **Alateen teens with an alcoholic family member** (various) * **Dual Recovery Anonymous** for *mental health consumers who also have an alcohol and/or drug addiction* (Hackensack) * **Adult Children of alcoholics** (Fort Lee) * **Narcotics Anonymous drug addictions** (various www.nanj.org) * **Nar-Anon families of drug abusers** (various www.naranonofnj.org) * **Gamblers Anonymous compulsive gamblers** (various www.ga4nj.com) * **Gam-Anon families of gamblers** (various www.njgamanon.org) * **Women For Sobriety women with addictions** (Ridgewood) * **Double Jeopardy** those with HIV/HCV in recovery from drug abuse (Hackensack) * **Parent Support Group parents of addicted children 13-40+** (Paramus) * **Families Anonymous family/friends of those with an addiction** (various) * **Co-Dependents Anonymous** recovery from co-dependency, desiring *healthier relationships* (Paramus & Fort Lee) * **Overeaters Anonymous** compulsive over-eating (various www.njioa.org) * **Food Addicts in Recovery Anonymous – food addiction** (Paramus/Maywood) * **T.O.P.S. weight-loss** (various www.TOPs.org) * **Nicotine Anonymous nicotine addiction** (Paramus/Teaneck) * **Clutterers Anonymous hoarding** (Teaneck/Garfield) * **Sexaholics Anonymous to stop self-destructive sexual thinking & behavior** (in Teaneck/Wyckoff; and a men-only group in Paramus) * **S-Anon families of sex addicts** (Hackensack) * **Debtor's Anonymous over-spenders who keep incurring debt** (Teaneck/Englewood) * **Nurse Recovery Group recovery from addictions** (Paramus) * **Lawyers Concerned for Lawyers for lawyers & judges in court system with addictions** (various locations) * **Jewish Twelve Step/JACS Meeting** assists Jewish alcoholics, chemically dependent persons & their families/friends (Tenafly) * **CARE Christians in recovery from any addiction** (Paramus).

BEREAVEMENT **Widows & Widowers** (Englewood) * **Grief Support Groups loss of loved one** (various locations); *due to cancer* (Hackensack) * **Partners Bereavement Support Group recent loss to cancer** (Ridgewood) * **Motherless Daughters** earlier or recent loss of mother * **Bereavement Support Group loss of loved one** (time-limited - various) * **Compassionate Friends death of a child** (Wyckoff) * **Pregnancy & Newborn Loss Support Group** loss of an infant, miscarriage, or stillbirth (Teaneck) * **Parents Who Have Lost A Child loss of child of any age** (River Edge) * **Perinatal Bereavement – “Healing Hearts” miscarriage, ectopic pregnancy, stillbirth or infant death** (Ridgewood) * **Perinatal Bereavement Support Group pregnancy loss/infant death** (Englewood) * **SIDS/Infant Loss Support Group sudden infant death** (Hackensack) * **Post-Abortion Stress Support Group** for women healing from stress of *post-abortion* (Teaneck) * **Safe Space for bereaved teens any death** (Allendale) * **Bereaved Catholics loss to death or divorce** (various) * **Rainbows kids/parent after death, divorce, abandonment** * **Survivors After a Suicide grief support** (Dumont) * **Pet Bereavement Support Group** (Paramus).

MENTAL HEALTH **DBSA** for those with *depression or bipolar disorder* (Paramus) * **NAMI Bergen County families of those with a mental illness** (Paramus) * **NAMI en Espanol** (Hackensack) * **Bergen BP Support for parents of children with bipolar disorder** (Paramus) * **Family Support Org.** for *caregivers of children with emotional/ behavioral challenges* (Fair Lawn) * **Intensive Family Support Service families of those with a mental illness** (Paramus) * **“On Our Own” Self-Help Center self-help center run by & for mental health consumers** (Hackensack) * **For Us/By Us consumer-run self-help center** (Englewood) * **Mental Health Support Group mental health consumers** (Paramus) * **Post-Partum Depression Support Group** (Ridgewood) * **Abraham Low Self-Help Systems (formerly Recovery, Inc.) for controlling any type of temperamental behavior** (Hasbrouck Heights & Ridgewood) * **Emotions Anonymous to gain better emotional health** (Hackensack & Hillsdale) * **NJ TTM Support Group for children & teens with trichotillomania (compulsive hair pulling, skin-picking), and parents** (Glen Rock).

FAMILY / PARENTING / CAREGIVER * **La Leche League pregnant & breast-feeding moms** (Teaneck) * **Holistic Moms Network natural health & green living** (Paramus) * **Twins Mothers Club mothers of multiples** (Ridgewood) * **Mocha Moms stay at home moms of color** (various) * **Step Moms Support Group (Ho-Ho-Kus)** * **Grandparents Raising Grandchildren** (Englewood) * **Parents in Crisis** support for parents with children experiencing behavioral problems (Glen Rock) * **St. Peter's Support Group divorce, loss of a spouse, or never married** (River Edge) * **New Beginnings separated/divorced** (Montvale) * **Separated, Divorced & Bereaved Catholics** (various locations) * **Rainbows children who experienced separation, divorce, death, or abandonment** (various) * **Military Family Support for families of military overseas or about to deploy** (Carlstadt) * **Adoptive Parents Committee pre- & post-adoptive parents** (Washington Township) * **Triad Support Group of NJ adoptees, adoptive & birth parents** (Paramus) * **The Source drop-in center for family concerns** (Glen Rock) * **P-FLAG parents & families of gays & lesbians** (Washington Township) * **South Asian Parents of Children with Disabilities Support Group** for South Asian parents of children with any “disability” to include autism, ADHD, learning disability, behavior problems, bullying, racial discrimination, etc. (Ridgewood) * **Caregivers of those Disabled or Elderly** (Teaneck) * **Adult Reach Center Caregivers Group** (Tenafly) * **Caregiver Support Group caregivers of ill relative, age 60+** (Midland Park) * **New group may form for Parents of children with non-verbal learning disabilities.**

HEALTH & DISABILITIES

ASPEN parents of children with Asperger Syndrome (Paramus) * **North Jersey Lyme Disease Support Group** (Englewood) * **Diabetes Support Groups for adults or children** (various locations) * **Kessler Leg Amputee Support Group** (Saddlebrook) * **Stroke Club** (Saddle Brook) * **Under 60 Stroke Group** (Saddle Brook) * **Post Stroke & Disabled Adult Program support, crafts, games, exercises** (various) * **NJ Stroke Activity Center long-term survivors** (Paramus/Saddle Brook) * **Post Stroke Support Group** (Englewood) * **"It's My Heart"** for parents of children with congenital heart defects (Hackensack) * **TOPS - Take Off Pounds Sensibly - weight loss for adults** (Wyckoff & Oakland) * **Overeaters Anonymous compulsive overeating** (various sites) * **Food Addicts in Recovery Anonymous food addiction, obesity, anorexia, bulimia** (various) * **Gastric Bypass Support Group had or considering bariatric surgery** (Englewood) * **Lap Band Support Group Had or considering surgery** (various) * **Caregiver & Aphasia Support Group patients & caregiver** (Maywood) * **Acoustic Neuroma Assn of NJ** a statewide group but sometimes meets in Hackensack * **Apraxia Network of Bergen County caregivers** (River Edge) * **Life After a Transplant Post-Bone Marrow/Stem Cell Transplant Support Group** (Hackensack) * **American Celiac Society Phone support** * **Chronic Fatigue Syndrome Assn** (Ridgewood) * **MDA/ALS Support Group muscular dystrophy or ALS** (Tenafly) * **Adjustment to Vision Loss** groups for those who have lost or impaired sight (various) * **Northern NJ Peripheral Neuropathy Support Group** (Englewood) * **Bergen County Polio Support Group** (Maywood) * **Mended Hearts pre-, post- heart surgery** (Hackensack) * **It's My Heart support, advocacy and education for parents with a child affected by congenital heart defects** (Hackensack) * **Crohn's & Colitis Support Group** (Hackensack) * **Inflammatory Bowel Disease Support for Parents** (Hackensack) * **Crohn's & Colitis Fdn inflammatory bowel disease, Crohn's or ulcerative colitis** (Ridgewood) * **Parkinson's Support Group** (Wyckoff) * **Parkinson's Support Group** (Englewood) * **Northern Valley Parkinson Support Group** (Haworth) * **South Asian Parents of Children with Disabilities** (Ridgewood area) * **Double Jeopardy Peer Support Group addicted and HIV/HCV+** (Hackensack) * **SELF (Support, Education, Learning, Friendship) HIV+ gay men** (Hackensack) * **NJ Buddies HIV/AIDS** (Hackensack) * **Caregivers Family Support Group caregivers of Alzheimer's** (Paramus) * **Alzheimer's Support Group caregivers** (various sites – to include a bilingual group in Englewood) * **Nat'l MS Society multiple sclerosis** (various) * **CARE focus on complementary medicine** (Ridgewood) * **Disability Support Groups** (Hackensack) * **Epilepsy Adult Group** (Hackensack) * **Cancer Care Support Groups for patients & their families, to include bilingual, phone & online groups** (Ridgewood) * **Gilda's Club Northern NJ wide variety of different cancer support groups for patients, families & caregivers** (Hackensack) * **Leukemia & Lymphoma Society leukemia, lymphoma, Hodgkin's, multiple myeloma** (Hackensack) * **Multiple Myeloma** (Hackensack) * **Dong Gue Ra Mee Korean cancer patients** (Teaneck) * **Breast Cancer** (Paramus) * **Support Group For Breast Cancer (Spanish-speaking in Hackensack)** * **Hope Is In Your Hands breast cancer** (Hackensack) * **Tennis For Life breast cancer** (Ridgewood) * **Life Lines prostate cancer support group** (Upper Saddle River) * **Prostate Cancer Support Group** (Teaneck) * **Us Too prostate cancer** (Paramus) * **Group forming for Persian Women with Cancer or Survivors** (open to Farsi & Dari-speaking women) * **Group forming for Victims of Medical Errors.**

AND MANY OTHER TYPES OF SUPPORT GROUPS...

Neighbors-Helping-Neighbors Job Transition Support & Networking Groups weekly job clubs meet at over a dozen public libraries County-wide * **Employment Peer Support Group** (Upper Saddle River) * **Job Seekers Support Group** (Rutherford) * **Professional Service Group un- & underemployed professional-level job seekers** (Hackensack) * **Survivors of Rape adult female survivors of sexual assault** (various) * **Life Support Group** (Garfield) and **Never Alone Again** (Englewood) for women who are victims of domestic violence * **HOPES adult survivors of any form of child abuse** (Teaneck) * **Second Generation: Children of Holocaust Survivors** (Teaneck) * **Transitions Discussions seniors** (Midland Park/Wallington) * **Clutterers Anonymous** changing cluttering behaviors (Teaneck/Garfield) * **Co-Dependents Anonymous** those developing healthier personal relationships coda.org (Paramus & Fort Lee) * **Debtors Anonymous** compulsive over-spenders (Teaneck/Englewood) * **Toastmasters Int'l learning public speaking** (various) * **As Life Changes for those 55+** (Englewood) * **Groups forming for Female Victims of Military Sexual Abuse & Military Servicewomen.**

Sample of Just a Few of the ONLINE MUTUAL SUPPORT GROUPS Available

NJ Quitnet online group to stop smoking * **Totally Hip** online group for those anticipating or who have had hip replacement surgery * **Young Widows - Chapter Two** for young widows & widowers * **BPD World** for those with Borderline Personality Disorder * **Fear of Dentists** * **Cancer & Careers** working women with cancer * **ACOR.org** has over 150 mutual support mailing lists for most any type of cancer * **Ability Online Support Network** email list for children & teens with disability or chronic illness * **Safe Tables Our Priority** (S.T.O.P.) for victims & family of victims of food borne infectious diseases * **GROWW** for persons grieving the loss of a loved one, many specialty message boards and chat rooms for specific types of death * **Group Loop** for teens with cancer and their parents * **Self-Injury Information & Support** web board and e-mail list for self-injurers * **Premie-List** for parents with children born more than 6 weeks or more before due date * **Rosacea Support Group** * **Abused Guys** for male victims of domestic violence * **Club HPV** support for those with human papilloma virus (genital warts) * **Gamer Widow** for partners of those who play computer games compulsively * **On-Line Gamers Anonymous** * **Power Surge** for women having difficulties with menopause * and many more.

This is just a sample of the groups available. **For contact and meeting information on any type of support group nearest you, or for free help in starting most any type of self-help (i.e., member-run) support group,** just call us at **1-800-367-6274**. For those wishing to start a new group, we offer free phone consultation, literature, workshops, networking. For professionals and others, who would like a handy guide to all the NJ, national, online & model groups, our new 704-page May, 2011 Directory is available for \$15 postpaid. Call or visit www.NJgroups.org for details. But understand that you can always call us toll-free for the most up-to-date info on any group!