

# 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](http://www.NJgroups.org)

"Helping both the Public & Professionals Find & Form Local NJ & National Support Groups for over 31 years"

## Sample of Community Support Groups in Bergen County

**ADDICTIONS** **Alcoholics Anonymous** (bilingual) *alcoholics in recovery* (various locations [www.njiaa.org](http://www.njiaa.org)) \* **Al-Anon families of alcoholics** (various [www.nj-al-anon.org](http://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](http://www.nanj.org)) \* **Nar-Anon families of drug abusers** (various [www.naranonofnj.org](http://www.naranonofnj.org)) \* **Gamblers Anonymous compulsive gamblers** (various [www.ga4nj.com](http://www.ga4nj.com)) \* **Gam-Anon families of gamblers** (various [www.njgamanon.org](http://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](http://www.njioa.org)) \* **Food Addicts in Recovery Anonymous – food addiction** (Paramus/Maywood) \* **T.O.P.S. weight-loss** (various [www.TOPS.org](http://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) \* **Survivors After a Suicide grief support** (Dumont) \* **Post-Abortion Stress Support Group for women healing from post-abortion stress** (Teaneck) \* **Safe Space for bereaved teens any death** (Allendale) \* **Bereaved Catholics loss to death or divorce** (various) \* **Rainbows kids/parent after death, divorce, abandonment** \* **Pet Bereavement Support Group** (Paramus).

**MENTAL HEALTH** **DBSA** for those with *depression or bipolar disorder; Families welcome* (Paramus) \* **NAMI support groups for families of those with a mental illness** (various sites) \* **NAMI en Espanol** (Hackensack) \* **Family Support Org.** for *caregivers of children with emotional/ behavioral challenges* (Fair Lawn) \* **Intensive Family Support Service support groups for families of those with a mental illness** (various sites) \* **Bergen BP Support for parents of children with bipolar disorder** (Paramus) \* **NJ TTM Support Group for children & teens with trichotillomania (compulsive hair pulling, skin-picking), and parents** (Glen Rock) \* **“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) \* **NAMI-Bergen Mental Health Support Group run by & for mental health consumers** (Paramus) \* **Dual Recovery Anonymous for mental health consumers who also have an alcohol and/or drug addiction** (Hackensack) \* **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) \* **Post-Partum Depression Support Group for moms** (Ridgewood).

**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).

## 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) \* **Idiopathic Thrombocytopenia Purpura** (Hackensack) \* **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) \* **"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 caregivers** (River Edge) \* **Life After a Transplant Post-Bone Marrow/Stem Cell Transplant Support Group** (Hackensack) \* **American Celiac Society Phone support** \* **Chronic Fatigue Syndrome & Fibromyalgia** (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) \* **Polio Support Group** (Maywood) \* **Mended Hearts pre-/post-heart surgery or heart disease** (Hackensack) \* **Congestive Heart Failure** (Hackensack) \* **Crohn's & Colitis Support Group** (Hackensack) \* **Crohn's & Colitis Fdn inflammatory bowel disease, Crohn's or ulcerative colitis** (Ridgewood) \* **Parents of Kids with Inflammatory Bowel Disease** (Hackensack) \* **Parkinson's Support Groups** (Wyckoff & Englewood) \* **Northern Valley Parkinson Support Group** (Haworth) \* **Double Jeopardy Peer Support Group addicted and HIV/HCV+** (Hackensack) \* **SELF (Support, Education, Learning, Friendship) HIV+ gay men** (Hackensack) \* **NJ Buddies HIV/AIDS** (Hackensack) \* **Coping with Health Issues for older adults** (Englewood) \* **Caregivers Family Support Group caregivers of Alzheimer's patients** (Paramus) \* **Alzheimer's Support Group caregivers** (various sites – to include bilingual group in Englewood) \* **Nat'l MS Society multiple sclerosis (various)** \* **CARE focus on complementary medicine** (Ridgewood) \* **Disability Support Groups** (Hackensack) \* **South Asian Parents of Children with Disabilities** (Ridgewood area) \* **Epilepsy Adult Group** (Hackensack) \* **Gilda's Club Northern NJ wide variety of different cancer support groups for patients, families & caregivers, to include weekly "Living with Cancer" group, and others,** (Hackensack) \* **Breast Cancer groups** in Paramus & Hackensack, to include Spanish-speaking group \* **Leukemia & Lymphoma Society leukemia, lymphoma, Hodgkin's, multiple myeloma** (Hackensack) \* **Support for Parents** (Hackensack) \* **Dong Gue Ra Mee Korean-speaking cancer support group** (Teaneck) \* **Prostate Cancer support groups** in Upper Hackensack, Saddle River, Teaneck, & Paramus \* **Laryngectomy Support Group** (Hackensack) \* **Multiple Myeloma** (Hackensack) \* **"Living with Pancreatic Cancer"** (Paramus) \* **Group forming for Persian Women with Cancer or Survivors** (open to Farsi & Dari-speaking women).

## AND MANY OTHER TYPES OF SUPPORT GROUPS...

**Neighbors-Helping-Neighbors Job Transition Support & Networking Groups** jobseeker 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) \* **"As Life Changes" (55+ ) & "Transitions" discussion groups for older adults dealing with life's changes** (various sites) \* **Clutterers Anonymous** reducing cluttering behaviors (Teaneck/Garfield) \* **Co-Dependents Anonymous** those developing healthier personal relationships [www.coda.org](http://www.coda.org) (Paramus & Fort Lee) \* **Debtors Anonymous compulsive over-spenders** (Teaneck/Englewood) \* **Toastmasters Int'l learning public speaking** (various) \* Englewood) \* **Separate groups may form for Female Victims of Military Sexual Abuse, and for Military Servicewomen but only if other women express their interest** (phone Clearinghouse for contacts).

## 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, networking support & periodic training workshops.

For full details on all the **mental health & addiction-related** group meetings in NJ, just go to our website: [www.NJgroups.org](http://www.NJgroups.org) or if you reading this online, go direct to [http://www.mededfund.org/NJgroups/QuickLinks\\_NJgroups.pdf](http://www.mededfund.org/NJgroups/QuickLinks_NJgroups.pdf)