



New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 973-989-1122 * 375 E. McFarlan St., Dover, NJ 07801 * www.NJgroups.org

"Helping People throughout NJ to Find & Form Local & National Support Groups for over 30 years"

SUPPORT GROUPS AVAILABLE IN UNION COUNTY

ADDICTIONS - **Alcoholics Anonymous** *alcoholics* (various meeting sites throughout the county – some bilingual) * **Al-Anon Family Groups** *families of alcoholics* (various meeting locations) * **Narcotics Anonymous** *drug addicts* (various) * **Nar-Anon Family Group** *families of drug addicts* (various) * **Cocaine Anonymous** (Roselle) * **Alcohol and Drug Family Education** *Families of addicted* (Summit) * **Parent Support Group - New Jersey** *parents of chemically dependent children* (Summit) * **Families of Addiction** *families of persons with an alcohol or drug addiction* (Summit) * **Gamblers Anonymous** *compulsive gambling* (various) * **Gam-Anon** *families of gamblers* (Summit/Union) * **Overeaters Anonymous** *compulsive overeating* (various) * **Food Addicts Anonymous** *food addiction* (Cranford) * **Sexaholics Anonymous** *sexual addiction* (various) * **Double Trouble in Recovery** *for persons with both an addiction and mental illness* (Plainfield) * **Families Anonymous** *for families of persons with any addiction* (Summit).

MENTAL HEALTH - **Depression & Bipolar Support Alliance** *persons with depression or bipolar disorder* (Summit & Westfield) * **Recovery, Inc.** *for those with temperamental behavior & changing attitudes toward nervous symptoms, anxiety, depression & fears* (Summit/Westfield) * **GROW** *for those with depression, anxiety & other mental health problems* (Elizabeth/Plainfield) * **New Beginnings Self-Help Center** *Consumer-run self-help center* (Elizabeth) * **Park Avenue Self-Help Center** *Consumer-run self-help center* (Plainfield) * **Esperanza Self-Help Center** *Spanish-speaking groups for Latino mental health consumers* (Kenilworth) * **NAMI Union County** *for those suffering from a mental illness and their families* (Clark) * **NAMI NJ en Espanol** *Spanish-speaking support group for families of persons with a mental illness* (Elizabeth) * **Family Support Group** *families of adults with any type of mental illness* (Kenilworth) * **Spouse & Partner Support Group** *spouses and partners of those with a mental illness* (Kenilworth) * **Sibling Support Group** *siblings of adults with any mental illness* (Kenilworth) * **Youth Partnership Group** *for youth (age 13-21) with complex emotional, mental health or behavioral issues* (Westfield) * **W.H.O.L.E.** *(Wholeness Healed Of Life Experience) Faith-based help with daily life struggles* (Elizabeth).

To see full details anytime on any of the mental health & addiction-related support group meetings mentioned above, just go to our website: http://www.mededfund.org/NJgroups/QuickLinks_NJgroups.pdf or www.NJgroups.org ; or call us at **1-800-367-6274**.

BEREAVEMENT - **Bereavement Support Group** *for adults, who lost loved one* (Scotch Plains) * **Motherless Daughters** *grieving the death of their mother* * **Homicide Survivors** (Rahway) * **F.A.T.E.** *(Feelings After Termination Experience) bereavement for terminated pregnancy due to severe fetal abnormalities* (Summit) * **Separated, Divorced & Bereaved Catholics** (various) * **A Loss of Infant group in the process of development.**

DISABILITIES - **FOCAS Peer Support Group** *those with disabilities* (Elizabeth) * **Self-Help Group for the Visually-Impaired** (Union) * **Central NJ Down Syndrome Parent Advocacy Group** *parents of children with Down syndrome* (Mountainside) * **Autism Parents Group** *for parents of children with autism* (Mountainside) * **Group SPIRIT** *for parents of children on autism spectrum* * **Adjustment to Vision Loss** (various group meeting locations within the county).

FAMILY / PARENTING - **Parents Anonymous** *for parents who are under stress & who want to improve their relationships with their children* (various meeting sites within the county) * **Grandparents Raising Grandchildren** (Bilingual group in Elizabeth) * **Holistic Moms Network** *mothers group for natural health, mindful parenting, etc.* (various meeting sites) * **Separated, Divorced and Bereaved Catholics** (various meeting sites) * **DivorceCare** *Christian-focused separation/divorce groups* (various) * **P.R.E.P.** *caregivers of elderly* (Summit) * **Engel Center Support Group** *caregivers of the elderly* (Cranford) * **Caregiver Support Groups** (Plainfield & Scotch Plains) *with a daytime group forming in Scotch Plains* * **Mocha Moms** *stay-at-home mothers of color* (various) * **Central Jersey Moms** (online group) * **A support group for working single parents in the greater Union township area can be started if other single parents are interested in joining in the effort (call the Clearinghouse for details).**

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HEALTH

Hearts and Hands cancer patients (Summit) * **Insight cancer patients & their families** (Scotch Plains) * **Breast Cancer Support Group** (Scotch Plains) * **Two Spanish-speaking Breast Cancer Support Groups** (Summit) * **Gynecological Cancer Support Group** (New Providence) * **NJ/NY Carcinoid Support Group** *carcinoid or other neuroendocrine tumors* (Union) * **Kean University Aphasia Support Group** *patients and families* (Union) * **Cardiac Support Group** (Rahway) * **Epilepsy Adult Support Group** (Summit) * **Diabetes Support Group** (Rahway) * **National MS Society multiple sclerosis** (various) * **Building Bridges: A Group for Minorities** *persons from minority populations who have multiple sclerosis* (Plainfield) * **The Stroke Club** *stroke survivors* (Rahway) * **Alzheimer's Assn Family Support Group** *caregivers and families* (various meeting sites) * **Parkinson's Support Group** (Rahway) * **Parkinsonian Support Group In Westfield** *for patients, caregivers, and former caregivers* (Westfield) * **Facing Breast Cancer Together** (Summit) * **Northern NJ Chapter Leukemia & Lymphoma Society** (Cranford) * **American Chronic Pain Support Group** (Summit) * **A fibromyalgia group will start if others are interested in helping.**

MISCELLANEOUS

Co-Dependents Anonymous *to develop healthy relationships* (Scotch Plains) * **Project Protect** *victims of domestic violence* (Elizabeth) * **N.O.W. of NJ groups forming for Women's Friendship** and another for **Body Abuse** *(self-mutilation, anorexia, etc.)*.

Sample of Some of the Statewide & Online Support Groups Available

NJ Quitnet *(online support groups to stop smoking)* * MOMS Club *(stay at home moms)* * Mothers and More *(moms who have altered their career paths to care for their children at home)* * Mothers Of Preschoolers * Totally Hip *(online for hip replacement)* * NJ Families For Russian Ukrainian Adoptions * Foster and Adoptive Families * Parents Without Partners *(single parenting)* * DOROT/University Without Walls Telephone Support *(aging issues for persons 59+)* Signs of Sobriety *(deaf addicted)* * Professional Assistance Program of NJ *(professionals with an addiction)* * Iraq/Afghanistan War Family Bereavement Groups *(loss of loved one in war)* * COPS *(loss of loved one in line of duty)* * Rainbows *(bereaved children through death or divorce)* * NJ Assn of the Deaf-Blind * Parents of Blind Children * Nat'l Federation of the Blind of NJ *(advocacy)* * *Advancing Opportunities* *(formerly Cerebral Palsy of NJ)* * Assn. of Late Deafened Adults * Monday Morning Project *(advocacy for disabled)* * Cocaine Anonymous * MADD * Lambda Families of NJ *(gay/lesbian parents)* * Acoustic Neuroma Assn of NJ * Anorchidism Support Group * CJD Voice *(Creutzfeldt-Jakob Disease)* * Fragile X Assn * Hemophilia Assn of NJ * Huntington's Disease Soc of America * Myasthenia Gravis Fdn * Recurrent Respiratory Papillomatosis Fdn * Parents of Prader-Willi Syndrome Children * Shingles Telephone Support Group * Tourette Syndrome Assn * Support Org For Trisomy * Resolve *(infertility)* * NJ Self-Advocacy Project *(adults with developmental disabilities)* * Arc of NJ *(developmental disabilities)* * SPAN *parents of children with disabilities)* * Little People of America *(dwarfism)* * Toastmasters *(public speaking)* * Vet Center Support Groups *(for military veterans)* * Nat'l Org for Women of NJ * Cult Info Svc *(cult, ex-cult members and families)* * NJ Tenants Org * Survivors Network of those Abused by Priests *(sexual assault victims)* * Crohn's & Colitis Fdn of America * Acoustic Neuroma Association of NJ * Spina Bifida Assn * Collaborative Support Programs *(housing, advocacy for mental health consumers)* * Consumer Connections Support Network *(NJ mental health consumers who work in the mental health field)*.

No group in your local area or for your situation?

Why Not Join with Others to Help Start One? We'll Help You!

Our NJ Self-Help Group Clearinghouse provides **free help to those interested in joining with others to start any needed new type of community or online support group**. We provide suggestions, free how-to guides, networking support, and more.

For help in finding or forming any **Mutual Aid Self-Help group in NJ, call us at **1-800-367-6274** or **1-800-FOR-M.A.S.H****