



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) * **Psychiatrically Recovering** *persons in recovery from substance abuse problems, who take prescribed psychiatric meds* (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).

BEREAVEMENT - Bereavement Support Group for adults, who lost loved one (Scotch Plains) * **Motherless Daughters** *grieving the death of their mother* * **Good Grief** *for young adults, teens & children grieving loss of loved one* (Summit) * **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)*.

MENTAL HEALTH - Depression & Bipolar Support Alliance *persons with depression or bipolar disorder* (Summit & Westfield) * **Abraham Low Self-Help Systems (formerly Recovery, Inc.)** *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).

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HEALTH

Hearts and Hands cancer patients (Summit) * **Insight cancer patients & their families** (Scotch Plains) * **Breast Cancer Support Group** (Scotch Plains) * **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 professionals and others, who would like to have a handy guide to all NJ, national, online & model groups, our 704-page May, 2011 Directory is available for \$15 postpaid. Call us or visit www.NJgroups.org website for details. But understand that you and your clients can always call us toll-free for the most up-to-date group info.

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