



# New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 973-989-1122 \* 375 E. McFarlan St., Dover, NJ 07801 \* [www.NJgroups.org](http://www.NJgroups.org)

"Helping People throughout NJ to Find & Form Local & National Support Groups for over 29 years"

## SAMPLE OF 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) \* **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* (Union) \* **Gam-Anon** *families of gamblers* (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 Groups** (New Providence) \* **Motherless Daughters** *grieving the death of a mother* \* **Center for Hope Hospice** *for adults, teens and children (age 5+) who have lost a loved one* (Scotch Plains) \* **Homicide Survivors** (Rahway) \* **Separated, Divorced & Bereaved Catholics** (various) \* **Homicide Survivors** (Rahway) \* **F.A.T.E.** (Feelings After Termination Experience) *bereavement for terminated pregnancy due to severe fetal abnormalities* (Summit) \* **Good Grief** *for young adults, teens & children grieving loss of loved one.*

### DISABILITIES

**Alliance For Disabled in Action** (Rahway) \* **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 NJ** *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) \* **Caregivers Support** (Plainfield) \* **C.O.O.P.** - Children Of Older Parents (Cranford) \* **Caretakers of the Elderly Support Group** (Westfield) \* **Mocha Moms** *stay-at-home mothers of color* (various) \* **Central Jersey Moms** (various) \* **Parents Caucus Support Group** *for parents of children with emotional or behavioral issues* (Elizabeth) \* 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 more information).

### MENTAL HEALTH

**Depression & Bipolar Support Alliance** *persons with depression or bipolar disorder* (Summit & Westfield) \* **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) \*

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**Family Support Group** *families of adults with any mental illness* (Kenilworth) \* **Spouse & Partner Support Group** *spouses and partners of those with a mental illness* (Kenilworth) \* **Sibling Support Group** *siblings of adults with mental illness* (Kenilworth) \* **TARA-NJ** *for families of those with Borderline Personality Disorder* (Westfield) \* **Parents Caucus Support Group** *for parents of children with emotional or behavioral issues* (Elizabeth) \* **Youth Partnership Group** *for youth (age 13-21) with complex emotional, mental health or behavioral issues* (Westfield).

## HEALTH

**Fibromyalgia Support Connection** (Linden) \* **Hearts and Hands** *cancer patients* (Summit) \* **Gynecological Cancer Support Group** (New Providence) \* **Insight** *cancer patients and their families* (Scotch Plains) \* **N.J. Chapter - Metro New York 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/Summit) \* **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** (Summit)

## MISCELLANEOUS

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

## Sample of Statewide & Online Support Groups

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)* \* Unschoolers Network *(Homeschoolers)* \* 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)*.*

**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****

For professionals, who would like to have a handy guide to all the NJ, nat'l, online & model groups, our new Directory is available for \$25 plus shipping. See sample pages of the Directory at <http://www.amazon.com/Self-Help-Support-Group-Directory-National/dp/1930683103> , but you'll receive it quicker if you order it directly from our Clearinghouse (call to order by credit card, or call or visit our website for order form).

June, 2010-R