

# New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) \* 375 E. McFarlan St., Dover, NJ 07801 \* [www.NJgroups.org](http://www.NJgroups.org)

## A SAMPLE OF **BEREAVEMENT SUPPORT GROUPS** AVAILABLE

Here's a sample of support groups in New Jersey dealing with different types of loss and grief. For details on the meeting times, location & contacts for any of these groups below, or for free help in learning how to join with others to start any group, call us at **1-800-367-6274**. Most are on-going groups. Note that an increasing number of groups (often at hospitals) are now limited to 6 to 12-week group sessions, available about two or more times a year.

**WIDOWS / WIDOWERS** **General Widows/Widowers support groups** (groups meet in most NJ counties) \* **Young Widows/Widowers** (Burlington, Camden, Mercer, Monmouth) \* **Young Widows** (Essex, Middlesex) \* **Recently Bereaved** (various) \* **H.O.P.E. (Helping Other People Evolve) widowed** [www.hopesnj.org](http://www.hopesnj.org) (South Jersey) \* **Parents Connect** loss of spouse to cancer \* **Displaced Homemakers** *loss of spouse to death or divorce* (various) \* **Christian-based bereavement groups** (*in various counties*) \* **Single Senior Women** (Somerset) \* **Widows Moving On for those past bereavement stage** (Essex).

**LOSS OF A CHILD / FETUS** **Compassionate Friends** *for parents who have lost a child of any age; some groups open to grandparents and siblings* (meeting statewide) \* **Groups for loss of child of any age** *for parents, grandparents and siblings* (various sites) \* **Pregnancy & Newborn Loss groups to include miscarriage, stillbirth, ectopic pregnancy, etc.** (some groups) \* **Sudden Infant Death** (various) \* **Northern NJ Chapter of Bereaved Parents USA** (Morris) \* **Death of a Child due to Drug Overdose/Addiction** (Burlington & Morris) \* **Gilda's Club Parental Bereavement due to Cancer** (Bergen) \* **Survivors of Murdered Children** (Essex) \* **Christian-Based Parent Grief Group** (Burlington) \* **Post Abortion Christian Bible-based** (Bergen & Union) \* **Fathers Whose Children Have Died** (Essex) \* Also see examples of "Online and National Groups" on reverse side.

**LOSS OF A LOVED ONE TO SUICIDE** **Support & understanding for persons who have lost a loved one to suicide** – approximately a dozen groups across the State, to include a Portuguese-speaking support group. Call our Clearinghouse for the nearest one. There's also an online group – **SOLES - Survivors Of Law Enforcement Suicide** (for surviving spouses & family members of police).

**OTHER GENERAL & SPECIFIC GROUPS** **General Bereavement Groups** *for anyone losing a loved one* (various locations) \* **Children Grieving a Loss** (various) \* **Grieving loss of loved one due to Cancer** and/or after **Long Term Illness** (various) \* **"Just the Guys"** men who lost loved one (Burlington) \* **Loss of a Loved One due to Cancer** (*various*) \* **Kids Connect** *for children who have lost a parent due to cancer* (Somerset) \* **Caregiver Bereavement group** for those who cared for a loved one for extended period before their death (Morris) \* **Adult Children Grieving the Loss of a Parent** (Monmouth) \* **Northern New Jersey Motherless Daughters** *for those grieving the loss of a mother* \* **Daughters without Mothers** for adult daughters (Burlington) \* **Families of Homicide Victims** (Union) \* **Preschoolers Grieving a Loss** (Burlington) \* **Safe Place** high school teens grieving a death (Paramus) \* **Good Grief** for children (3-17), and young adults (18-30) who lost parent or sibling, as well as for surviving parents (Morristown) \* **Rainbows** for young children grieving the loss of parent through death or divorce (various) \* **Christian-based bereavement groups** (various) \* **Iraq/Afghanistan War Family Bereavement Groups** *several NJ Veteran centers have groups & related services for families of military killed in the war* (various) \* **Death of Police Officer** *for families & co-workers of police killed in line of duty* (various) \* **Loss due to Drunk Driver** (several groups) \* **JANUS** bereavement group *for loss due to death, separation, divorce, retirement, loss of a job or health* (Somerset) \* **Pet Bereavement groups** (in 5 counties).

**Support Groups possibly STARTING** (but only if others "who have been there" are willing to help) for: **Loss of Loved One(s) in Home Fire** (Statewide) \* **Widowed Persons (Ocean)**. \* **Loss of a Child** (Hudson) \* **Women Who Lost Loved One** (Sussex). Contact Clearinghouse **1-800-367-6274**, for contact and other information.

(see reverse side for additional groups)

## **ADDITIONAL ONLINE and/or NATIONAL SELF-HELP GROUPS**

**Young Widow & Widowers** (an online group) \* **First Candle SIDS** (Sudden Infant Death Syndrome) **Alliance** \* **Adult Sibling Grief** (those who have lost an adult sibling) \* **National Students of Ailing Mothers & Fathers Support Network** (college students who have an ailing parent, or have lost a parent) \* **CLIMB** and **Triplet Connection** (parents who have lost one of more of their twins, or higher multiple births during pregnancy, birth, infancy or childhood) \* **Alive Alone** (parents who have lost their only child or all of their children) \* **Twinless Twins** (death of twin sibling) \* **UNITE & SHARE** (both for **parents who have had a miscarriage, stillborn or infant death**) \* **My Molar Pregnancy** (women experiencing molar pregnancy) \* **Bereaved Parents of the USA** \* **Parents of Suicide** (loss of child of any age to suicide) \* **Angels of Addiction** (parents who lost child of any age to drug overdose/use) \* Parents of Children who have died through **accidental autoerotic strangulation/asphyxiation** \* **Wings of Light** and **ACCESS** (families losing a loved one in any aircraft-related tragedy, as well as a separate support network for recovery personnel grieving the deaths of those whom they were trained to save) \* **Nat'l Fallen Firefighters Foundation** \* **COPS** (Concerns Of Police Survivors, families of police killed on duty) \* **National Donor Family Council** for those who have donated organs from their loved ones \* **TAPS** (Tragedy Assistance Program for Survivors loss through the armed forces) \* **Society of Military Widows** \* **Drowning Support Network** for those who have lost a loved one to drowning \* **Men's Bereavement Network** widowed [www.mensbereavement.org](http://www.mensbereavement.org) \* Association for **Pet Loss & Bereavement** for loss of a beloved pet \* Call the Clearinghouse for details on any of these support networks and others.

## **No support group in your local area or for your loss or stressful situation?**

### **Consider Possibly Joining 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.

So, for help in either **finding or forming** any **Mutual Aid Self-Help** group in NJ, call us at:

**1-800-367-6274**, or remember it easier as **1-800-FOR-M.A.S.H.**

Do you know of another special type of bereavement support group in NJ or online that we should add to this listing?

We would be most grateful if you would let us know. Just phone or email us at [info@selfhelpgroups.org](mailto:info@selfhelpgroups.org)

For professionals & community helpers, who would like a handy guide to all the NJ, national, online & model groups, and more, our 704-page May, 2011 Directory is available for \$15 postpaid. Call us, or visit our [www.NJgroups.org](http://www.NJgroups.org) website for details. **But understand that you or your clients can always call us toll-free for the most up-to-date info on any support group.**

*"My years as a medical practitioner, as well as my own first-hand experience, have taught me how important self-help groups are in assisting their members in dealing with problems, stress, hardship and pain... The benefits of mutual aid are experienced by millions of people who turn to others with a similar problem to attempt to deal with their isolation, powerlessness, alienation, and the awful feeling that nobody understands... Health and human service providers are learning that they can indeed provide a superior service when they help their patients and clients find appropriate peer support."*

- former U.S. Surgeon General C. Everett Koop, MD, who also served as a member of Compassionate Friends, an international self-help group organization for bereaved parents, following the sudden death of his own college age son (note that there are 10 local Compassionate Friends support groups available in different areas of NJ - call us for details on any of them, or for any of the over 6,750 other support groups meeting in NJ or the 1,100 national and online groups).