

New Jersey Self-Help Group Clearinghouse

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

A Sample of the Support Groups Available for PARENTS in NJ by County

ADOPTION - FOSTER PARENTING

Adoptive Parents Committee (*Bergen County*) www.adoptiveparents.org * **Adoptive Families Group NJ/PA** (*Hunterdon/Warren*) * **Concerned Persons for Adoption** (*Morris*): <http://www.cpfan.org> * **Post-Adoption Support Group** (*Morris*) <http://www.nj-care.org> * **NJ Coalition for Adoption Reform and Education** (*Morris*) www.nj-care.org * **Foster and Adoptive Family Services** (*Statewide*) * <http://www.FAFSonline.org> * **Adoptive Parents Organization of Central NJ** (*Mercer*) * **Parents of Adoptive Children with Fetal Alcohol Syndrome** (*Ocean*) * **Monmouth/Ocean Adoptive Parents Group** * **NJ Adoption Resource Clearinghouse** www.arch.org * **Full Circle Triad Post Adoption Support Group** (*Bergen*).

PREGNANCY – CHILDBIRTH - BREASTFEEDING

LaLeche League of NJ <http://www.lalecheleague.nj.org> * **Breastfeeding Support Groups** (*Statewide*) <http://hunterdonhealthcare.org> * **LaMaze International** * **Pregnancy Postpartum & Depression Support Group** (*in most counties*) * **Sidelines high risk pregnancy** www.sidelines.org * **Preemie List** (*online*) * **Prevention Through Parenting** pregnant teen or teen parents (*Union*) * **Pregnant Teens** (*online*) * **Parent Message Boards** (*online*) * **Diabetic Mommies** (*online*).

NEW PARENTS

New Moms' Circle (*Essex*) * **Pregnancy & Postpartum Support Group** (*Mercer*) * **Bring-Along-Baby Morning** (*Gloucester*) * **Mother to Mother Support Group** (*Monmouth*) * **Mother to Mother Support Group** (*Monmouth*) * **New Moms Group** (*Mercer*) <http://www.jfcsonline.org> * **New Moms Network at Jersey Shore University Medical Center** (*Monmouth*) * **New Moms – New Babies** (*Middlesex*) * **New Moms Circle** (*Essex*) * **Mother to Mother** (*Monmouth*) * **Prevention Through Parenting** pregnant teen or teen parents (*Union*) * **Parents Without Parents** parents exploring issues of their own parents not being alive to be grandparents (*Essex*).

PARENTS OF MULTIPLES

Twins Mothers Club of Bergen County (*Bergen*) * **Central Jersey Mothers of Multiples** (*Mercer*) * **Mid-Jersey Mothers of Multiples** (*Monmouth*) * **Raritan Valley M.O.M.S.** (*Somerset*).

GENERAL PARENTING

MOMS Club (*Statewide*) <http://www.momsclub.org> * **Mothers and More** (*Statewide*) stay-at-home moms who altered career paths * **Mocha Moms** stay-at-home mothers of color <http://www.mochamoms.org> (*Statewide*) * **MOPS (Mothers Of Preschoolers)** (*Statewide*) Christian support groups * **Holistic Moms Network** (*Statewide*) Natural health, alternative therapies and mindful parenting <http://www.holisticmoms.org> * **Father Time** support groups for Dads (*Cumberland*) * **Premature Baby – Premature Child** parents of preemies that are 4+ (*online*) * **Mothers of Only Children** (*NJ*) * **Parents Anonymous** parenting skills to ease stress of parenting (*NJ*) * **CentralJerseyMoms.com** general parenting online * **JerseyShoreMom.com** general parenting group online * **Parenting Skills** for women involved in domestic violence situations (*Passaic*) * **Jersey Dads** (*Somerset*) * **Mothers In Charge** to reduce violence in the community (*Atlantic*) * **Fathers Discussion Group** (*Warren*) * **Gay Dads** support groups (*Middlesex, Monmouth & Ocean*) * **P-FLAG** for parents of lesbian, gay, transgendered children (*various counties*).

GRANDPARENTS RAISING GRANDCHILDREN

Grandparents & Kin Support Group (*Atlantic*) Info, economic assistance **Grandparents Raising Grandchildren** (*Bergen*) * **BCCAP Headstart Grandparent Support Group** (*Burlington*) * **Grandparents Raising Grandchildren** (*Cape May*) * **Grand-Parent Support Group** (*Mercer*) * **Grandparents Raising Grandchildren** (*Union*) Spanish-speaking * **KinKconnect** caregivers raising another's child (*NJ*) * **Grandma C.A.R.E.S.** (*Essex*) * **Grandparents Support Group** (*Ocean*) * **Grandparents Need More Than a Hug** (*Mercer*) * **Grand Parent** (*Somerset*).

SINGLE PARENTING / DIVORCE

Parents Without Partners (*Statewide*) <http://www.parentswithoutpartners.org> * **FACE** non-custodial parents (*in South Jersey*) * **Women Parenting Alone** (*Essex*) www.centerforwomen@ncjwessex.org * **Catholic Divorce Ministry** (*Statewide*) * **Rainbows** for children bereaving the loss of a parent from death, divorce or abandonment (*Statewide*) * **DivorceCare** (*Atlantic, Burlington, Somerset, Union*) * **St. Peter's Support Group** (*Bergen*) * **New Beginnings** (*Bergen*) * **Relationship Recovery Support Group** (*Burlington*) * **Divorced Women Moving On** (*Essex*) * **Women Coping with Separation & Divorce** (*Essex*) * **Peer Support** women (*Essex*) * **Center for People in Transition** displaced homemakers (*Gloucester*) * **Women's Project Groups** (*Hudson*) * **Career and Life Transitions Center for Women** displaced homemakers (*Hunterdon*) * **St. James Separated & Divorced Support Group** (*Mercer*) * **Divorce Recovery Program** (*Mercer*) * **CONCORDS** (*Middlesex*) * **Passages** (*Middlesex*) * **Women's Support Group** displaced homemakers (*Monmouth*) * **Transitions** (*Monmouth*) * **Separated/Divorced/Widows/Widowers Support Group** (*Monmouth*) * **Turning Point** (*Morris*) * **Divorced & Separated Support Group** (*Morris*) * **Circle of Friendship** (*Passaic*) * **Separation & Divorce Support Group** (*Passaic*) * **The MASH** (**M**utual **A**id **S**elf-**H**elp) for divorced/separated (*Somerset*) * **Single Senior Women** (*Somerset*) * **JANUS Bereavement Group** (*Somerset*) * **Separated and Divorced Support Group** (*Sussex*) * **Holy Spirit Church Divorce Support Group** (*Union*) * **Career and Life Transitions Center for Women** displaced homemakers (*Warren*).

PARENTS OF KIDS WITH EMOTIONAL OR BEHAVIORAL PROBLEMS

Family Support Organizations groups for parents of children with behavioral/emotional challenges (*various groups available Statewide*) * **NAMI (National Alliance on Mental Illness NJ)** (*Statewide*) * **BILY - Because I Love You** (*various*) and **Parents Self-Help Group** (*Essex*) both groups are for parents disturbed by their children's unacceptable behavior * **Parents in Crisis** for better coping with "out of control" children (*Bergen*) * **Parent Support Groups** (*Mercer/Monmouth*) for parents of adolescents * **Parent Support Group** English/Spanish (*various*) * **Northern NJ Selective Mutism** Support Group for parents of selectively mute children (*Morris*) * **Parents Empowering Parents** (*Ocean*) * **The Family Resource Center** for siblings & family members of those with a mental illness (*Essex*) * **NJ TTM Support Group for Parents** * support for parents of children with trichotillomania, or compulsive hair pulling (*Bergen/Passaic/Mercer county areas*). * **NJ Parents Caucus** parents of children with emotional/behavioral problems * **Fathering Support Group** (*Somerset*) * **Parents Empowering Parents** (*Camden*) * **Behavioral Support Group** (*Passaic*) * **PACES** (*Middlesex*) * **Family Support Group** (*Atlantic*) * **South Jersey Trichotillomania Support Group** parents of children who compulsively pull out strands of their hair (*Camden*) * **OCD** for parents of children with any obsessive compulsive disorder **Families** (*Gloucester*) * **Fathering Support Group** emotional challenges (*Somerset*) * **Parents Caucus** emotional challenges (*NJ*) * **Parent to Parent Coalition** emotional challenges (*Gloucester*).

PARENTS OF CHILDREN WITH DISABILITIES OR SPECIAL NEEDS

SPAN (*Statewide Parent Advocacy Network*) *Bilingual* Educational needs, school-based support groups, parent matching www.spannj.org * **Hearts and Hands** (*Morris*) mothers * **Mount Olive Special Kids Group** (*Morris*) * **Parents Place/Club de Padres** (*Passaic*) *Bilingual* * **North Warren Special Education Advocacy Group** (*Warren*) * **Advancing Opportunities** (*NJ*) parents of children with disabilities * **Dads Only** (*Passaic*) * **Down Syndrome Assn.** (*Mercer*) * **Down Syndrome Parent Support Groups** (*Monmouth*) * **Central NJ Down Syndrome Parent Advocacy Group** (*Union*) * **21 Down**(*Atlantic*) * **Family Support Group**(*Hudson*) developmental disabilities * **STEPS** (**Parents, Teachers, Administrations Involved with Special Needs**) (*Camden*) * **ASPEN** (**Autism Spectrum Education Network** (*NJ*)) * **GROUP S.P.I.R.I.T.** (**Spectrum Parents Inspired with Resources, Information & Teamwork**) * **FACES** (**Families for Autistic Children Education, Support** (*Atlantic*)) * **Autism NJ** (*Bergen/Essex*) * **Autism Parents and Pros NJ** (*online*) * **Salem County Autism Support Group** * **Parents of Blind Children** (*NJ*) * **Assn. of Deaf Blind of NJ** for parents * **Padres Ayudands a Padres** Spanish-speaking autism * **The Arc of NJ** developmental disabilities (*NJ*) * **PACT** autism (*Burlington*) * **NJ Parent Support Group** developmental disabilities (*Essex*) * **ANSWER** autism (*Salem*) * **S. Asian parents of Children with Disabilities** * **GRASP** autism (*Camden*) * **Autism Parent Support Group** (*Various*) * **CHADD** parents concerned about attention deficit disorder (*various*) * **LDA of NJ** learning disabilities (*Morris/Passaic*) * **Brain Injury Association** support groups (*Statewide*).

PARENTS OF CHILDREN WITH OTHER MEDICAL CONDITIONS

Asthma & Allergy Foundation parent groups * **Juvenile Diabetes** (*various*) parents and children dealing with diabetes * **Parents' Night Out** (*Essex*) parents of children with kidney disease * **Apraxia Network** (*Bergen/Burlington/Ocean*) * **Raising Our Celiac Kids Support** (*Essex/Monmouth*) * **Celiac Sprue Association** (*Camden*) * **Cleft Palate Support Group** (*Monmouth*) * **Fragile X Association** (*Statewide*) * **Food Allergy & Anaphylaxis Network** parents of children with serious allergies (*Various*) * **NJ Chapter Prader-Willi Syndrome Association** (*Statewide*) * **Tourette Syndrome Association of NJ** (*Statewide*) * **SOFT** (*Statewide*) trisomy 18 & 13 * **ANAD** families of children with anorexia/bulimia (*Essex/Hudson*) * **Eating Disorders Support Group** (*Middlesex /Monmouth/Somerset/Morris*) * **Anorexia/Bulimia Family & Friends** (*Essex/Monmouth/Somerset*) * **Its My Heart** (*Bergen*) parents of children with congenital heart disorders * **Spina Bifida Association** (*NJ*) * **Little People of America** (*NJ*) persons of small stature and their parents * **Anorchidism Support Group** (*NJ*) * **Turner Syndrome Society** (*NJ*) * **Apraxia Network** (*Bergen/Burlington*) * **Celiac Disease Support** (*Bergen*) parents of children with celiac disease * **North NJ SMG Support Group** parents of children with selective mutism (*Morris*) * **Tourette Family Group** (*NJ*) * **CCHS Family Network** (*Warren*) parents of children with congenital central hypoventilation Syndrome * **Inflammatory Bowel Disease**(*Bergen/Monmouth*).

PARENTS OF CHILDREN WITH an ALCOHOL and/or DRUG ADDICTION

Families Anonymous (*Statewide*) * **Parent Support Group** (*Statewide*) **Rap Room Parent-to-Parent Coalition** (*Burlington*) * **Gloucester County Parent To Parent Coalition** (*Gloucester*) * **Nar-Anon** families of drug abusers (*Statewide*) * **Al-Anon** families of alcoholics (*Statewide*) * **Family Support Group** (*Atlantic/Union/Morris*) families of persons with a mental illness & addiction * **Deeper Dimensions** families of addicts (*Gloucester*).

LOSS OF A CHILD

Compassionate Friends for parents who have lost a child of any age; some groups open to grandparents and siblings (*statewide*) * **Groups for loss of child of any age** for parents, grandparents and siblings (*various sites*) * **Parents of Murdered Children** (*Essex*) * **Pregnancy & Newborn Loss groups to include miscarriage, stillbirth, ectopic pregnancy, etc.** (*various groups Statewide*) * **Sudden Infant Death** (*various groups*) * **Loss of a Child to Drug Overdose/Addiction** (*Burlington, Morris*) * **Angels of Addiction** (parents who have loss child of any age to drug overdose/use (*Online group*)) * **Christian-Based Parent Grief Group** (*Burlington*) * **Death of a child or family member due to suicide** (multiple groups across the State) * **Alive Alone** (parents who have lost their only child or all of their children online group) * **Fathers Whose Children Have Died** (*Essex*) * **CLIMB** (**Center for Loss In Multiple Births**) *parent contact list* * **Triplet Connection** (*online group*) for loss of one or more children within a multiple birth * and many more.

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

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