

# New Jersey Self-Help Group Clearinghouse

1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help), [www.njgroups.org](http://www.njgroups.org)

## Examples of Community Support Groups in Essex County

### PARENTING / FAMILY SUPPORT GROUPS

**Caregivers of the Aged** support groups for those caring for an elderly relative (various meeting locations) \* **Grandparents** or other caregivers **Raising Grandchildren** (meetings in Newark, E. Orange, & S. Orange) \* **Holistic Moms** - natural health and “mindful parenting” (Montclair) \* **La Leche League** for mothers & pregnant women discussing breastfeeding (phone State contact for local groups) \* **New Moms** (Livingston) \* **Parenting Insights Support Group** for new parents \* **Mocha Moms** for at-home mothers of color (Montclair) \* **MOPS** - Mothers Of Preschoolers Christian faith-based group (Montclair) \* **Mothers & More** support group for formerly employed moms who intend to return to their careers (Montclair) \* **Parents of Chemically Dependent Children** - ages 13-40 (West Orange) \* **Parents of “Out-of-control” Adolescents** (Livingston) \* **Parents Anonymous** parents under stress, seeking to improve relationship with their kids (meets in Orange, E. Orange & Irvington) \* **Parents of Children with Asperger Syndrome** (West Orange) \* **Parents of Children with Attention Deficit Disorder** (Millburn) \* **Parents of Children with Autism** (Verona, and a Spanish-speaking group in Newark) \* **Parents of Children with Disabilities or Special Needs** (3 groups in Essex County) \* **Parents of Children with Downs Syndrome** \* **Parents Night Out Group** - parents of children (up to 7 years) on dialysis \* **Kids Cope** support group for children who have a family member with a mental illness.

### ADDICTIONS & SUBSTANCE ABUSE

**Adult Children of Alcoholics** (West Orange) \* **Al-Anon** - families & friends of alcoholics (to include Spanish-speaking groups) \* **Alcoholics Anonymous** (many groups, to include Spanish-speaking groups) \* **BASA** - Brothers And Sisters of Addicts (West Orange) \* **Clutterers Anonymous** for serious cluttering their home (Bloomfield) \* **Debtors Anonymous** - to stop incurring debt (Bloomfield & South Orange) \* **Double Trouble** – for those on prescribed psychiatric medications, in recovery from alcohol/drugs (Newark & Orange) \* **Families Anonymous** - parents & family members concerned about drugs or related behavioral problems (Verona) \* **Gam-Anon**- families & friends of compulsive gamblers (Nutley & Bloomfield) \* **Gamblers Anonymous** (Various) \* **Nar-Anon** - families & friends of drug abusers (various meeting sites) \* **Narcotics Anonymous** (many groups) \* **Nicotine Anonymous** to stop smoking (East Orange) \* **Overeaters Anonymous** for those who have a problem with compulsive overeating (several groups) \* **Sexaholics Anonymous** for those wanting to stop self-destructive thinking and/or behavior, to include online addiction.

### EMOTIONAL/MENTAL HEALTH

**Depression & Bi-polar Support Alliance** support groups for those with depression or related disorders (Montclair) \* **Postpartum Depression** support group (Livingston) \* **Comfort Zone** – group for those with chronic depression - meets during the daytime (Montclair) \* **Recovery** for controlling any nervous behavior, anxiety, depression, and/or fears (Maplewood) \* **Mental Health Consumer Self-Help Centers’** support groups (Orange, Newark, & Montclair) \* **OCD Support Group** for those with any obsessive compulsive disorder (Montclair) \* **Phobia Support Group** for those with any phobia (Verona) \* **NAMI** – for families of those with any mental illness (Montclair, and a Spanish & Portuguese-speaking group in Newark) \* **Parents of Kids with Bi-polar Disorder** (Livingston) \* **Adult Survivors of Child Abuse** helps victims progress to becoming survivors & “thrivers” (Montclair) \* **Veteran Center** support groups for any combat vets with PTSD, and for their families (Newark), and a group for female vets who were sexually abused while in the military (Newark).

(see reverse side for more examples of groups)

## BEREAVEMENT

**Bereavement Group** for miscarriage, stillbirth, or infant death (Livingston) \* **Compassionate Friends** for parents who have lost a child of any age (Nutley) \* **Fathers Support Group** for fathers who have had their child die (North Caldwell) \* **HOPE – Helping Other Parents Endure** faith-based support group for parents (Bloomfield) \* **Mothers of Murdered Sons & Daughters** (East Orange) \* **Rainbows** support group for children grieving loss of a parent through divorce or death (Verona) \* **Sudden Infant Death Parents' Group** (Newark) \* **Surviving After Suicide** for families and others who have lost a loved one to suicide (Verona) \* **Survivors of Murdered Children** for families (Orange) \* **Widowed persons** (2 groups to include a “**Young Widows**” group for women under 40 that meets periodically in Livingston).

## ILLNESSES

**AIDS/HIV** groups (8 different groups in Essex County) \* **Alzheimer's** support groups for families of those with Alzheimer's (various groups) \* **Arthritis** - 4 groups (Montclair, Orange, & Newark) \* **Beyond Primary Cancer** for patients coping with **recurrent or metastatic cancer** (Livingston) \* **Breast Cancer** support groups (Montclair & Livingston) \* **Caring Arms** for anyone dealing with **cancer** (Newark) \* **Diabetes** - 2 groups (Newark & Montclair) \* **Eating Disorders Support Group** for those with anorexia or bulimia \* **Gynecological Cancer Support Group** for women with any type of **gynecological cancer** (Montclair) \* **Headache Support Group** (Livingston) \* **Healing Stitches** for those with any **cancer**, who knit or crochet while sharing (Montclair) \* **Infertility** support group for couples \* **Kidney Transplant Recipients Support Group** \* **Lupus** support group \* **Lymphedema Support Group** (Livingston) \* **Multiple Sclerosis Support Groups** - 3 groups (to include separate gays/lesbians with MS) \* **New Voice Club** - those who have had a **laryngectomy** (West Orange) \* **NJ Transplant Assn Support Group** - any transplant \* **Osteogenesis Imperfecta Support Group** \* **Osteoporosis Support Group** (Livingston) \* **Ostomy Support Group** (Livingston) \* **SKP Recipient/Family Support Group** - kidney or pancreas \* **Teens on Dialysis** \* **TOPS** - **Take Off Pounds Sensibly** for weight loss [www.tops.org](http://www.tops.org) (Montclair) \* **Us Too** for men with **prostate cancer** and their families (Montclair & Livingston).

## DISABILITIES

**Disabilities Support Group** for those with any physical disability (Millburn) \* **SHAG - Self-Help Amputee Group** (W. Orange) \* **Burn Victims** peer Support Group (Livingston) \* **Spinal Cord Injury** - separate group on separate night for families (W. Orange) \* **Brain Injury Assn** individuals & families (East Orange) \* **Women with Disabilities Coalition** support & advocacy \* **ECHO (Eyes Closed – Hearts Open)** for those with visual impairments or have lost eyesight (W. Orange) \* **Sight Beyond Sight** support group for those with visual impairments or have lost eyesight (Orange) \* **Nat'l Federation of the Blind** - support group for those who are blind \* **Parents of Children with Disabilities or Special Needs** (3 groups in County) \* **Parents of Children with Attention Deficit Disorder** (Millburn) \* **Parents of Children with Autism** (Verona, and a Spanish-speaking group in Newark) \* **Parents of Children with Asperger Syndrome** (W. Orange) \* **Parents of Children with Downs Syndrome** \* **Children with Brain Tumors** - parents & siblings welcome (W. Orange).

## OTHERS

**Economic Downturn Support Group** – for those struggling with job loss, paying bills, & budgeting (Newark) \* **Job Seekers** – a support group for those seeking a new job or a job transition (Montclair) \* **Toastmasters** for those who want to overcome fear of public speaking (Livingston).

and **MANY OTHER** types of groups in Essex, and in the nearby surrounding counties, as well as online and national mutual support groups.

**No Group for Your Issue in Your Community?**

**Then consider Starting One!**

*Our Clearinghouse also provides free how-to literature and help. Just call us at 1-800-367-6274*