New Jersey Self-Help Group Clearinghouse

Group Information Helpline 1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) * www.NJgroups.org

"Helping both the Public & Professionals Find & Form Local NJ & National Support Groups for over 32 years"

Sample of Community Support Groups in Bergen County

For detailed contact & meeting information on any of the groups listed below, as well as for national and online support groups, or for free help in starting most any type of self-help (i.e., member-run) support group, just call us at 1-800-367-6274. For full details on all mental health & addiction-related group meetings in NJ, you can now also go to: www.NJgroups.org and click on "Quick Links" up near the upper right-hand corner, for direct links to descriptions & meeting details of those NJ groups.

**ADDCITIONS**
- Alcohols Anonymous (bilingual) alcoholics in recovery (various locations www.nnjaa.org) * Al-Anon families of alcoholics (various www.nj-al-anon.org) * Alateen teens with an alcoholic family member (various) * Double Trouble in Recovery for mental health consumers who also have an alcohol and/or drug addiction (Hackensack) * Adult Children Of Alcoholics (Fort Lee) *
- Narcotics Anonymous drug addictions (various www.naanj.org) * Nar-Anon families of drug abusers (various www.naranonofnj.org) *
- Gamblers Anonymous compulsive gamblers (various www.gamnj.com) * Gam-Anon families of gamblers (various www.njgamnon.org) *
- Clutterers Anonymous hoarding (Teaneck/Garfield) * Sexaholics Anonymous to stop self-destructive sexual thinking & behavior (in Hackensack, Teaneck, Wyckoff) *
- S-Anon families of sex addicts (Hackensack) * Debitors Anonymous over-spenders who keep incurring debt (Teaneck/Englewood) *
- Nurse Recovery Group recovery from addictions (Paramus) * Lawyers Concerned for Lawyers for lawyers & judges in court system with addictions (various locations) *
- Jewish Twelve Step/JACS Meeting assists Jewish alcoholics, chemically dependent persons & their families/friends (Teaneck) Sex & Love Addictions Anonymous (Edgewater).

**BEREAVEMENT**
- Widows/Widowers (Englewood) * Grief Support Groups for coping with loss of a loved one (various locations; a few are time-limited & held a few times a year) * one for loss due to cancer (Hackensack) *
- Partners Bereavement Support Group recent loss to cancer (Ridgewood) *
- Compassionate Friends death of a child or grandchild (Wyckoff) * Parents Who Have Lost A Child loss of child of any age (River Edge) *
- Stepping Stones parents of child up to age 22 (Paramus) *
- Perinatal Bereavement Support Groups for miscarriage, fetal death, stillborn or infant death (various groups are available in the county) *
- Men’s Perinatal Bereavement Group (Ridgewood) *
- Sudden Infant Death groups, to include a Spanish-speaking group (Hackensack) *
- Post-Abortion Stress Support Group for women (Leonia) *
- Survivors After a Suicide grief support ( Dumont) * Motherless Daughters earlier or recent loss of mother *
- Bereaved Catholics loss to death or divorce (various) *
- Rainbows kids/parent support groups after death, divorce, abandonment *
- New Start Support Group families, spouses and friends grieving the loss of a loved one (Paramus) * Pet Loss Support Group (Paramus).

**EMOTIONAL / MENTAL HEALTH**
- DBSA for those with depression or bipolar disorder; Families welcome (Paramus) *
- Post-Partum Depression Support Group for moms (Ridgewood) *
- Recovery International learn & practice techniques for controlling any type of temperamental behavior & changing attitudes toward nervous symptoms, anxiety, depression, & fears (Hasbrouck Heights & Ridgewood) *
- GROW support group for those with depression, anxiety, or other mental health problem (Englewood) *
- Emotions Anonymous 12-step group to gain better emotional health (Hackensack) *
- NAMI-Bergen Mental Health Support Group run by & for mental health consumers (Paramus) *
- “On Our Own” Self-Help Center run by & for mental health consumers – has activity/support groups (Hackensack) *
- “For Us/By Us” mental health consumer-run self-help center (Englewood) *
- Eating Disorder Group for anorexia or bulimia (Hackensack) *
- NAMI support groups for families of those with a mental illness (Paramus) *
- NAMI en Espanol families (Hackensack) *
- Intensive Family Support Service (IFSS) professionally run support groups for families of those with a mental illness (various locations) *
- Bergen BP Support Group for parents of children with bipolar depression (Paramus) *
- Family Support Organization (FSO) for caregivers of children with emotional/behavioral challenges (Fair Lawn) *
- Youth Partnership Group for youth ages 13-21, with emotional/behavioral challenges (Fair Lawn) *
- TTM Support Group for children & teens with trichotillomania (compulsive hair pulling and/or skin-picking), and parents (Glen Rock) *

**FAMILY / PARENTING / CAREGIVERS**
- New Mommy Support Group (Westwood) *
- Breastfeeding Group moms breastfeeding their infants (Westwood) *
- Holistic Moms Network natural health & green living (Paramus) *
- Twins Mothers Club moms of multiples (Ridgewood) *
- Mocha Moms stay at home moms of color (various) *
- Step Moms Group (Ho-Ho-Kus) *
- Grandparents Raising Grandchildren (Englewood) *
- “Parents Take Charge” for parents whose children of any age are presenting behavioral problems (Glen Rock) *
- New Beginnings for those separated/or divorced (Montvale) *
- St. Peter’s Support Group for those separated, divorced, widowed or single (River Edge) *
- Separated, Divorced & Bereaved Catholics (various locations) *
- Rainbows for children who have experienced divorce, death, or abandonment (various locations) *
- Triad Post-Adoption Support Group of NJ for adoptees, adoptive and birth parents (Paramus) *

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Caregivers of those Disabled or Elderly (Teaneck) * Adult Reach Center Caregivers Group (Tenafly) * Caregiver Support Group caregivers of ill relative who is age 60+ (Midland Park) * P-FLAG parents & families of gays & lesbians (Washington Township) * South Asian Parents of Children with Disabilities Support Group for South Asian parents of children with any “disability” to include autism, ADHD, learning disability, behavior problems, bullying, racial discrimination, etc. (Ridgewood).

**HEALTH, DISABILITIES & SPECIAL NEEDS**

ALS (Lou Gehrig’s Disease) Support Group (Saddle Brook) * ASPEN parents of children with Asperger Syndrome, to include a separate fathers’ group (Paramus) * Lyme Disease Support Group (Englewood) * Diabetes Support Groups separate groups for adults and children (various locations) * Idiopathic Thrombocytopenia Purpura (Hackensack) * Kessler Leg Amputee Support Group (Saddle Brook) * Stroke Club (Saddle Brook) * Under 60 Stroke Group (Saddle Brook) * Post Stroke & Disabled Adult Program support, crafts, games, exercises (various) * NJ Stroke Activity Center long-term survivors (Paramus/Saddle Brook) * Congestive Heart Failure (Hackensack) * Live Wires for individuals with an ICD (implantable defibrillator) (Ridgewood) * Mended Hearts pre-/post-heart surgery or heart disease (Hackensack) * Men’s & Women’s Heart Disease Support Group (Ridgewood) * Congenital Heart Defects Coalition for parents of children with congenital heart conditions (Hackensack) * TOPS - Take Off Pounds Sensibly - weight loss for adults (Wyckoff & Oakland) * Overeaters Anonymous compulsive overeating (various sites) * Food Addicts in Recovery Anonymous food addiction, obesity, anorexia, bulimia (various) * Gastric Bypass Support Group had or considering bariatric surgery (Englewood) * Lap Band Support Group Had or considering surgery (various) * Caregiver & Aphasia Support Group patients & caregiver (Maywood) * Acoustic Neurona Assn of NJ a statewide group but sometimes meets in Hackensack * Apraxia Network caregivers (River Edge) * Life After a Transplant Post-Bone Marrow/Stem Cell Transplant Support Group (Hackensack) * American Celiac Society Phone support * Chronic Fatigue Syndrome & Fibromyalgia (Englewood) * Adjustment to Vision Loss groups for those who have lost or impaired sight (various) * Northern NJ Peripheral Neuropathy Support Group (Englewood) * Polio Support Group (Maywood) * Crohn’s & Collitis Fdn inflammatory bowel disease, Crohn’s or ulcerative colitis (Ridgewood) * Parents of Kids with Inflammatory Bowel Disease (Hackensack) * Parkinson’s Support Groups (Wyckoff & Englewood) * Northern Valley Parkinson Support Group (Haworth) * Double Jeopardy Peer Support Group addicted and HIV/HCV+ (Hackensack) * SPAN-NJ for parents of children with special needs, info on both local in-school & open community support groups http://goo.gl/8NRn2 * SELF (Support, Education, Learning, Friendship) HIV+ gay men (Hackensack) * NJ Buddies HIV/AIDS (Hackensack) * Coping with Health Issues for older adults (Englewood) * Caregivers Family Support Group caregivers of Alzheimer’s patients (Paramus) * Alzheimer’s Support Group caregivers (various sites – to include bilingual group in Englewood) * Nat’l MS Society multiple sclerosis (various) * Disability Support Groups (Hackensack) * South Asian Parents of Children with Disabilities (Ridgewood area) * Epilepsy Adult Group (Hackensack) * Gilda’s Club Northern NJ wide variety of different cancer support groups for patients, families & caregivers, to include weekly “Living with Cancer” group, and others, (Hackensack) * Breast Cancer groups in Paramus & Hackensack, to a include Spanish-speaking group * Scleroderma support group (Paramus) * Valley Stroke Support Group for stroke patients, families and caregivers (Ridgewood) * Cancer Support Group Korean-speaking cancer support group (Teaneck) * Prostate Cancer support groups in Upper Hackensack, Teaneck, Paramus, Ridgewood * Laryngectomee Support Group (Hackensack) * Leukemia, Lymphoma, Hodgkins, & Multiple Myeloma (Hackensack) * “Living with Pancreatic Cancer” (Paramus) * Groups forming for: ITP (Immune Thrombocytopenia); and Victims of Medical Errors.

**And Many Other Different TYPES OF SUPPORT GROUPS Meeting in Bergen County...**

Neighbors-Helping-Neighbors Job Transition Support & Networking Groups jobseeker clubs meet at over a dozen public libraries County-wide * Employment Peer Support Group (Upper Saddle River) * Job Seekers Support Group (Rutherford) * Jersey Job Club a NJ government program for those seeking job hunting skills & resources – info online at www.jobs4jersey.com Click on “Jobseekers,” then on “Jersey Job Club” (Hackensack) * Survivors of Rape adult female survivors of sexual assault (various) * Never Alone Again (Hackensack) for women who are victims of domestic violence * Second Generation: Children of Holocaust Survivors (Teaneck) “Transitions” discussion groups for older adults dealing with life’s changes (various sites) * Clutterers Anonymous reducing cluttering behaviors (Teaneck) * Co-Dependants Anonymous those developing healthier personal relationships www.coda.org (Ridgewood) * Debtors Anonymous compulsive over-spenders (Teaneck/Englewood) * Toastmasters International learning public speaking (various) * Separate groups may form for: Female Victims of Military Sexual Abuse, and for Military Servicewomen, and a Healing Circle group for female victims of sexual abuse – call the Clearinghouse for contact information individuals seeking help in starting these groups.

**Sample of Just a Few of the ONLINE MUTUAL SUPPORT GROUPS Available**

NJ Quitnet online group to stop smoking * Totally Hip online group for those anticipating or who have had hip replacement surgery * Young Widow Bulletin Board for young widows & widowers * BPD Central for those with Borderline Personality Disorder * Cancer & Careers working women with cancer * ACOAR.org has over 140 mutual support mailing lists for most any type of cancer * Ability Online Support Network email list for children & teens with disability or chronic illness * Group Loop for teens with cancer and their parents * Self-Injury Information & Support web board and e-mail list for self-injurers * Rosacea Support Group * Gamer Widow for partners of those who play computer games compulsively * Power Surge for women having difficulties with menopause and many, many more.

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