



# Support Groups

**\*Please note this list is subject to change. Please reach out to each organization for more information.**

**If you'd like to add your organizations support group, please email: [mcoads.events@co.middlesex.nj.us](mailto:mcoads.events@co.middlesex.nj.us)**

Name of Support Group	Details	Location	Time/Location	Link to Register
<b>National Alliance on Mental Illness (NAMI) NJ</b>				
<b><i>NAMI NJ Family Support Group</i></b>	60–90-minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others’ challenges and successes.	Virtual	Wednesdays at 7PM	<a href="#">NAMI NJ Online Family Support Group (google.com)</a>
<b><i>NAMI NJ Connection Recovery Support Group</i></b>	60–90-minute support group for adults (18+) with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others’ challenges and successes.	Virtual	Tuesdays at 6PM 4th Wednesdays at 12PM Wednesdays at 7PM	<a href="#">NAMI NJ Online Connection Support Groups (google.com)</a>
<b><i>LGBTQ+ NAMI Connection Recovery Support Group</i></b>	NAMI Connection is a peer-led recovery support group for individuals (18+) in the LGBTQ+ community who have a mental health condition.	Virtual	Last Sundays of the Month	<a href="#">NAMI NJ Online Connection Recovery Support Group for Adults in the LGBTQ+ Community (google.com)</a>
<b><i>Asylees/Refugees NAMI Connection Recovery Support Group</i></b>	NAMI NJ and Interfaith Rise collaborate to offer a NAMI Connection Recovery Online Support Group for asylees and refugees.	Virtual	3rd Fridays of the Months	Contact <a href="mailto:info@naminj.org">info@naminj.org</a> for more information
<b><i>Sibling Support Group</i></b>	Support group for individuals with a sibling who lives with mental illness. Gain support and share with others who can relate to your personal experiences. The group will follow the NAMI Signature Family Support Group Model and will be run by two trained facilitators. Participants must pre-register and be 18 years or older. Attendance will be limited.	Virtual	4th Thursdays of the Month	<a href="#">NAMI NJ Online Family Support Group for SIBLINGS of a Loved One w / Mental Illness (google.com)</a>
<b><i>Spouse/Parnter Support Group</i></b>	The group will follow the NAMI Signature Family Support Group Model and will be run by two trained facilitators. Participants must pre-register and be 18 years or older. Attendance will be limited to 15 people.	Virtual	2nd and 4th Thursdays of the Month	<a href="#">NAMI New Jersey, N Brunswick, NJ (naminj.org)</a>

<b>Family With a Loved One Who Is In/Has Been in State Hospital</b>	In NAMI Family Support Groups, families join a caring group of individuals helping one another by utilizing their collective lived experiences and learned wisdom. Family members can achieve a renewed sense of hope for their loved one living with mental health challenges. Connect with other family members who have or had a loved one in a NJ State Hospital.	Virtual	3rd Thursdays of the last Month of the quarter	<a href="https://www.nami.org/About-NAMI/Support-Groups/Support-Groups-for-Families">NAMI NJ Online Family Support Group for Loved One in Psychiatric Hospital (google.com)</a>
<b>Robert Wood Johnson University Hospital</b>				
<b>AA (Alcoholics Anonymous)</b>	Call: (800) 245-1377	Virtual		General website with list: <a href="https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/support-services/">https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/support-services/</a>
<b>ALS Support Group</b>	Call: (732) 235-7331	Virtual		
<b>Breast Cancer Support Group</b>	Call: (732) 235-7011	Virtual		
<b>Depression and Mood Disorder Support Group in NJ</b>	Call: (888) 829-2483 <a href="http://dbsanewjersey.org/middlesex-county">http://dbsanewjersey.org/middlesex-county</a>	Virtual		
<b>Epilepsy Support Group</b>	Call: (732) 235-7340 <a href="mailto:rwj.epilepsy@rutgers.edu">rwj.epilepsy@rutgers.edu</a>	Virtual		
<b>Heart Transplant Support Group</b>	Call: (732) 253-3352	Virtual		
<b>Living with Cancer Support Group</b>	Call: (732) 235-6781	Virtual		
<b>NA (Narcotics Anonymous)</b>	Call: (800) 992-0401	Virtual		
<b>Parkinson's Disease Support Groups</b>	Call: (732) 745-7520	Virtual	Afternoon and Evening Meetings	
<b>Proudly Me!</b>	Call: (833)- 247-7683 <a href="mailto:proud@rwjbh.org">proud@rwjbh.org</a>	Virtual		
<b>Stroke: True Life After Stroke Support Group</b>	Call: (908) 442-6555 <a href="mailto:stroke@rwjbh.org">stroke@rwjbh.org</a>	Virtual		

**COPSA**

<b>Adults Caring for Parents Support Group</b>	This group is open to all Adult Children who support parents or relatives with memory loss. Contact: Mary Catherine Lundquist, lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive log in information	Virtual		General Website with list: <a href="https://care2caregivers.com/help-for-caregivers/support-groups/#:~:text=The%20COPSA%20Caregivers%20Support%20Group,and%20strengthen%20our%20self%2Dcare">https://care2caregivers.com/help-for-caregivers/support-groups/#:~:text=The%20COPSA%20Caregivers%20Support%20Group,and%20strengthen%20our%20self%2Dcare</a>
<b>Caregiver Support Group</b>	The COPSA Caregivers Support Group is open to all who are caring for someone with memory issues. Contact: Mary Catherine Lundquist, lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive log in information	Virtual		
<b>Spouse Support Group</b>	The COPSA Spouse Support Group is open to all who are caring for a spouse with memory impairment due to Alzheimer’s Disease or a related disorder. Contact: Mary Catherine Lundquist, lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive log in information	Virtual		
<b>Transition Bereavement Support Group</b>	Transitions is open to all who are grieving the loss of a loved one. This group is free, open to the public and professionally facilitated. Contact: Mary Catherine Lundquist, lundqumc@ubhc.rutgers.edu or call 800-424-2494 to receive log in information	Virtual		

**Alzheimer's Association**

<b>Support Groups</b>	We offer support groups for caregivers and individuals living with Alzheimer's or other dementia. All support groups are facilitated by trained individuals. Both in-person and virtual support groups are offered.	Virtual & In-Person	Find Support Group & Dates: <a href="https://www.alz.org/events/event_search?etid=2&amp;cid=0">https://www.alz.org/events/event_search?etid=2&amp;cid=0</a>	-
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**Brain Injury Alliance NJ**

<b>Support Groups for Survivors and Caregivers</b>	Brain injury support groups allow people with brain injuries and their family members to meet others in similar situations. They gain valuable emotional support, form friendships, obtain information, and discuss a variety of brain injury topics. Our support groups are located in 17 counties & statewide virtually.	Virtual & In-Person	Find Support Groups & Date Specifics: <a href="https://www.bianj.org/support/">https://www.bianj.org/support/</a>	-
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<b>Breast Cancer Support Group</b>	Call: 1-888-897-8979 for more information.	General Website with listing of Support Groups/Event details: <a href="https://www.princetonhcs.org/events?term=support+group">https://www.princetonhcs.org/events?term=support+group</a>		
<b>Bariatric Surgery Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Breastfeeding Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Cancer Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Diabetes Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Head &amp; Neck Cancer Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Heart Failure Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Hospice/Bereavement Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Post-Treatment Cancer Survivorship Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Prostate Cancer Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Stroke Support Group</b>	Call: 1-888-897-8979 for more information.			
<b>Jewish Family Services Middlesex</b>				
<b>Counseling services or therapy groups</b>	Provide a comprehensive psychosocial assessment for all consumers, along with consistent, caring therapy designed to make substantive life changes. Support groups are offered based on consumer need and address a variety of topics. We accept Medicaid, Medicare, and			-

	many insurances. 777-1940	Call: 732-			
<b>Catholic Charities</b>					
<b>Counseling &amp; Wellness Services</b>	Provides short-term, outpatient counseling and treatment to individuals, families, and couples, including older adults and their caregivers who may be impacted by depression, anxiety, the loss of a loved one, parenting difficulties, child behavior problems and other common life stressors. -Spanish speaking counselor available.  Call the Access Center at 732-324-8200 for a screening and intake appointment, and to discuss payment options.				-
<b>NJ Hope and Healing</b>	The NJ Hope and Healing Crisis Counseling Program (CCP) Is offered through Catholic Charities, and is available to assist communities in NJ affected by COVID-19. The following services are free and confidential: Stress Management, Emotional Support, Linkage to Resources, Daily Zoom Calls, Drop in Zoom Session				Call: 732-204-6510 Email: HopeAndHealing@ccd om.org
<b>WellSpouse Association (Support for Spousal Caregivers)</b>					
<b>Freehold NJ WellSpouse Support Group</b>	This long running WSA Support Group has been meeting since the 90's and is still going strong. Contact SG Leader Donna by email dmarie327@gmail.com or phone (732) 580-4119 for details to attend.	Virtual	Meets 2nd Thursday of month 1pm ET/ 10am PT		<a href="https://wellspouse.org/our-support/support-groups/map-location/freehold-nj-ws-group.html">https://wellspouse.org/our-support/support-groups/map-location/freehold-nj-ws-group.html</a>
<b>Central NJ WellSpouse Support Group</b>	This is a NEW Well Spouse Support Group that is being formed - start date has been delayed until 2023. Information will be posted when available. Eventually, they hope to be able to meet in person in Mercer County, New Jersey. Contact the WSA Office at this time for more information (732) 577-8899	TBD	3rd Thursday of month, Time to be finalized		<a href="https://wellspouse.org/our-support/support-groups/map-location/central-nj-wsa-support-group.html">https://wellspouse.org/our-support/support-groups/map-location/central-nj-wsa-support-group.html</a>

**Family Caregiver Alliance**

<b>Caregiver Online Support Group</b>	Unmoderated group for families, partners, and other caregivers who want a safe place to discuss the stresses, challenges, and rewards of providing care for adults with disorders such as Alzheimer’s, stroke, brain injury, and other chronic debilitating health conditions. Subscribe through: <a href="http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org">http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org</a>	Virtual		<a href="https://www.caregiver.org/connecting-caregivers/support-groups/">https://www.caregiver.org/connecting-caregivers/support-groups/</a>
<b>LGBTQ+ Community Support: Caregiving for our Families and Friends</b>	Support group LGBTQ+ Community Support Caregiving for our Families and Friends offers a place for lesbian, gay, bisexual, and transgender caregivers of adults with chronic health problems to discuss the unique issues of caring for their loved ones.	Virtual		<a href="http://lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org">http://lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org</a>

**Pride Center of NJ**

<b>LGBTQ+ Late Bloomers</b>	Late Bloomers is a group for anyone dealing with coming out later in life: while married, in a long-term partnership, separated, or divorced. We talk about issues that arise in coming into your gender identity and/or sexual orientation as an adult. Contact group leader for more information <a href="mailto:lgbtq.latebloomers@gmail.com">lgbtq.latebloomers@gmail.com</a>	Virtual	Second Monday, 7:30-9:00pm EST	<a href="http://www.pridecenter.org/support-groups">http://www.pridecenter.org/support-groups</a>
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**Eric B. Chandler Health Center**

<b>HIV + Spanish Support Group</b>	Learn more from Minoos Christian 732-235-6711			
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**Duet: Partners in Health & Aging**

<b>LGBTQ+ Virtual Family Caregiver Support Group</b>	Caregiver support group that offers a safe space for emotional support, helpful resources, tips and ways to better navigate the caregiver journey.	Virtual		Email: <a href="mailto:burson@duetaz.org">burson@duetaz.org</a> or call (602) 274-5022 ext. 139 for more information
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