

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

A SAMPLE OF BEREAVEMENT SUPPORT GROUPS AVAILABLE

Below is a sample of support groups in New Jersey dealing with different types of loss and grief. Most are on-going groups. But an increasing number, especially those at hospitals, are now limited to only 6 to 12-week group sessions, available only about two times a year. For full details on any group, or for free help in learning how to join with others to start any needed new type of mutual help group, just call our Clearinghouse at 1-800-367-6274.

WIDOWS / WIDOWERS

General Widows/Widowers groups (groups in most counties) * **Young Widows/Widowers** (Burlington, Camden, Mercer, Monmouth) * **Young Widows** (Essex, Middlesex) * **Recently Bereaved** (various counties) * **H.O.P.E. (Helping Other People Evolve) widowed** (South Jersey area) * **Loss of Spouse to Cancer** (Bergen) * **Displaced Homemakers loss of spouse to death, divorce** (Monmouth, Warren) * **Christian-based bereavement support groups** (various counties) * **Single Senior Women** (Somerset) * **Widows Moving On 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) * **"Healing Hearts"** for those who have lost a child due to a congenital heart defect (Bergen) * **Pregnancy & Newborn Loss groups to include miscarriage, stillbirth, ectopic pregnancy, etc.** (various groups) * **Sudden Infant Death** (various) * **Loss of a Child to Drug Overdose/Addiction** (Burlington, Gloucester, Morris) * **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

Mutual support and understanding for persons who have lost a loved one to suicide – approximately a dozen groups across the State. Call our Clearinghouse for the nearest one. There's also an online group – **SOLES - Survivors Of Law Enforcement Suicide** (for surviving spouses and family members of police).

OTHER GENERAL & SPECIFIC GROUPS

General Bereavement Groups for anyone losing a loved one (various meeting locations) * **Northern New Jersey Motherless Daughters** for those grieving the loss of a mother * **Grieving loss of loved one due to Cancer** and/or after **Long Term Illness** (various) * **Caregiver Bereavement group** for those who cared for a loved one for extended period before their death (Morris) * **Bereaved Adult Men** (Burlington) * **Adult Children Grieving the Loss of a Parent** (Monmouth) * **Families of Homicide Victims** (Union) * **Grieving Teens** (Bergen, Essex) * **Children Grieving a Loss** (various) * **Preschoolers Grieving a Loss** (Burlington) * **Children of Terminally-ill Parent** (Paramus) * **Children Who Lost a Loved One to Cancer** (Morris & Somerset) * **Safe Place** high school teens grieving a death (Paramus) * **Daughters Without Mothers** (Burlington & Essex) * **General Loss groups loss due to death, separation, divorce, retirement, loss of a job, health or relocation** (Somerset) * **Christian-based bereavement groups** (various) * **Iraq/Afghanistan War Family Bereavement Groups** several NJ Veteran centers have support groups and related services for families of military killed in the war (several locations) * **Death of Police Officer** for families and co-workers of police officers who die in the line of duty (various) * **Loss due to a Drunk Driver** (several groups) * **Pet Bereavement Support Groups** (Burlington & Morris).

Groups possibly starting (if others "who have been there" are willing to help) for:

Loss of Loved One(s) in a Home Fire (Middlesex), **Victims & Survivors of Crime** (Union), or for **Siblings of Murder Victims** (Essex).

(see reverse side for additional examples)