**New Jersey Self-Help Group Clearinghouse**

1-800-367-6274 or 973-571-4100 \* www.NJGroups.org

**SUSSEX COUNTY SUPPORT GROUPS**

**MENTAL HEALTH**

**A Way to Freedom Community Wellness Center** Consumer-run self-help center where mental health consumers are able to support each other. Advocacy, education, socialization and recreation. Mutual sharing, rap sessions, literature, guest speakers, phone help, trips to local stores. Offers employment support group, skills group, and other groups. Center open various times and days and is located at 29 Trinity Street, Newton. (Entrance is in rear of building.) For meeting information and hours call 973-300-0830. E-mail: bmcteague@cspnj.org

**Families Anonymous** 12-step. Mutual support for families of children and young adults with alcohol, drug abuse and/or emotional problems. Meets Thur., 7:30pm, Center for Prevention, 65 Newton-Sparta Rd., Manor Plaza (last office on right), Newton. Call 973-663-5098. Website: [www.familiesanonymous.org](http://www.familiesanonymous.org) Email: faandover@gmail.com

**Intensive Family Support Services (IFSS) - Family Support** *Professionally-run.* Support and education for family members or caretakers of individuals with a mental illness. Building is handicapped accessible. Guest speakers and literature. Meets Wed., 6:30 pm, Intensive Family Support Services, Sussex Urgent Care Center 20 Walnut Street Sussex, NJ Call 973-702-2863 (day).

**NAMI Connection** Peer-run recovery support group for people living with a mental illness. Meets 2nd and 4th Mon., 6:30- 8 pm, A Way To Freedom Community Wellness Center, 29 Trinity St. (entrance in back), Newton. Call 973-214-0632. Email: nami.sussex@gmail.com

**NAMI Family Support Group** Support for family members or other primary caretakers of individuals diagnosed with a mental illness. Meets 1st Tues., 7pm, Newton Medical Center, 175 High St., Emergency Department Conference Room, Newton. Call 973-214-0632 (9 am – 9 pm). Website: <http://www.nami-sussex-nj.org>

**Parent Networking Group** *Professionally-run.* Support for parents and caregivers who are raising children with emotional, behavioral and mental health challenges. Opportunity to meet others in similar situations, have relevant discussions & projects, learn about services, and build a support network. Meets alternate Fri., 6-7:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., 2nd Floor, Newton. Pre-registration required. Call 973-940-3194 (day). Website: <http://www.familypartnersms.org> Email: events@familypartnersms.org

**Parent of Special Needs Children** *Professionally-run.* Provides support, education and advocacy to parents and caregivers of children with emotional, behavioral or mental health challenges. Building is handicapped accessible. Meets 2nd Wed., 10:30am, Family Partners of Morris and Sussex Counties, 67 Spring St., Newton. Preregistration required. Before attending call 973-940-3194 (day).

**PTS Connection** Peer support for veterans, police officers and first responders recovering from post-traumatic stress disorder as a result of their service. Building is handicapped accessible. Meets 4th Tues., 7-8:30pm, Bridgeway Rehabilitation Services, 93 Stickles Pond Rd., Newton. Call 973-865-0605 or 973-729-6534. Website: <http://www.nami-sussex-nj.org> Email: nami.sussex@gmail.com

**Youth Partnership Group** Adult supervised activities for youth (ages 14-21) with complex emotional, mental health or behavioral issues to help them express what they have been through and share concerns. Rap sessions. Building is handicapped accessible on street level. Meets alternate Fri., 6-7:30pm, Family Partners of Morris and Sussex Counties, 67 Spring St., Newton. Pre-registration required. Before attending call 973-940-3194 (day).

*A service of the Mental Health Association in NJ and funded through the NJ Division of Mental Health and Addictions*

07/01/2017

**ADDICTIONS**

**Al-Anon Family Groups** 12-step fellowship of families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adult children. Call Al-Anon Information Services 973-744-8686 (day); Spanish-speaking: 973-268-1260. E-mail: northjerseyais@yahoo.com; Website: <http://www.northjerseyal-anon.org>

**Alcoholics Anonymous** *(Bi-lingual)* 12-step fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Call 1-800-245-1377 or 908-687-8566 (24 hr.); Spanish-speaking: 973-824-0555 (24 hr.). Website: <http://www.nnjaa.org>

**All Recovery** Open format where people can discuss all things recovery with an emphasis on hope and healing, and how recovery has changed their lives. Open to anyone who has been touched by addiction, including friends and family. Meets Tues., 7-8pm, The Center for Prevention, 65 Newton-Sparta Rd., Newton. Call Katie 973-383-4787. Website: <http://www.centerforprevention.org> Email: katie@centerforprevention.org

**Matters of the Heart Codependency Support Group** *Professionally-run*. Support and education for adults whose lives have been affected by the substance abuse and addiction of a loved one. Aim is to provide coping skills for self-care, Building is handicapped accessible. Meets Mon., 6:30-8pm, Center for Prevention and Counseling, 61 Spring St., 3rd Floor Kitchen, Newton. Call Ava LaMorte 973-383-4787 ext. 243 (day). Website: <http://www.centerforprevention.org> Email: ava@centerforprevention.org

**Nar-Anon Family Group** *(Bi-lingual)* 12-step fellowship that provides help for family members and friends of drug abusers by offering comfort, hope and friendship through shared experiences. Call Nar-Anon Answering Service 609-587-7215 or Yvonne 818-886-6410; Spanish-speaking call Millie 732-707-3021. Website: <http://www.naranonofnj.org>

**Narcotics Anonymous** 12-step fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs. Several meeting times, days and locations in Sussex County. Call 1-800-993-0401 or 732-933-0462. Website: <http://www.nanj.org>

**Overeaters Anonymous**  12-step fellowship who meet to help one another understand and overcome their common problem of compulsive overeating. For information on local meetings call 973-746-8787. Website: <http://www.njoa.org>

**Sexaholics Anonymous** 12-step. God-centered group that offers mutual support for those who want to stop their sexually self-destructive thinking and behavior to become sexually sober. Meets Thurs., 7:30pm, Saint Mary’s Episcopal Church, 85 Conestoga Trail, Room 9, Sparta. Call NJ Intergroup 201-377-7272. Website: <http://www.njessay.org>

**SMART Recovery (Self-Management and Recovery Training** Support for individuals wanting to gain their independence from additive and compulsive behaviors. An abstinence program based on cognitive-behavioral education and principles, especially those of rational-emotive behavior therapy. Meets Mon. and Wed, 7:30-8:30pm, The Center for Prevention, 65 Newton-Sparta Rd., Newton. Call Doug Levine 201-841-6968 (Mon) or Email: blake\_pupo@yahoo.com Website: <http://www.smartrecovery.org>

**TOPS (Take Off Pounds Sensibly)** Provides emotional support and encouragement through weekly weigh-ins, informational material and weight-loss lessons. Also open to children 7 years and older. Call Sue Anne Cress 856-797-8601 (leave message). Website: <http://www.tops.org> Email: topswahine672@comcast.net Meets:

* **Andover:** Tues., 9:30am, Senior Building, 6 Tranquility Rd. (Intersection of Routes 517 and 606), Andover
* **Newton**: Mon., 6pm, Newton Medical Center, Administration Conference Room, 175 High St., Newton
* **Sparta**: Thurs., 5pm, [Sparta United Methodist Church](http://maps.google.com/maps?saddr=My+Location&daddr=71%20Sparta%20Ave,%20Sparta,%20NJ,%2007871) , 71 Sparta Ave.,  Lower Level, Sparta

**BEREAVEMENT**

**Bereaved Catholics** Referrals to groups for emotional, spiritual support and social activities for bereaved men and women. Groups are sponsored by various churches throughout the county and are open to people of any faith. For information call Family Life Ministry, “Saint Paul Within the Wall,” Catholic Diocese of Paterson 973-377-1004 ext. 417. Website: <http://www.insidethewalls.org>, then click on “Family Life’ then choose “Bereavement.”

**Bereavement Support Group** Christ-centered group for those grieving the loss of a loved one. Offers spiritual and emotional support. Provides education on the grieving process. Meets various days and times at Saint Kateri Tekakwitha Church, 427 Stanhope Rd., Sparta. Call Laura Entwistel 973-726-8978.

**Coping with Loss Support Group** *Professionally-run.* Mutual support and education for adults grieving the loss of a loved one through death, (children’s program available for a $100 fee which may be waived). Meets 1st Wed., 12:30-2pm; 3rd Wed., 12:30-2pm and 2ndMon., 7-8:30pm, Joseph T. Quinlan Bereavement Center, 5 Plains Rd., Augusta. Call 973-948-2283 or 1-800-882-1117. Website: [www.karenannquinlanhospice.org](http://www.karenannquinlanhospice.org) Email: bereavement@karenannquinlanhospice.org

**Northern NJ Motherless Daughters Group**  Provides an opportunity for women to share stories, experiences and strategies for coping with the loss of their mother. Meets in Bergen, Essex, Hudson, Morris, Passaic, Sussex and Union counties. Check website for meeting information. Website: <http://www.meetup.com/northern-new-jerseymotherless-daughters>

**Pet Loss Support Group** *Professionally-run.* Support for persons coping with the loss of their companion animal to work through feelings of grief and mourning. Meets 3rd Mon., 12:30-1:15pm, Joseph T. Quinlan Bereavement Center, 5 Plains Rd., Augusta. Pre-registration required. Before attending call Diana Sebzda 973-948-2283 (day). Website: http://www.karenannquinlanhospice.org Email: bereavement@karenannquinlanhospice.org

**Rainbows for All Children** Mutual support and understanding for children (kindergarten – 14) who are grieving a loss of a parent or guardian through divorce, death or abandonment. Provides a safe place for children to open up and talk with other children in similar situations. Groups runs for six week sessions and is offered several times per year. Meets Thurs. evenings, Sparta United Methodist Church, 71 Sparta Ave., Sparta. Before attending call Pat Johnson 973-729-3233. Website: <http://www.raibnows.org>

**DISABILITIES**

**ASPEN Family Support Group** Support and information for adult family members of individuals with Asperger syndrome, PDD-NOS and high functioning autism. Occasional guest speakers. Meets 3rd Sat., 2:00pm, Good Shepherd Episcopal Church, 200 Route 23 South, Wantage. Call Jannine Zerres 973-875-3764 (day). Email: jezerres@hotmail.com

**Retinitis Pigmentosa Telephone Network** Phone network that provides support for persons with retinitis pigmentosa, macular degeneration, Usher’s syndrome or related disorders and their families. Provides education and referrals. Call Jean or Don Perlman 973-584-6471 or Glorie 609-409-7985 (Usher’s syndrome).

**Sussex County Brain Injury Support Group** Emotional support and education for persons with brain injuries, their families and friends. Meets 2nd Tues., 7pm (except Dec., Jan., Feb.), Redeemer Lutheran Church, 37 Newton-Sparta Rd., gymnasium, Newton. Call Donna Fitzpatrick 973-383-6081 (day). Email: DFritz2003@hotmail.com

**FAMILY / PARENTING**

**Foster and Adoptive Family Services** Mutual support for foster parents, adoptive parents and relative care providers. Guest speakers, literature, social events and newsletter. Meets 4th Mon., 7pm (except July and Aug.), Division of Child Protection and Permanency, 20 East Clinton St., Newton. Before attending call 1-800-222-0047. Website: <http://www.fafsonline.org>

**Grandparents and Other Caregivers Support Group** Provides a safe place for caregivers to discuss the joys and challenges of raising a relatives’ child with special needs. Opportunity to meet with others in similar situations to get support and understanding. Meets alternate 3rd Fri., 10:30am-12 noon, Sussex-Wantage Middle School, 10 Loomis Ave., Sussex. Call 973-940-3194 ext. 19

**Parents of Special Needs Children** Peer-led group for parents of children with special needs. Aim is to build a strong support network and help end the feeling of isolation. Meets 3rd Tues., 10:30am-12 noon, Family Partners Community Center, 67 Spring St., Newton. Call (973) 940-3194.

**HEALTH**

**Alzheimer’s Association Caregivers Support Group** *Professionally-run.* Support for caregivers of persons with Alzheimer’s disease or related dementias. Opportunity to share practical information, exchange community resources, solve problems and learn ways to cope with dementia-related issues. Website: http://[www.alznj.org](http://www.alznj.org)

Meets:

* **Newton:** 4th Sat., Newton Medical Center, Romano Conference Center, 175 high St., Newton. Call Barbara Van Norwich 973-579-8600 (day).
* **Sparta:**  3rd Tues., Knoll Heights Senior Center, 40 Trepasso, Sparta. Call 973-729-4311.

**Breast Cancer Support Grou**p *Professionally-run.* Support for women with breast cancer. Guest speakers. Building is handicapped accessible. Meets 2nd Tues., 6pm, Sparta Health and Wellness Center, 89 Sparta Ave., Suite 130, Sparta. Call Kelly Zukswert 973-726-0870 (day). Email: kelly.zuckswert@atlantichealth,org

**Cancer Support Group** *Professionally-run.* Support and education for people whose lives have been affected by any form of cancer. Families and caregivers are welcome. Building is handicapped accessible. Usually meets 4th Thurs., 3-4pm, Newton Medical Center, 175 High St., Newton. Pre-registration is required. Before attending call Social Services 973-579-8620 (day).

**Heart Failure Support Group** Support and education for persons with heart failure. Meets 2nd Thurs., 1-2pm, Newton Memorial Hospital, 175 High Street, Newton. For information call 1-800-247-9580.

**Newton Chapter of the American Chronic Pain Association** Mutual support and understanding for persons dealing with any type of chronic pain situation. Meets 3rd Tues., 10am-12noon, Sussex County Library, 125 Morris Turnpike, Newton. For information call Lester Zaleski 973-300-1031.

**National MS Society Support Group (*Multiple Strengths*)** Fellowship of multiple sclerosis patients. Offers information, networking and creative exchange of ideas. Guest speakers, discussions and socials. Meets 1st Mon., 11am, Liberty Towers, 32 Liberty St., Newton. Before attending call Nick 973-841-3197. Email: marchesan17@aim.com Website: <http://www.nationalmssociety.org>

**Stroke Support Group** *Professionally-run*. Support for persons recovering from a stroke. Caretakers are welcome. Meets 4th Tues., 6-7pm, Newton Medical Center, 175 High St., Newton. Call 973-579-8620.

**MISCELLANEOUS**

**DASI (Domestic Abuse and Sexual Assault Intervention Services)** *Professionally-run.* Mutual support for survivors of domestic violence or sexual violence. Meets in Newton. Call 973-579-2386 or Hotline: 973-875-1211 (24 hr.); TTY: 973-875-6369 (24 hr.). Website: <http://www.dasi.org> Email: info@dasi.org