

New Jersey Self-Help Group Clearinghouse

"Helping people find & form their own community support groups throughout NJ for over 30 years."

1-800-367-6274 or 973-989-1122 * 375 E. McFarlan St., Dover, NJ 07801 * www.selfhelpgroups.org

CAREGIVER SUPPORT GROUPS HELP!

Take a little time away, to share with and learn from those who truly understand, because they too have "been there."

GENERAL CAREGIVER GROUPS

Adult children caring for an aging parent * **Well Spouse Association** (spouses/partners of those with any chronic illness or disability) * **Caregivers of elderly frail persons** * **Caregivers of ill relatives** * Families caring for a loved one with a **serious disability** * Families of those with a **serious mental illness** * **Parents of children with special needs** * **Adult Siblings** of adults with any serious disability * **Parents Caucus, Family Support Organizations (FSOs)** and other related support groups that are available for parents & caregivers of children with any complex emotional/behavioral challenges * **Fathers of children** with emotional/behavioral challenges * Or any of the hundreds of different mutual help support organizations for **specific rare disorders** that a family member has, which requires family caregiving.

ILLNESS / DISABILITY/CONDITION-SPECIFIC CAREGIVER SUPPORT GROUPS

Caregivers of Persons with Alzheimer's Disease (all counties) * 3 Groups: "Wives of Husbands who are Stroke Survivors," Male Caregivers, and **EARS (Educate, Advocate, & Reduce Stress** for caregivers (all in Middlesex County) * Spouses of those with a mental illness (Union & Cape May counties) * Potential future caregivers of those diagnosed with any early stage dementia/Alzheimer's (Morris County group & an international online group) * Caregivers of those with Frontal Temporal Dementia (Burlington County) * Specific forms of dementia * Stroke * Aphasia * Parkinson disease * Multiple Sclerosis * Cancer * Muscular Dystrophy * Amyotrophic Lateral Sclerosis * Spinal Cord Injury * Brain Injury * Brain Tumor * Heart Disease * Huntington's Disease * Kidney * Liver disorders * Lupus * Chronic Respiratory Disorders * Families with loved one who has a mental illness – separate groups just for: Spanish-speaking families, Portuguese families, for African American families, for families of Chinese origin, or for those of South Asian origin (India, Pakistanis, Bangladeshi, Sri Lankan) * Families of combat vets with PTSD * Breast Cancer * Partners of incest/rape survivors * Or any one of the many support networks just for families dealing with any one of hundreds of other debilitating disorders/ disabilities.

OTHER PARENT/FAMILY CAREGIVER SUPPORT GROUPS

Grandparents or other caregivers raising children * Parents of children with any form of Autism * Congenital disabilities * Developmental Disabilities * Multiple or profound impairments * Brain Injury * Spinal Cord Injury * Parents of Children with Drug/Alcohol Problems * Childhood Cancers * Physical disabilities * Muscular Dystrophy * Cerebral Palsy * Vision Loss * Hearing Loss * Cystic Fibrosis * Juvenile Diabetes * Epilepsy * a wide variety of children's and Cardiac problems * Inflammatory Bowel Disease * Kidney * Liver * Mothers of Daughters with Breast Cancer (a model group that can start in NJ if there is interest). * For youth workers, teachers, or others interested in helping youth (under 18) who are significant part-time caregivers to have their own 8-session support groups, the American Assn. of Caregiving Youth can possibly help.

FAMILIES OF THOSE WITH AN ADDICTION

Al-Anon (families & friends of alcoholics) * Nar-Anon (families & friends of drug abusers) * Gam-Anon (families & friends of compulsive gamblers) * Families Anonymous (parents & families of persons with drug, alcohol or behavioral problems) * BASA (Brothers And Sisters of Addicts) * Parent Support groups (parents of children with a chemical dependency).

For info and contacts for **any of these caregiver support groups cited above**, or for **any other** type of no-fee **support group** (bereavement, loss, women's groups, other parenting issues, etc.), or to **learn how you can join with others to start your own group**, from anywhere in NJ, contact your Clearinghouse...

Call **1-800-367-6274** more easily remembered as
1-800-FOR-M.A.S.H. (Mutual Aid Self-Help)

"Caregivers can begin to develop a sense of control over their lives as they begin to understand what to expect during the course of the disease and the changes that will affect the person... A support group can be a lifeline for the caregivers, providing the freedom to express their emotions without guilt and the opportunity to receive positive reinforcement from their peers."

from "Successful Support Groups for African American Caregivers" by E. Williams & P. Barton, Generations,
the Journal of the American Society on Aging, 27 (4), Winter 2003/2004, 81-83, p. 82.