



Support Groups Offered By JFS of MetroWest and Rachel Coalition

Adult Groups

Happily Even After: Beyond Separation & Divorce A support group for individuals experiencing and coping with the challenges of a changing relationship. JFS, Florham Park.

Depression & Anxiety Support Group A therapeutic group for individuals experiencing depression and anxiety. JFS, Florham Park.

Older Adult Groups

Journey through Grief A support group for those who have lost a spouse/significant other and are struggling with their loss and sorrow. JFS, Florham Park.

Alzheimer's Caregiver Support Group Support groups for those caring for a spouse/parent with Alzheimer's/related dementia. JFS, Livingston & Morristown Medical Center Health Pavilion, Rockaway.

Child/Adolescent and Family Support Groups

Social Skills Group For children in grades 3-5 to engage in a warm and safe environment to boost self-confidence, improve problem solving and communication skills. JFS, Florham Park.

Teens: Stand Up to Your Feelings & Anxiety A group for teens who are experiencing anxiety and depression. JFS, Florham Park.

Mom's Support Group A support group for mothers of children with special needs. JCC, West Orange.

Sibling Support Group for Siblings of Children with Special Needs For children 8-12 years old who have a sibling with a disability. JFS, Livingston.

Mom & Baby Groups Supportive groups for mothers with their babies. Temple Sharey Tefilo Israel, South Orange & JCC, West Orange.

Helping Your Children Thrive For parents to come together and address the joys and challenges of raising children and parenting more effectively. JFS, Florham Park.

Rachel Coalition Groups

Support Group for Women in High Conflict Relationships. JFS, Livingston.

Group for Children Exposed to High Conflict Relationships. JFS, Livingston.

Domestic Violence Psycho-Education Support Group. Family Justice Center, Newark.

Additional groups form as interest and needs arise. For questions or to join one of our groups, please contact Daphne Berkovits, LMFT, Coordinator of Group Services at 973-765-9050 x1758.