



## **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

**You Are Not Alone** A support group for family members of those with mental illness. 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 Groups** Support groups for those caring for a spouse/parent with Alzheimer's/related dementia. Monthly. JFS, Livingston & Morristown Medical Center Health Pavilion, Rockaway

**Memory Café** Monthly support group for individuals experiencing memory loss with a family member or friend. Jewish Community Campus, Lester Independent Building, Whippany

### **Child/Adolescent and Family Support Groups**

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

**Sibling Support Groups for Siblings of Children with Special Needs** For children who have a sibling with a disability. Ages 8-10 and 11-13. JFS, Livingston

**Playgroup with a Purpose** Supportive group for mothers with their babies. Temple Sharey Tefilo Israel, South Orange

**Proud Parents** A support group for parents with children across the gender and sexuality spectrum. 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.*