



Jewish Family Service of MetroWest New Jersey

At every age, at every stage, we are here to help.

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

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, Parent, and Family Support Groups

Teens: Stand Up to Your Feelings 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

Parent Support Group A group for parents of children with special needs. JFS, Florham Park

Rachel Coalition Groups

Support Group for Women in High Conflict Relationships. 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.

JFS is committed to inclusive programming. Please call 973-765-9050 to discuss how we can help you.