



FREE GRIEF RESOURCES

NEW JERSEY

LOOK FOR A GRASP (GRIEF RECOVERY AFTER A SUBSTANCE PASSING) MEETING IN YOUR AREA: WWW.GRASPHELP.ORG

LOOK FOR A COMPASSIONATE FRIENDS MEETING IN YOUR AREA: WWW.COMPASSIONATEFRIENDS.ORG
GOOD GRIEF WORKS WITH ALL COUNTIES IN NEW JERSEY FOR GRIEF SUPPORT: WWW.GOOD-GRIEF.ORG

ATLANTIC COUNTY

GRASP
Beth - (215) 421-0322
www.grasphelp.org
Egg Harbor City, NJ

Shore Vineyard Church (Serves Atlantic, Burlington & Ocean Counties)
(732) 244-3888
www.shorevineyard.com
Beachwood, NJ

A seminar/support group for people grieving the loss of a child, family member, or friend. There is a video presentation during the meetings, followed by group discussion.

BERGEN COUNTY

Vantage Health System
(201) 567-0059
www.vantagenj.org
Dumont, NJ

Sandwich Generation Group: For middle-aged children of elderly parents who are acting as caregivers- Survivors After Suicide: Support for those who have experienced the loss of a loved one through suicide.- Family Support Groups: Family members of mentally ill

BURLINGTON COUNTY

Church of the Holy Eucharist
Tabernacle, NJ
(609) 268-8383
www.holyeucharist.org

Anyone who has experienced a loss.

GRASP
Chris - (856) 904-8002
www.grasphelp.org
Marlton, NJ

CAMDEN COUNTY

Compassionate Friends
(856) 520-0291 - Vivian
www.compassionatefriends.org
Audubon, NJ (Camden County Chapter)

Works with Children

Family support group for death of a child (including adult children); open to parents, siblings, and grandparents, regardless of circumstances, child's age or how recently the death occurred. Also offers self-help support groups and phone support.



CAPE MAY COUNTY

Cape Regional Health System

(608) 463-4043

www.caperregional.com

Cape May Court House, NJ

Cape Regional Health System's Grief Support Group will meet in the Maruchi Room. New members are welcome.

CUMBERLAND COUNTY

Grow in America

1-888-741-GROW

http://www.millville.org/community/community_resources_guide/support_groups

Vineland, NJ

Works with Children

Voluntary group meetings open to everyone. No fees or dues, referrals or specific diagnosis needed. People come to GROW with diverse problems in living, including mental illness, addictions, abuse, grief, loneliness, depression, anxiety, stress, and difficulty coping.

ESSEX COUNTY

RWJBarnabas Health - Saint Barnabas Hospice & Palliative Care Center

(973) 322-4800

www.rwjbh.org/treatment-care/home-care

West Orange, NJ

The Changing Tides Bereavement Group is a 10-week group to help children resolve grief issues associated with the loss of a parent, sibling, grandparent, close relative, or friend. The program is directed by a clinical social worker. There will be a concurrent group for adult survivors available.

GLOUCESTER COUNTY

Washington Township Family and Community Services
(Serves Washington Twp In Gloucester, NJ)

(856) 589-6446

https://www.twp.washington.nj.us/departments/family___community_services/index.php

Turnersville, NJ

- A parent support group- Single parent & divorce support group- Parent to Parent Coalition:* Support group for parents who are coping with adolescent drug and alcohol abuse. Meetings involve two parts - The first part is devoted to drug/alcohol education. The second part is an open discussion. All discussions are strictly confidential.- Parent's Grief Support Group* Group for parents/guardians who have lost a child to drugs / alcohol.- Big Al's: Teen Recovery Support Group* For teenagers, ages 13 through 19, who need a safe place to discuss problems dealing with drugs, alcohol, or any other issues they may face.In addition, the program offers information for families on topics including:- Suicide- Alcohol and drugs- Single parenting

HUDSON COUNTY

GRASP

Franca - (201) 577-8264

www.grasphelp.org

Bayonne, NJ



HUNTERDON COUNTY

Hunterdon Hospice
Jennifer Kennedy, LCSW - (908)-788-6600
<https://www.hunterdonhealthcare.org/service/home-health-hospice/hospice/>
Flemington, NJ

Those experiencing the loss of a loved one through suicide or drug overdose can feel isolated due to loved ones feeling ashamed, or hiding the cause of death. A safe place has been created in the Hunterdon Hospice Bereavement Support Group for Loss Associated with Suicide or Drug Overdose where members can receive empathy, and openly share feelings and thoughts.

MERCER COUNTY

Good Grief (Serves all NJ Counties)
(609) 498-6674
www.good-grief.org
Princeton, NJ

Good Grief's mission is to provide unlimited and free support to children, teens, and families after the death of a mom, dad, sister or brother through peer-support programs, education, and advocacy.

GRASP
(Laurie - 609) 575-5477
www.grasphelp.org
Hamilton Square, NJ

MIDDLESEX COUNTY

Saint Luke's Episcopal Church
www.stlukesmetuchen.org
(732) 548-4308
Metuchen, NJ
Bereaved Friends Ministry.

MONMOUTH COUNTY

GRASP
Abby - (908) 692-3072
www.grasphelp.org
Freehold, NJ

Monmouth Rainbows
(908) 720-7044
www.monmouthrainbows.org
Monmouth Beach, NJ
Works with Children

Rainbows hopes to help children accept the change in their family, develop coping skills to deal with their feelings, and to share in a trusted and confidential environment with others who have had similar experiences of grief. Rainbows writing journals, games, discussions, stories and crafts are used to help learn about emotions, self-esteem, coping with changes and forgiveness. Children develop friendships as they share their feelings with other children their age who may have experienced the same emotions. Rainbows is not just for children with recent loss but also where a family loss may have happened years ago though there still may be unresolved feelings or behavior issues.



MORRIS COUNTY

Good Grief (Serves all NJ Counties)

Morristown, NJ

(908) 522-1999

www.good-grief.org

Works with Children

Good Grief's mission is to provide unlimited and free support to children, teens, and families after the death of a mom, dad, sister or brother through peer-support programs, education, and advocacy

Living With Dignity (Serves Essex, Hunterdon, Mercer, Middlesex, Morris, Passaic, Somerset, Sussex, Union & Warren Counties)

(908) 204-8906 www.deathwithdignity.org/states/new-jersey/

New Vernon, NJ

Works with Children

Provides counseling and support services to cancer and AIDS patients and their families, from initial diagnosis through and including end-of-life issues. The program also offers bereavement support groups for various populations and situations, including loss of a loved one to a long illness, loss of a loved one through a sudden death, and bereavement groups for children and youth.

OCEAN COUNTY

Saint Francis Community Center

(609) 494-1554

www.stfranciscenterlbi.org

Long Beach Twp, NJ

Journey Through Grief is a program designed to help men and women of all ages work through the normal stages of grief with education and group support. The program stresses that grief is a journey and, like all journeys, has an ending. The group focuses on situations and reactions to situations which frequently occur after the loss of a loved one. The program is open to all members of the community, regardless of religious affiliation.

PASSAIC COUNTY

Calvary Temple of Wayne (Serves Bergen, Essex, Morris & Passaic Counties)

(973) 694-2938

<https://www.griefshare.org/countries/us/states/nj/cities/wayne>

Wayne, NJ

Calvary Temple offers several outreach ministries to members of the congregation and the community at large. Services include:- counseling- bereavement support groups- divorce support groups- Turning Point, a ministry for persons struggling with addictions.

GRASP

Alexandra - (201) 927-6658

www.grasphelp.org

Clifton, NJ

SALEM COUNTY

GRASP

Sharon - sjrr818@comcast.net

www.grasphelp.org

Pittsgrove, NJ

GRASP

Donna - (856) 678-8659

www.grasphelp.org

Pennsville, NJ



SOMERSET COUNTY

Community in Crisis
(908) 507-1008
www.communityincrisis.org
Bernardsville, NJ

Parents supporting parents after substance passing

GRASP
www.grasphelp.org
Branchburg, NJ
Dina - (908) 507-1008

SUSSEX COUNTY

Blessed Kateri Tekawitha Roman Catholic Church
(Serves Morris, Sussex & Warren Counties)
(973) 726-8978

<https://saintkateri.org/bereavement>
Sparta, NJ

Bereavement support group that helps individuals cope with the loss of a loved one. Participants work with a counselor and attend various social gatherings such as retreats to learn how to cope with loss and understand the bereavement process.

UNION COUNTY

Gateway Family YMCA
(908) 687-2995
www.tgfyymca.org
Union, NJ

Community bereavement and caregiver support group held monthly

Imagine, A Center for Coping with Loss
(908) 264-3100
www.imagenenj.org
Westfield, NJ

Works with Children

Grief Peer Support Group is a free, year-round grief support center that serves children, ages 3 to 18, and young adults, 18 to 30, who are grieving the death of a parent or sibling or who are living with a parent or sibling with a life-altering illness. The program provides training and education for thousands of teachers, parents, coaches, youth and other adults annually. Concurrent support groups are provided for the parents or guardians of the children.

WARREN COUNTY

Karen Ann Quinlan Hospice
(973) 948-2283
www.karenannquinlanhospice.org
Hackettstown, NJ

This support group is for anyone who is experiencing their first 13-months of bereavement.