

# Alzheimer's New Jersey<sup>®</sup>

## Family Support Groups

Alzheimer's New Jersey Family Support Groups offer caregivers a safe space to share feelings and concerns, discuss challenges, and learn about available resources.

Our support groups are *free* and open to the community. We currently offer support groups virtually and in-person

### In-Person Support Groups

County	City	Day	Time
Bergen	Allendale, NJ	Last Wednesday of the month	11:00 AM
Bergen	Oradell, NJ	2nd Monday of the month	1:00 PM
Burlington	Pemberton, NJ	1st Sunday of the month	11:00 AM
Essex	Roseland, NJ	4th Tuesday of the month	11:00 AM
Gloucester	Mullica Hill, NJ	3rd Wednesday of the month	6:30 PM
Monmouth	Neptune, NJ	4th Tuesday of the month	1:00 PM
Morris	Chatham, NJ	1st Thursday of the month	10:30 AM
Ocean	Jackson, NJ	2nd & 4th Wednesday of the	10:00 AM
Somerset	Franklin Twp, NJ	2nd Tuesday of the month	1:00 PM

### Virtual Support Groups

Group Type	Day	Time	Format
General	4th Monday of the month	10:00 AM	Zoom
General	2nd Wednesday of the month	1:00 PM	Zoom
Living in a Residential Facility For caregivers with a loved one in a residential facility	2nd Thursday of the month	6:30 PM	Microsoft Teams

## Virtual Support Groups (continued)

Group Type	Day	Time	Format
<b>General</b>	Every other Wednesday	10:00 AM	Zoom
<b>Spouses &amp; Partners</b> Designed for those caring for a spouse or partner	3rd Tuesday of the month	1:00 PM	Zoom
<b>General</b>	3rd Thursday of the month	1:00 PM	Zoom
<b>Young-Onset</b> Designed for those caring for a loved one diagnosed under 65	1st Saturday of the month	9:30 AM	Zoom
<b>General</b>	2nd & 4th Wednesday of the month	6:00 PM	Zoom
<b>General</b>	3rd Wednesday of the month	6:00 PM	Zoom
<b>Spouses &amp; Partners</b> Designed for those caring for a spouse or partner	Every other Monday	2:30 PM	Microsoft Teams
<b>General</b>	1st Wednesday of the month	7:00 PM	Zoom
<b>General</b>	4th Monday of the month	6:30 PM	Zoom
<b>Living in a Residential Facility</b> For caregivers with a loved one in a residential facility	4th Wednesday of the month	11:00 AM	Microsoft Teams

**To join a group, please register by calling our  
Helpline 888-280-6055 or  
complete a [Support Group Inquiry Form](#) on our website.**

This list is subject to change as some groups may not accept new members when they fill to capacity.

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