



New Jersey Support Groups

We do our best to maintain a current list, but we advise that you call the number prior to attending to ensure the group is still active. Unless otherwise specified, these listings are independent and unaffiliated with the Parkinson's Foundation.

**An asterisk denotes a program funded by a [Parkinson's Foundation Community Grant](#).*

<u>ONLINE</u>	<u>MIDDLESEX COUNTY</u>
<u>ATLANTIC COUNTY</u>	<u>MONMOUTH COUNTY</u>
<u>BERGEN COUNTY</u>	<u>MORRIS COUNTY</u>
<u>CAMDEN COUNTY</u>	<u>OCEAN COUNTY</u>
<u>HUNTERDON COUNTY</u>	<u>SOMERSET COUNTY</u>
	<u>UNION COUNTY</u>
	<u>WARREN COUNTY</u>

If you would like to be added to this list, or if the details of your group need to be updated, please contact us by emailing NJPA@parkinson.org.

June 2025



Groups may occasionally change the date and time of their meeting. Please use the contact information listed with the group to confirm they are meeting.

ONLINE

People with PD and/or their care partners are welcome.

Location: 140 Mountain Ave., Westfield, NJ 07090

Meetings: 2nd Monday of each month from 1:30-3:00 pm in person/virtually (hybrid), and other Mondays of the month via Zoom. *For the virtual only meetings (1st, 3rd, 4th Monday of the month, Jean White, PD fitness instructor at the Westfield Y leads 45 minutes of exercise)*

Contact: Barbara Ringk at 908-403-3129 or barbringk@gmail.com.

ATLANTIC COUNTY

Linwood Library Parkinson's Support Group

We invite both patients and caregivers to join us for our support group meetings, where we come together for fellowship, sharing, and valuable information. Connect with others who understand the challenges and triumphs of Parkinson's Disease. Our support group is a safe and supportive space to share experiences and learn from one another.

Meetings: 10 am on the following Saturdays: July 26th, August 23rd, September 27th, October 25th, November 22nd

Location: Linwood Library, 301 Davis Ave, Linwood, NJ 08221

Contact: Scott Adams at 609-602-3095

BERGEN COUNTY

Cedar Hill Christian Reform Church

Location: 422 Cedar Hill Ave, Wyckoff, NJ 07481

Meetings: 1st Thursday of every month (7 - 8:30 PM); 3rd Thursday of the month ([Jan-Jun and Sep-Nov] 7 - 8:30 PM)]

Contact: Aviva Weldon, LCSW at 201-410-2169 or aweldon@optonline.net; Ron Stack at 845-642-8231 or ron773h@yahoo.com

Ridgewood YMCA

Location: 112 Oak Street, Ridgewood, NJ 07450

Contact: Link to website [here](#).

The Jewish Home Family Parkinson's Center

At the Jewish Home Family, we have made a commitment to excellence in the care of individuals with Parkinson's disease and created a comprehensive program across all elements of our system, including Jewish Home Assisted Living, the Jewish Home at Rockleigh, the Gallen Medical Adult Day Center and Jewish Home at Home. Our approach to Parkinson's is personalized for each individual and holistic, addressing the key components of mind, body and spirit. We strive to keep families engaged and educated.

Location: Rockleigh, NJ 07647

Contact: 201-894-1414 or parkinsons@jewishhomefamily.org, Link to website [here](#).



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Kaplen JCC on the Palisades

We offer a monthly in-person support group that will provide a safe and welcoming environment where care partners can come together to share their experiences, challenges, and receive emotional and practical support.

Location: 411 East Clinton Avenue, Tenafly, NJ 07670

Meetings: Last Wednesday of the month at 12 pm

Contact: Marlene Ceragno at 201-569-7900 x439 or mceragno@jccotp.org

CAMDEN COUNTY

Katz Jewish Community Center

Location: Cherry Hill, NJ. Meeting in-person

Meetings: 1st Wednesday of the month (with some exception) @ 12-2 pm

Contact: Myra Hirschhorn at 609-304-5761 or smhirsch35@comcast.net

HUNTERDON COUNTY

Hunterdon Wellness Center

Care partners welcomed

Location: 1738 Route 31, Clinton, NJ

Meetings: 2nd Friday of the month, 12:45 pm

Contact: Marcia Guberman at 845-476-1008; Jen Magro at 308-489-3806

MIDDLESEX COUNTY

NJ Neuroscience Institute at JFK Medical Center

Location: 65 James St., Edison, NJ 08820

Contact: Jacqueline Cristini at 848-327-5711 or Jacqueline.cristini@hmn.org; Link to website [here](#).

MONMOUTH COUNTY

Hackensack Meridian Health

Location: 1776 Union Ave, Hazlet, NJ 07730

Meetings: 2nd Tuesday of the month from 2:00 p.m. to 3:00 p.m. Group meets in the Cullen Recreation Center

Contact: 908-902-8643; Link to website [here](#).

Shore Parkinson's Group

If you've been diagnosed with Parkinson's or you are the caregiver of someone with Parkinson's, join the group! A lively group of active people with Parkinson's gather for supplemental physical and voice exercises and to socialize and support each other. All Shore area residents are welcome!

Location: Wall Township Municipal Building, 2700 Allaire Road, Wall, NJ 07719

Meetings: Thursdays 11:30-1:00 pm

Contact: Call 757-774-7687 or shoreparkinsonsgroup@gmail.com



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MORRIS COUNTY

West Morris Area YMCA Parkinson's Support Group

Support groups can help you cope with the day-to-day realities of having Parkinson's or caring for someone with Parkinson's. Being part of a support group is a great way to reduce stress and connect with others who can relate to your experience. This FREE group is open to anyone diagnosed with Parkinson's or a caregiver of someone with Parkinson's.

Meetings: Usually third Monday each month @ 10:15 am – 11:15 am.

Location: West Morris YMCA, 14 Dover Chester Road, Randolph, NJ 07869

Contact: Carly at carly@wmaymca.org.

Care Partner Support Group-The West Morris YMCA and JFS MetroWest

This is a support group for individuals who are taking care of a loved one with Parkinson's. This group is designed for those who want to learn coping skills and become a more effective care partner.

Location: West Morris YMCA, 14 Dover Chester Road, Randolph, NJ 07869

Meetings: Usually second Monday each month @ 11:30 am – 12:30 pm.

Contact: Registration is required call 973-637-1740 or email caregivers@jfsmetrowest.org.

OCEAN COUNTY

Ocean University Medical Center

Location: 1686 Route 88 West, Brick, NJ 08724

Meetings: 3rd Wednesday of the month from 1:00 p.m. to 2:00 p.m. Group meets in the conference room of Outpatient Rehabilitation

Contact: Laura Jelley at 732-853-6478 or laura.jelley@hmnh.org; Link to website [here](#).

Jersey Shore Parkinson's Support Group

Location: Point Pleasant, NJ 08742

Contact: Matt Busacca at Busaccam@gmail.com



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SOMERSET COUNTY

Parkinson's Patients and Caregivers Support Group @ Synaptic Rehab Bridgewater

Led by Meribeth Brookman, PTA, these group sessions are open to both current patients and members of the community who are interested in Parkinson's education and support. Whether you are living with Parkinson's, seeking guidance on exercise and nutrition, or wish to share your personal experiences, we welcome your participation in this inclusive and supportive environment.

Location: Synaptic Rehab – Bridgewater Facility, 1200 Route 22 East, Suite 4, Bridgewater, NJ 08807

Meetings: Every 1st Friday at 12 pm

Contact: support@synapticrehab.com or 908-801-6425

UNION COUNTY

The Presbyterian Church in Westfield (in the Parish House)

People with PD and/or their care partners are welcome. For the virtual only meetings (1st, 3rd, 4th Monday of the month, Jean White, PD fitness instructor at the Westfield Y leads 45 minutes of exercise)

Location: 140 Mountain Ave., Westfield, NJ 07090

Meetings: 2nd Monday of each month from 1:30-3:00 pm in person/virtually (hybrid), and other Mondays of the month via Zoom.

Contact: Barbara Ringk at 908-403-3129 or barbringk@gmail.com.

WARREN COUNTY

Hackettstown Medical Center

Care partners welcomed

Location: 651 Willow Grove Street, Hackettstown

Meetings: 3rd Tuesday of the month from 3:30-5pm

Contact: Marcia Guberman at 845-476-1008