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## New Jersey Support Groups

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*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](#).*

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| <p><a href="#"><u>ONLINE</u></a></p> <p><a href="#"><u>ATLANTIC COUNTY</u></a></p> <p><a href="#"><u>BERGEN COUNTY</u></a></p> <p><a href="#"><u>CAMDEN COUNTY</u></a></p> <p><a href="#"><u>ESSEX COUNTY</u></a></p> <p><a href="#"><u>HUNTERDON COUNTY</u></a></p> | <p><a href="#"><u>MIDDLESEX COUNTY</u></a></p> <p><a href="#"><u>MONMOUTH COUNTY</u></a></p> <p><a href="#"><u>MORRIS COUNTY</u></a></p> <p><a href="#"><u>OCEAN COUNTY</u></a></p> <p><a href="#"><u>SOMERSET COUNTY</u></a></p> <p><a href="#"><u>UNION COUNTY</u></a></p> <p><a href="#"><u>WARREN COUNTY</u></a></p> |
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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](mailto:NJPA@parkinson.org).

September 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:** 2<sup>nd</sup> 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 (1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 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](mailto: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:** 1<sup>st</sup> 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](mailto:aweldon@optonline.net); Ron Stack at 845-642-8231 or [ron773h@yahoo.com](mailto: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](mailto: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](mailto:mceragno@jccotp.org)

## **CAMDEN COUNTY**

### **Katz Jewish Community Center**

**Location:** Cherry Hill, NJ. Meeting in-person

**Meetings:** 1<sup>st</sup> Wednesday of the month (with some exception) @ 12-2 pm

**Contact:** Myra Hirschhorn at 609-304-5761 or [smhirsch35@comcast.net](mailto:smhirsch35@comcast.net)

## **ESSEX COUNTY**

### **Livingston Senior Community Center**

**Location:** Livingston, NJ. Meeting in-person

**Meetings:** 3rd Thursday of the month @ 10-11 am

**Contact:** Corinne Judge at 973-535-7925 x 7204 or [cjudge@livingstonnj.org](mailto:cjudge@livingstonnj.org)

## **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](mailto:Jacqueline.cristini@hmn.org); Link to website [here](#).

## **MONMOUTH COUNTY**

### **Hackensack Meridian Health**

**Location:** 1776 Union Ave, Hazlet, NJ 07730

**Meetings:** 2<sup>nd</sup> 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**



*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.*

*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](mailto:shoreparkinsonsgroup@gmail.com)

## **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](mailto: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](mailto: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](mailto: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](mailto: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 1<sup>st</sup> Friday at 12 pm

**Contact:** [support@synapticrehab.com](mailto: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 (1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> 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

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**Contact:** Barbara Ringk at 908-403-3129 or [barbringk@gmail.com](mailto:barbringk@gmail.com).

## **WARREN COUNTY**

### **Hackettstown Medical Center**

*Care partners welcomed*

**Location:** 651 Willow Grove Street, Hackettstown

**Meetings:** 3<sup>rd</sup> Tuesday of the month from 3:30-5pm

**Contact:** Marcia Guberman at 845-476-1008