

## Support Groups

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*reFOCUS does not have 'official' support groups, nor do we endorse any of the following. The following are support groups that are currently meeting. The list at the end consists of support groups that are open not only to former members of cults, but to families of cult members. reFOCUS also differentiates between "support groups" that are facilitated by mental health professionals who charge participants for the meetings as being 'therapy groups.'*

### **California**

Los Angeles: Facilitated by Rachel Bernstein, who is a therapist and who has worked for years with the Cult Hot Line and Clinic in New York. Meets the first Thursday of the month; please call first to see if the group is appropriate for you: (818) 907-0036

### **Colorado**

Fort Collins: Facilitator: Lisa Monroney. Contact: (970) 490-2032

Littleton Therapy Group: Becoming Free (support/recovery group for religious abuse) is offering this facilitated support/recovery group to those adults having suffered previous involvement in various abusive and harmful religious or spiritual environments. It is an 12 week support/recovery group at a cost of \$60 for all 12 meetings (\$5/meeting). For more information contact: Pat Knapp: 720-227-8695 or email him at <mailto:BecomingFree.org@gmail.com> [BecomingFree.org@gmail.com](mailto:BecomingFree.org@gmail.com) and the website for this group is <http://www.BecomingFree.org>

### **New Jersey/New York**

Meets monthly in Englewood, NJ. Facilitators: Bill & Lorna Goldberg. (201) 894-8515. Email: <mailto:blgoldberg@aol.com>

### **Tennessee - East Tennessee (Cleveland)**

Facilitator: Rev. Rafael D. Martinez, Spiritwatch Ministries, <http://www.spiritwatch.org>. (423) 476-8967. Support groups have non-coercive Christian orientation and focus on ex-member concerns.

### **Texas**

Dallas area. For former members of cults, high-demand groups, or spiritually abusive groups. The support group provides a safe place to discuss personal experience as a former member, a nonjudgmental group of peers, and basic educational information about cultic groups. The group meets on the 4th Saturday of the month in Dallas, Texas from 3-5 pm. Call 214-607-1065 or e-mail at [info@dallascult.com](mailto:info@dallascult.com) for more information.

## **Support Groups for former members of Jehovah's Witnesses**

### **California**

San Francisco Bay Area Ex-Jehovah's Witness Support Group, P.O. Box 6472, San Rafael, CA 94903. Facilitator: Wendy Taylor. Contact: 408-354-2707 or email Wendy at <mailto:wendy@wtaylor.com>

## **Support Groups open to former members AND families of cult-involved individuals:**

### **Tennessee**

East Tennessee (Cleveland). Facilitator: Rev. Rafael D. Martinez, Spiritwatch Ministries, <http://www.spiritwatch.org>. (423) 476-8967. Support groups have non-coercive Christian orientation and focus on ex-member and family concerns in separate sessions."

## **Helping Resources:**

### **Colorado**

Rocky Mountain Resource Center, 629 S. Howes, Ft. Collins, CO 80521 (970) 490-2032  
<http://www.rmrcenter.org>

Rosanne Henry, M.A., L.P.C. Rosanne is a licensed professional counselor in private practice in the Denver area. She specializes in the Recovery from Cults and Other Abusive Relationships. She served as vice president and then, co-director of the former Cult Awareness Network Denver affiliate from 1991 to 1996. She now serves on ICSA's Board of Directors. Rosanne has also facilitated ICSA'S Recovery Workshops in Estes Park for the last ten years. She is a former member of an Eastern based cult called Kashi Ranch. Visit her web site: <http://www.cultrecover.com>

There is a comprehensive list of helping resources on ICSA's web site: <http://icsahome.com>

Please address any questions or problems you encounter on this site to [refocuscarol@att.net](mailto:refocuscarol@att.net)

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