

# “Parenting and Family Guide” for Programs in Bergen County

## September 2015

The “Parenting and Family Guide” is brought to you as a courtesy of:



22-08 Route 208 South  
Fair Lawn, NJ 07410  
201-740-7069

### Hotline Numbers of Interest

**262-HELP, a program of Care Plus NJ, Inc. 201-262-HELP(4357)** is Bergen County’s Designated Psychiatric Emergency Screening Program. The purpose of 262-HELP is to provide mental health evaluations, crisis intervention counseling, and support to individuals to assess for the most clinically appropriate intervention. We are available 24 hours a day, 365 days a year to those in need. When 262-HELP services are requested for a minor, parent/guardian consent is required.

**24-Hour Sexual Violence Hotline (201-487-2227).** This hotline is for anyone with questions or concerns regarding sexual violence. Trained advocates provide support, information, referral, and crisis interventions to survivors, their loved ones, and the community. This is a free and confidential 24/7 hotline.

**Report Child Abuse or Neglect in New Jersey** by calling 1-877-NJ ABUSE (1-877-652-2873)  
For additional information on Department of Children and Families, visit [www.state.nj.gov/dcf](http://www.state.nj.gov/dcf)

**Cop2Cop 1-866-COP-2COP (1-866-267-2267):** The country’s only legislated statewide police crisis intervention helpline. Cop2Cop provides peer and clinical support services, clinical assessments; referrals; and critical incident stress management to law enforcement members and their families.

**FOR PROFESSIONALS: NJ DCF Office of Adolescent Services and PerformCare**—an online database of housing for youth and young adults. Call Perform Care at 1-877-652-7624 and press 4

**MOM2MOM HELPLINE: 1-877-914-MOM2 (1-877-914-6662)** The MOM2MOM hotline provided mental health and peer support to mothers of special needs children. This is staffed 24 hours a day, seven days a week by moms who have been trained in peer counseling and crisis support and have special needs children themselves.

**Muslim Youth Confidential Youth Help Line 201-647-7229**

**NJVET2VET 1-866-VETSNJ4 (1-866-838-7654):** The NJ Vet2Vet program provides New Jersey soldiers, veterans and their families with a highly accessible means to address their behavioral health care service needs. This hotline provides telephone support services, referrals to the Military and Veterans Affairs PTSD provider network, veterans’ centers, Veterans Affairs services, and military behavioral healthcare providers. Case management and internet-based resources for military personnel and their families.

**NJHOPELINE** is a backup to the National Suicide Prevention Lifeline network during times of excess call volume or after the Lifeline Crisis Centers operating hours. **(855-654-6735)**

**National Medicare Training Program Educational Video in American Sign Language:** <http://www.youtube.com/watch?v=eskZVAq7v0o>

**To download:** <http://downloads.cms.gov/media/video/ASLOverview..wmv>

**New Jersey Postpartum Depression Helpline “Speak Up When Your Down”:** 1-800-328-3838 a 24/7 hotline: [www.njspeakup.gov](http://www.njspeakup.gov)

**New Jersey Coalition Against Sexual Assault (NJCASA) Hotline. A collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey.** 24 hours a day/7 days a week **800-601-7200**

**New Jersey Domestic Violence Hotline** provides confidential access for victims of domestic violence. 24 hours a day/7 days a week **800-572-7233**

**Smoking Cessation for Teens:** SmokefreeTXT is a free text message cessation service that provides 24/7 encouragement, advice and tips to teens trying to quit smoking. Teens must sign up, and once signed up receive a free text message for 6 weeks, according to their selected quit date. Sign up online: [teens.smokefree.gov](http://teens.smokefree.gov) or text QUIT to iQUIT (47848).

**Shelter our Sisters. 201-944-9600.www.shelteroursisters.org. Bergen County's Battered Women's Shelter. Emergency shelter for Battered women and their children**

## Hotline Numbers of Interest

**Text4Baby:** A program of free text messages for pregnant or new moms that are sent to your cell phone. Messages are health tips for newborns to babies one year of age. Users sign up by texting the word BABY to the code number 511411.

**VETS4WARRIORS 1-855-VET-TALK:** For Fort Hood soldiers, family members and veterans to have a unique support system to help them through life's challenges. Any member of the Fort Hood community may call this confidential number 24/7 and speak with a veteran peer counselor.

**Women's Referral Central Hotline. This Hotline provides comprehensive information, referrals, active listening and crisis response for issues confronting New Jersey residents.** 24 hours a day/7 days a week **800-322-8092**

## Parenting Classes

| <b>Program Name</b>   | <b>Program Description</b>  | <b># and Time of Sessions</b>                              | <b>Dates</b>   | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b>                        |
|---|---|--|--|---|--|--|-------------------------------------|
| <b>All Families Flourishing Energizing Positivity Seminar</b>                                       |   | 10:00 am – 4:00 pm   | First Saturday of each month   | ISIS Innovative Specialist Inspirational Services, LLC<br>311 Claremont Ave.<br>Montclair, NJ | Parents/Caregivers raising a challenging child                         | ISIS Innovative Specialist Inspirational Services, LLC<br>311 Claremont Ave.<br>Montclair, NJ<br>973-746-0333                  | \$90.00 each<br>\$150.00 co-parents |
| <b>EPIC – Every Person Influences Children</b><br><br><b>Parenting Education and Support Groups</b> | EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults. | 12:15 – 2:15 pm<br><br>7:00PM to 9:00PM<br><br>12 sessions | Wednesday Afternoon<br><br>Wednesday Evening<br><br><b>Call for More Information</b> | Hackensack YMCA<br>360 Main Street<br>Hackensack, NJ 07601                                    | Parents  | Children's Aid & Family Services<br>Lannie Jaconia<br>201-740 -7110  | Nominal fee                         |
| <b>EPIC – Every Person Influences Children</b><br><br><b>Parenting Education and Support Groups</b> | EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults. | 7:00 pm – 9:00 pm<br><br>12 sessions                       | Monday Evenings<br><br><b>Call for More Information</b>                              | Children's Aid & Family Services<br>22-08 Route 208 South Fair Lawn, NJ 07410                 | Parents  | Children's Aid & Family Services<br>Lannie Jaconia<br>201-740-7110   | Nominal fee                         |
| <b>Fostering healthy Attitudes in Your Pre-School Aged Children (3-6)</b>                           |   |  | TBA  | Family Support Org. of Bergen County<br>0-108 29 <sup>th</sup> Street<br>Fair Lawn, NJ        | Parents/Caregivers   | Family Support Organization<br>Lynne Bolson<br>201-796-6209 ext. 102<br><a href="mailto:lb@fsobergen.org">lb@fsobergen.org</a> |                                     |
| <b>Grand parenting Classes</b>  | A grandparents' introduction to new philosophies & new rules & regulations for child safety.  | Saturday classes starting in March                         | Scheduled depending on interest  | Holy Name Medical Center Marian Hall Conference Center<br>718 Teaneck Road<br>Teaneck, NJ     | Grandparents   | For more information, call Holy Name Medical Center<br>Joanna Gorab<br>201-833-3124  | \$150.00                            |

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|--|--|---|---|---|--|---|---|
| <b>Parenting with "Common Sense" Program- Evidence Based Parenting Education Group</b>       | This evidence based program teaches positive discipline skills using roll-play, videos and homework  | 8 week sessions<br>10:00 am-12:00 pm<br>Or<br>6:30 pm-8:30 pm                           | Fridays<br><br>Mondays<br><br>*call to inquire about dates*             | Fair Lawn Mental Health Center<br>A division of Care Plus NJ<br>17-07 Romaine Street<br>Fair Lawn, NJ 07410 | Parents<br>Guardians<br>Grandparents<br>Caretakers   | Fair Lawn Mental Health Ctr.<br>Division of Care Plus NJ<br>Sabrina Coppola<br>201-797-2660 ext 150<br><a href="mailto:SabrinaR@careplusnj.org">SabrinaR@careplusnj.org</a>                                 | \$200                                       |
| <b>Parent Education and Support Group</b>  | Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone. This parenting group will use an evidence-based parent education program developed to create a positive parenting. | 11:15 am to 1:00 pm   | Group will meet every other Monday<br><br>Call for date of next session | West Bergen Mental Healthcare Center for Children and Youth<br>One Cherry Lane<br>Ramsey, NJ                | Parents with children of ADHD, Oppositional Defiant Disorder, Conduct Disorder and other Behavioral Challenges | West Bergen Mental Healthcare Center for Children and Youth Access Center<br>201-444-3550   | Nominal Fee                                 |
| <b>Parenting Wisely On-line Program</b><br><br><b>English and Spanish versions available</b> | This program teaches parents and caregivers how to effectively raise their preteens and teens.   | On-line 24/7 at<br><a href="http://www.parentingwisely.com">www.parentingwisely.com</a> | Available 24/7  |   | Parents and guardians  | Family Works Inc.<br>Ellen Taner<br>201-791-3230  | \$39.95 plus optional \$15.20 for workbook. |
| <b>Raising Children Who Want to Thrive</b>   | Workshop is designed to help parents understand aspects that influence their child's growth and development  | 3 session program   | By appointment only<br>Session is 1½ hrs long                           | Balance & Thrive<br>666 Godwin Avenue<br>Suite 100<br>Midland Park, NJ 07450                                | Parents  | Balance & Thrive<br>666 Godwin Avenue<br>Suite 100<br>Midland Park, NJ 07450<br>Rose Rosato<br>201-444-8110<br><a href="mailto:rose@balanceandthrivecounseling.com">rose@balanceandthrivecounseling.com</a> | \$65.00 per session<br>(Total \$195.00)     |
| <b>AACT-NOW! African American Outreach</b>   | This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness.              | 6:30 pm – 8:30 pm   | Every 2nd Tuesday of the month  | Northern Region<br>Willing Heart Community Center<br>555 Martin Luther King Boulevard<br>Newark, NJ         | Family member who has a loved one with a mental illness.   | NAMI New Jersey<br>Cynthia H. Miles-Small<br>AACT-NOW Information Coordinator<br>732-940-0991<br><a href="http://www.namini.org">www.namini.org</a><br>cynthmiles@naminj.org                                | No Fee                                      |

## Support Groups or Services for Families and Adults

| <b>Program Name</b>   | <b>Program Description</b>  | <b># and Time of Sessions</b>          | <b>Dates</b>                      | <b>Location</b>  | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b>                            | <b>Agency<br/>Contact Information</b>   | <b>Costs</b> |
|---|---|--|-----------------------------------|--|---|---|--------------|
| <b>AACT-NOW!<br/>African American<br/>Outreach</b>                            | This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness. | 6:30 pm –<br>8:30 pm                   | Every 2nd Tuesday of<br>the month | Northern Region<br>Willing Heart Community<br>Center<br>555 Martin Luther King<br>Boulevard<br>Newark, NJ  | Family member<br>who has a loved<br>one with a mental<br>illness.                                 | NAMI New Jersey<br>Cynthia H. Miles-Small<br>AACT-NOW Information<br>Coordinator<br>732-940-0991<br><a href="http://www.naminj.org">www.naminj.org</a><br>cynthmiles@naminj.org | No Fee       |
| <b>Adjustment to<br/>Motherhood<br/>Support Group</b>                         | Share with others who are new mothers on the adjustment to motherhood and parenting.  |  | Call for days and times           | Women's Wellness<br>Center of Bergen<br>County<br>71 Franklin Turnpike<br>Suite 1 -2<br>Waldwick, NJ   | Mothers   | Women's Wellness Center of<br>Bergen County<br>Michelle Freedberg<br>201-256-3870   | No Fee       |
| <b>Bergen County<br/>Parent Support<br/>Group by the<br/>Caron Foundation</b> | These meetings are designed to offer parents whose children have been impacted by addiction, a place to find support and encouragement.   | 7:30 pm                                | Tuesdays                          | The Holmstead School<br>14 Hope Street<br>Ridgewood, NJ<br>(behind Emmanuel<br>Church)   | Parents whose<br>children have been<br>impacted by<br>addiction                                   | Caron Foundation<br>Lauren Springer<br>551-427-3340 or<br><a href="http://www.caron.org">www.caron.org</a><br>800-867-2332  | No Fee       |
| <b>Birth Parent<br/>Support Group</b>   | Members provide support to one another and discuss the impact of this decision upon their lives. They educate themselves and others on all aspects of adoption.   | 7:30PM to<br>9:30PM                    | Second Wednesday of<br>each month | 148 Prospect Street<br>Ridgewood, NJ   | Open to anyone<br>who has placed a<br>child or is<br>considering placing<br>a child for adoption. | Children's Aid and Family<br>Services<br>Shea Campbell<br>201-740-7043  | No Fee       |
| <b>Breastfeeding<br/>Support Group</b>  | Discussion centers on issues concerning postpartum depression: when love and support are not enough, or when symptoms last longer than 2 weeks or affect a woman's ability to enjoy her daily life  | 1 session<br><br>10:00 am-<br>11:30 am | Every Thursday                    | The Center for Women,<br>Children, and Family<br>Education<br>The Valley Hospital<br>15 Essex Road<br>Suite 202<br>Paramus, NJ<br>Held at the Kraft Center | Mothers   | <a href="mailto:familyeducation@valleyhealth.com">familyeducation@valleyhealth.com</a><br>201-291-6151  | No Fee       |

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|---|--|-------------------------------|---|---|---|---|--|
| <b>Bereavement Group</b>                        | A support group for those who have lost a loved one to the disease of addiction.   | 7:30pm – 9:30pm               | Every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday | 165 West Crescent Ave. Allendale, NJ 07401  | Entire Family   | <a href="mailto:GailCole@allendalenj.org">Gail Cole</a><br>201-960-4146 or<br><a href="mailto:PattyTrava@allendalenj.org">Patty Trava</a><br>201-394-5287 or<br><a href="mailto:LaniBonifacia@allendalenj.org">Lani Bonifacia, LCSW</a><br>201-786-8572 |  |
| <b>College Age support Group</b>                | Support group for college age students   | Weekly<br>1:00PM              | Wednesdays  | D'Acerno and Associates<br>1182 Teaneck Road<br>Suite 206<br>Teaneck, NJ                                  | College age youth   | D'Acerno and Associates<br>201-357-2715   | \$75.00<br>Also<br>Sliding<br>Scale or out<br>of network<br>ins. |
| <b>Cord Blood Banking</b>                       | Class discusses cord blood banking, which is the collection and storage of the stem cells found in your newborn's umbilical cord.                | 6:00 pm-7:00 pm               | 2 <sup>nd</sup> Wednesday of every month            | Held at Destination Maternity<br>65 Route 4 West<br>Paramus, NJ   | Parents   | Valley Hospital<br>201-291-6151   | \$10 per person<br>Call to register                              |
| <b>Early Childhood Developmental Screenings</b> | Offers developmental screenings by Early Childhood Specialists for ages 0-5, assessing all areas ie; cognitive, social emotional, motor, speech. | Call for Appointment          | Call for appointment                                | In home visit available as needed.  | Parent with young children  | Samantha R. D'Auria, MS, LCSW<br>201-589-0552<br><a href="mailto:srdauria.lcsw@gmail.com">srdauria.lcsw@gmail.com</a>   | Sliding scale, Out of Network Benefits                           |
| <b>Families Anonymous— Parent Support Group</b> | 12-step program for families dealing with loved ones who have alcohol/drug problems  | Weekly<br>7:30 p.m. to 9:00PM | Wednesdays  | Church of the Immaculate Conception<br>900 Darlington Avenue<br>Mahwah, NJ<br>-Follow parish office signs | Parents, Grandparents & Relatives of person with addiction                        | Families Anonymous<br><a href="mailto:famahwah@verizon.net">famahwah@verizon.net</a><br>201-327-0748<br>Richard or Barbara  | No Fee   |
| <b>Families Anonymous— Parent Support Group</b> | 12-step program for families dealing with loved ones who have alcohol/drug problems  | Weekly<br>7:30 pm to 9:00PM   | Tuesdays  | Trinity Lutheran Church<br>430 Knickerbocker Rd.<br>Tenafly, NJ   | Parents, Grandparents & Relatives of person with addiction                        | Families Anonymous<br>1-800-736-9805<br><br><a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>  | No Fee   |
| <b>Families Anonymous— Parent Support Group</b> | 12-step program for families dealing with loved ones who have alcohol/drug problems  | Weekly<br>7:30 pm t 9:00PM    | Fridays   | Englewood Hospital and Medical Center<br>350 Engle Street<br>Englewood, NJ                                | Parents, Grandparents & Relatives of person with addiction                        | Families Anonymous<br>201-585-8091 or<br>Geri @ 917-836-3672  | No Fee   |
| <b>Families Anonymous— Parent Support Group</b> | 12-step program for families dealing with loved ones who have alcohol/drug problems  | Online                        | Available 24/7                                      | Families Anonymous  | Relatives & friends concerned about the use of drugs or related behavior problems | <a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>  | No Fee   |

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|---|---|-------------------------------------|---|---|--|---|---|
| <b>Family to Family Mental Health Education Program</b> | An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope." | 12 sessions<br>7:00 pm –<br>9:30 pm | Thursdays<br><br>Call for new session dates | Bergen Regional Medical Center<br>230 E. Ridgewood Ave<br>Paramus, NJ   | Families with a member living with serious mental illness                              | NAMI of Bergen County<br>304 Valley Boulevard<br>Wood-Ridge, NJ<br>201-635-9595<br>To register:<br>Call Peggy Whelahan at<br>201-785-9076 | No Fee<br><br>Program on come, first served basis |
| <b>Family to Family Mental Health Education Program</b> | An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope." | 12 sessions<br>7:00 pm –<br>9:30 pm | Mondays                                     | Church of the Presentation<br>271 W. Saddle River Rd.<br>Upper Saddle River, NJ                                       | Families with a member living with serious mental illness                              | NAMI of Bergen County<br>304 Valley Boulevard<br>Wood-Ridge, NJ<br>201-635-9595<br>To register:<br>Call Peggy Whelahan at<br>201-785-9076 | No Fee<br><br>Program on come, first served basis |
| <b>Family to Family Mental Health Education Program</b> | An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope." | 12 sessions<br>7:00pm –<br>9:30 pm  | Tuesdays                                    | First Presbyterian Church<br>190 Valley Blvd.<br>Wood Ridge, NJ   | Families with a member living with serious mental illness                              | NAMI of Bergen County<br>304 Valley Boulevard<br>Wood-Ridge, NJ<br>201-635-9595<br>To register:<br>Call Peggy Whelahan at<br>201-785-9076 | No Fee<br><br>First come, first served basis      |
| <b>Family Education, Counseling &amp; Workshops</b>     | (Korean and limited English)  | Call for more information           | Call for more information                   | Family In Touch<br>240 Grand Avenue, #6<br>Leonia, NJ 07605   | Family   | Family In Touch<br>240 Grand Avenue, #6<br>Leonia, NJ 07605<br>201-242-4422   | No Fee  |
| <b>Family Share Support Group</b>                       | Therapists direct participants to the correct resources. A talk and listen group  | 8:00 pm                             | First Monday of every month                 | The Community Services Building<br>327 Ridgewood Avenue<br>Paramus, New Jersey  | Caregivers   | The Community Services Building<br>327 Ridgewood Avenue<br>Paramus, New Jersey<br>For more information, call<br>(201) 635-9595            | No Fee  |
| <b>Family Educational Workshops</b>                     |   | 8 weeks<br><br>7:00 pm-9:00 pm      | Tuesdays                                    | Bergen Regional Medical Center<br>Behavioral Health Plaza<br>Room E 218<br>230 E. Ridgewood Ave.<br>Paramus, NJ 07652 | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc.<br>Lara Zucker<br>201-646-0333, ext. 251  | No Fee  |

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|--|---|---|-------------------------------|--|--|--|---------------------------|
| <b>Family Support Organization of Bergen County Wednesday Family Support Group</b> | Through sharing experiences we can help you find options and discover approaches that may help you cope.  | On-going<br><br>7-8:30 pm                   | Each Wednesday of the Month   | Family Support Org. of Bergen County<br>0-108 29 <sup>th</sup> Street<br>Fair Lawn, NJ | Parents/Caregivers   | Family Support Organization<br>Lynne Bolson<br>201-796-6209 ext. 102   | No Fee                    |
| <b>Family Support Group</b>  | When one member in a family suffers from a serious mental illness, all family members are affected. In our group, a highly regarded and respected psychotherapist offers practical guidance, support and help in coping and dealing with specific problems. | 7PM to 9PM                                  | Thursdays                     | Care Plus, NJ<br>610 Valley Health Plaza<br>Paramus, NJ                                | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc.<br>Lara Zucker<br>201-646-0333, ext. 251   | No Fee                    |
| <b>Grandparents Raising Grandchildren Monthly Support Group</b>                    |   | 12:45pm to 2:15pm                           | Tuesday                       | Englewood  | Adult  | Family Support Organization<br>Lynne Bolson<br>201-796-6209 ext. 102<br><a href="mailto:IB@fsobergen.org">IB@fsobergen.org</a>   | No Fee                    |
| <b>Grief Recovery Outreach Program</b>   | An action oriented group to assist individuals in recovering from the pain associated with their losses   | Six week program<br><br>Twelve week program | Call for Appointments         | 121 Rea Avenue<br>Hawthorne, NJ 07507  | Individuals who have experienced a loss due to death or divorce                        | Diane Sardanopoli, LPC<br>PO Box 280<br>121 Rea Avenue<br>Hawthorne, NJ 07507<br>201-873-6496  | \$240.00<br><br>\$500.00  |
| <b>Group for Women Affected by Intimate Partner Violence</b>                       | An integrated approach for counseling and employment services for domestic violence victims. Professionally facilitated and privacy preserved.  | Call for more information                   | Every other Wednesday Evening | Jewish Family Service of Bergen and North Hudson<br>1485 Teaneck Road<br>Teaneck, NJ   | Women Domestic Violence Support Group is Non-denominational                            | IRA-Information and Referral<br>201-837-9090<br>Email: <a href="mailto:IRA@jfsbergen.org">IRA@jfsbergen.org</a><br>Jewish Family Services of Bergen and North Hudson<br>1185 Teaneck Rd<br>Teaneck, NJ<br>For more info visit <a href="http://www.jfsbergen.org">www.jfsbergen.org</a> | No Fee                    |
| <b>HIV/AIDS Support Group</b>  | Support group for those newly diagnosed with HIV or AIDS.   | 6- 7:30 pm                                  | Thursdays                     | Bergen Family Center<br>10 Banta Place<br>Hackensack, NJ                               | Open to all  | Call for additional information<br>Sarah Del Vecchio 201-342-9200, x 29 or<br>Paula Tenebruso, 201-342-9200, x 20  | Call for cost information |

## Support Groups or Services for Families and Adults

| <b>Program Name</b>                                     | <b>Program Description</b>  | <b># and Time of Sessions</b>                         | <b>Dates</b>  | <b>Location</b>  | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b>                         | <b>Agency<br/>Contact Information</b>   | <b>Costs</b>  |
|---|---|---|---|--|--|---|---|
| <b>Jewish Family Services of North Jersey</b>           | This agency provides individual, couples and marital, counseling, play therapy, children's groups, parenting groups, consultation to pre-schools, community and training. Non-sectarian agency. | Services available by appointment                     | Please call for more specific information<br><br>Monday – Friday, some evenings | (offices in Wayne and Fairlawn)  | Parents, children and entire families seen as needed. Individual and group sessions available. | Jewish Family Services of North Jersey<br>1 Pike Drive , Wayne, NJ<br>973-595-0111  | Accepts most insurance<br><br>Sliding scale available |
| <b>Jewish Twelve Steps / JACS</b>                       | A support group that opens with spiritual message relating Jewish concepts to the 12-Steps.   | 7:30 pm to 8:30 pm                                    | Thursday<br>Meets 2nd Thursday of every month                                   | Jewish Family Services of Bergen and North Hudson<br>1185 Teaneck Rd<br>Teaneck, NJ  | Jewish persons needing help for self or loved with addiction                                   | 201-837-9090 IRA<br>IRA@jfsbergen.org<br>Jewish Family Services of Bergen and North Hudson<br>1185 Teaneck Rd<br>Teaneck, NJ<br>For more info contact Ben at 201-981-1071   | No Fee  |
| <b>Juvenile Family Crisis Intervention Unit (JFCIU)</b> | Address at-risk youth, family conflict, truancy and runaways, crisis counseling stabilization. Short term counseling and referrals. Emergency shelter placement for youth 11 to 17              | Scheduled Individually.<br><br>24/7 Crisis counseling | Available 24/7 via phone. Walk-ins welcome during office hours                  | Bergen County Juvenile Family Crisis Intervention Unit<br>One Bergen County Plaza<br>2 <sup>nd</sup> . Floor<br>Hackensack, NJ 07601 | Bergen County residents.<br>Children ages 5 to 17 and their families                           | BC Division of Family Guidance<br>One Bergen County Plaza<br>2 <sup>nd</sup> . Floor<br>Hackensack, NJ 07601<br>201-336-7360<br>Alan Lerner, Supervisor<br><a href="mailto:alerner@co.bergen.nj.us">alerner@co.bergen.nj.us</a><br><a href="http://www.co.bergen.nj.us/familyguida">www.co.bergen.nj.us/familyguida</a> | No Fee  |
| <b>Kinship Care Services</b>                            | Program designed to provide wrap around and kinship legal guardianship services to no DCP&P involved relative caregivers.   | By Appointment  | Call for more information   | Care Plus NJ<br>17-07 Romaine St.<br>Fairlawn, NJ  | Guardians & Caregivers   | Care Plus NJ<br>17-07 Romaine St.<br>Fairlawn, NJ<br><br>Sarah Gregor<br>201-398-9110 x156  | No Fee  |
| <b>Kinship Legal Guardian Resource Clearing House</b>   | Your source for information and resource services for those families who have obtained "Kinship Legal Guardianship" of children in their care.  | For more information call WARM LINE                   |   |  |  | For more information call the WARM LINE:<br>877-KLG-LINE (877-554-5463) or email Dana Fried at <a href="mailto:dwfried@kinkconnect.org">dwfried@kinkconnect.org</a> or 201-740-7129   | No Fee  |



## Support Groups or Services for Families and Adults

| <b>Program Name</b>                               | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>  | <b>Location</b>  | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>   | <b>Costs</b> |
|---|---|-------------------------------|---|--|--|---|--------------|
| <b>Meaningful Directions Therapeutic Services</b> | The diverse backgrounds of our staff counselors provide the opportunity for clients to be matched appropriately to a clinician who can meet their unique needs, promoting a successful and positive experience.                       | As Scheduled                  | Monday- Sunday  | Meaningful Directions Therapeutic Services<br><br>375 Main Street<br>Suite 201<br>Hackensack, NJ 07601 | All  | Meaningful Directions Therapeutic Services<br>375 Main Street<br>Suite 201<br>Hackensack, NJ 07601<br>973-749-2009  | \$40         |
| <b>Men's Support Group</b>                        | A confidential support group for men who are survivors of sexual violence. Discussion will be on topics such as emotions and self-esteem, anger, coping skills, and relationships.  | 12-session program            | Call for more information                                   | YWCA Bergen County<br>2 University Plaza<br>Suite 208<br>Hackensack, NJ 07601                          | For male survivors of sexual violence                                  | Bergen County Rape Crisis Center, to participate, please call 201-881-1750  | No Fee       |
| <b>Mental Health Support Group</b>                | You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times. | 7:00pm to 8:30 pm             | First Thursday of Each month                                | The Community Services Building<br>327 Ridgewood Avenue<br>Paramus, New Jersey                         |  | The Community Services Building<br>327 Ridgewood Avenue<br>Paramus, New Jersey<br><br>For more information, call the NAMI Bergen office at (201) 635-9595 | No Fee       |
| <b>Mom's Circle #1 Meet and Share</b>             | All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering.   | 1:00pm to 2:30 pm             | Every Wednesday   | Englewood Hospital and Medical Center<br>350 Engle St.<br>Englewood, NJ                                | Moms –Babies welcome   | Englewood Hospital<br>201-894-3784<br>Registration is encouraged  |              |
| <b>New Moms Support Group</b>                     | A support group for new moms to discuss topics relating to motherhood and parenting.  | 1:30 pm                       | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of each month | Holy Name Medical Center<br>718 Teaneck Road<br>Teaneck, NJ  | New Moms   | For more information or registration, call Joanna Gorab 201-833-3124  | No Fee       |

## Support Groups or Services for Families and Adults

| <b>Program Name</b>                       | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>                           | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b>                               |
|---|---|-------------------------------|--|---|--|--|--|
| <b>New Mom's Group</b>                    |   | 10:00 am<br><br>7:00 pm       | Saturdays<br><br>Thursdays             | Women's Wellness Group<br>547 Main Street<br>Hackensack, NJ                                       | Moms (Babies welcome Sat)<br><br>Moms only (No babies on Thursdays)    | NNJM/CHC<br>17 Arcadian Ave. Suite 204<br>Paramus, NJ<br>Registration/Information call:<br>Kimberly Agrest<br>201-784-6718   | Sats. Free<br><br>Thurs.<br>Nominal<br>Fee |
| <b>New Mother's Support group</b>         | The group assists mothers with some of the new, stressful, and joyous aspects of being a parent.  | TBD                           | Fridays                                | Meaningful Directions Therapeutic Services<br><br>375 Main St., Suite 201<br>Hackensack, NJ 07601 | New mother's & Children  | Meaningful Directions Therapeutic Services<br>375 Main St., Suite 201<br>Hackensack, NJ 07601<br>973-749-2009  | \$40                                       |
| <b>Outpatient Counseling</b>              | Counseling for children, adolescents and their families   |                               | Call to schedule appointment           |   | Families who are Medicaid eligible                                     | Jewish Family Services of Bergen and North Hudson<br>1485 Teaneck Road<br>Teaneck, NJ<br>201-837-9090  |  |
| <b>Mother's Support Groups Postpartum</b> | Counselors providing comprehensive mental health services for children, adolescents, individuals, couples and families                  |                               | Call to schedule an appointment        | The COR Group<br>294 Harrington Avenue<br>Closter, New Jersey                                     | Children, adolescents, individuals, couples and families               | The COR Group<br>294 Harrington Avenue<br>Closter, New Jersey<br>201-485-6181<br>201-638-7826<br><a href="mailto:Cor_psych@yahoo.com">Cor_psych@yahoo.com</a>                                  |  |
| <b>New Mom's Group</b>                    | A Christ-centered, anonymous, 12 step support group for those working on various personal addictions offering support and encouragement | 7:30pm to 8:30pm              | Wednesdays                             | 715 Linden Avenue<br>Apt. 306<br>Teaneck, NJ  | Individuals needing help and support in recovery from addiction(s)     | Contact Jim for more information<br>315-382-7257   | No Fee                                     |
| <b>Parent Program</b>                     |   | Thursdays<br>7:30 pm          | 2 <sup>nd</sup> Thursday of each month | Emerson Bible Church<br>Recreation Room<br>162 Linwood Ave.<br>Emerson, NJ                        | Parents<br><br>Orientation for first-timers 7:15                       | For more information:<br><a href="http://TheParentProgram.spaces.live.com">TheParentProgram.spaces.live.com</a> or<br><a href="mailto:TheParentProgram@live.com">TheParentProgram@live.com</a> | No Fee                                     |
| <b>Partial Care Family Support Group</b>  |   | 6:00 PM<br>to 7:00 PM         | Every second<br>Thursday of the month  | West Bergen Mental Health<br>120 Chestnut Street<br>Ridgewood, NJ                                 |  | West Bergen Mental Health<br>120 Chestnut Street<br>Ridgewood, NJ<br>201-444-3550, x 7116 for more information   |  |

## Support Groups or Services for Families and Adults

| <b>Program Name</b>  | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>  | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b>                                     | <b>Agency<br/>Contact Information</b>   | <b>Costs</b>                                |
|--|---|-------------------------------|---|---|--|---|---|
| <b>PFLAG<br/>(Parents, Families,<br/>Friends of Lesbians<br/>and Gays)</b> | Who are we: We are the families, mothers, brothers, sisters and other family members, friends of lesbians, gays, bi-sexual and transgender persons. Education, Support and Advocacy   | 8:00PM to 10:00PM             | Meetings the 3 <sup>rd</sup> Tuesday of month (Orientations at 7:30PM before each monthly meeting)                    | Temple Beth Or<br>56 Ridgewood Road<br>Westwood, NJ 07675   | Parents, families, friends   | For more information contact PFLAG<br>Bergen County Chapter<br>PO Box 1330<br>Ridgewood, NJ<br>www.bergenpflag.org<br>info@BergenPFLAG.org                              | \$30.00 annual membership fee               |
| <b>Post Adoption Counseling (PACS)</b>                                     | Services may include individual, family therapy/counseling, supportive and group services and educational meetings. PACS specializes in identity issues, loss and separation, curiosity about origins and feelings about differences. | Custom schedule               | Call for appointment  | 22-08 Route 208 South<br>Fair Lawn, NJ 07410  | Families with legally adopted child(ren) under age 18 who are living in Bergen, Passaic or Essex counties. | Children's Aid & Family Services<br>Pre/Post Adoption Counseling Services (PACS)<br>Lisa Duff<br>201-740-7124<br><a href="mailto:lduff@cafnsj.org">lduff@cafnsj.org</a> | Free for Bergen and Passaic County Families |
| <b>Post-Partum Depression Support Group</b>                                | A support group for new moms suffering from Post-Partum Depression (PPD) symptoms.  | 11 am-12 pm<br><br>7 pm-8 pm  | 1 <sup>st</sup> and 3 <sup>rd</sup> Wed. of the month<br><br>2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month | The Valley Hospital<br>223 North Van Dien Ave.<br>Ridgewood, NJ                                   | New mothers with PPD   | Call before attending any session<br>To register or additional information call<br>Trudy Heerema<br>201-447-8539  | No fee                                      |
| <b>Postpartum Therapeutic Support Group</b>                                | Mothers who may be experiencing symptoms of postpartum depression are encouraged to attend this weekly therapeutic group. Learn coping skills and receive help and treatment in a supportive environment.                             | 1:00 pm – 2:30 pm             | Every Wednesday   | Englewood Hospital and Medical Center<br>Berrie Conference Room<br>350 Engle St.<br>Englewood, NJ | Moms   | Englewood Hospital<br>201-894-3784<br>Diana Jones<br>Registration is encouraged   | Nominal fee                                 |
| <b>PSTD and Sexual Abuse Support Group</b>                                 |   | 12:00pm – 2:00 pm             | Mondays   | Bergen Family Center<br>10 Banta Place<br>Hackensack, NJ  |  | Call for confirmation of program.<br>Sarah Del Vecchio 201-342-9200, x 29 or<br>Paula Tenebruso, 201-342-9200, x 20   |   |

## Support Groups or Services for Families and Adult

| <b>Program Name</b>   | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>             | <b>Location</b>   | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b>         |
|---|---|-------------------------------|--------------------------|---|--|---|----------------------|
| <b>Psychotherapy (Individual and Family)</b>  | English and Spanish Licensed Clinical Social Worker   | Custom Schedule               | Call for Appointment     | E.L. Slater<br>6808 Bergenline Avenue<br>Suite 201<br>Guttenberg, NJ 07093          | Children, Adolescent and Family                            | E.L. Slater<br>6808 Bergenline Avenue<br>Suite 201<br>Guttenberg, NJ 07093<br>201-840-9047 or<br>201-618-7354   |                      |
| <b>Psychotherapy: Individual and Family</b>   | Licensed Clinical Social Worker   | Custom Schedule               | Call for Appointment     | Melinda Inzani, LLC<br>317 Godwin Ave.<br>Midland Park, NJ 07432                    | Children Adolescents and Adults                            | Melinda Inzani, LLC<br>201-704-6749<br><br><a href="mailto:melindainzani1@gmail.com">melindainzani1@gmail.com</a>   | Call for Information |
| <b>Second Generation Group</b>  | A monthly discussion group for children of Holocaust Survivors. A new topic each meeting  | 7:15pm – 8:15 pm              | Wednesdays, once a month | Jewish Family Services of Bergen and North Hudson<br>1185 Teaneck Rd<br>Teaneck, NJ | Survivors or relatives of survivors of the Holocaust       | Jewish Family Services of Bergen and North Hudson<br>1485 Teaneck Road<br>Teaneck, NJ<br>201-837-9090   |                      |
| <b>Signs of Sobriety</b><br><br>(services for individuals who are deaf or hard of hearing seeking alcoholism and drug addiction services) | We provide:<br>Interpreters for 12-step meetings; additional communication access; services for family members; continued care service; coordination of Communication access services for outside agencies; referral to additional resources. |                               |                          | Signs of Sobriety<br>100 Scotch Road<br>Second Floor<br>Ewing, NJ                   |  | Contact:<br>Lisette Weiland<br>609-369-1985<br>Or<br><a href="mailto:communication@signsofsobriety.org">communication@signsofsobriety.org</a><br>Voice 609-8832-7677<br>TTY: 609-882-7177 |                      |
| <b>S.O.A.R. Group Survivors of Abuse and Rape</b>   | Therapy group for survivors of sexual violence, including child sexual abuse, sexual assault, incest and rape   | Weekly                        | Call for dates           | Ridgewood   | Females  | HealingSpace<br>201-881-1733  | No Fee               |
| <b>Stepmom's Support Group</b>  |   | 7:00pm-9:30 pm                | Every other Thursday     | Stepping Stones Counseling Center<br>312 Warren Ave. Suite 2<br>Ho Ho Kus, NJ       | Stepmoms   | Stepping Stones Counseling Center<br>312 Warren Ave. Suite 2<br>Ho Ho Kus, NJ<br><a href="mailto:lhowson@live.com">lhowson@live.com</a><br>or call 201-444-3686                           |                      |

## Support Groups or Services for Families and Adults

| <b>Program Name</b>                    | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>   | <b>Location</b>  | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>   | <b>Costs</b>  |
|--|---|-------------------------------|--|--|--|---|---------------|
| <b>Strengthening Families</b>          | 7 week educational for parents/caregivers and their youth 10-14 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.<br><b>Free Dinner!</b> | 6:00pm - 8:30pm               | TBA<br><br><b>Registration required</b>  | TBD  | Entire Family  | The Center for Alcohol and Drug Resources<br><br>22-08 Route 208 South<br>Fair Lawn, NJ<br><br>Lissette Mercado<br>201-740-7148 or<br><a href="mailto:lmercado@cafsnj.org">lmercado@cafsnj.org</a>        | <b>No Fee</b> |
| <b>Strengthening Families</b>          | 14 week educational for parents/caregivers and their youth 6-11 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.<br><b>Free Dinner!</b> | 6:00pm – 8:30pm               | September 15 , 2015<br>to<br>December 15, 2015<br><br>Weekly<br><br><b>Registration required</b> | Englewood Family<br>Success Center<br><br>44 Armory Street<br>Englewood, NJ 07631                        | Entire Family  | The Center For Alcohol and Drug Resources<br><br>22-08 Route 208 South<br>Fair Lawn, NJ<br><br>Stephanie Drag<br>201-740-7096 or<br><a href="mailto:sdrag@cafsnj.org">sdrag@cafsnj.org</a>                | Free          |
| <b>Strengthening Military Families</b> | 14 week educational for parents/caregivers and their youth 6-11 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.<br><b>Free Dinner!</b> | 6:00pm-8:30pm                 | September 24, 2015<br>To<br>December 17, 2015<br><br>Weekly<br><br><b>Registration required</b>  | The Auditorium at<br>Bergen Regional<br>Medical Center<br><br>230 E. Ridgewood Ave.<br>Paramus, NJ 07652 | Entire Family  | The Center For Alcohol and Drug Resources<br><br>22-08 Route 208 South<br>Fair Lawn, NJ<br><br>Eileen Fitzmaurice<br>201-740-7150<br><a href="mailto:efitzmaurice@cafsnj.org">efitzmaurice@cafsnj.org</a> |               |
| <b>Strengthening Families</b>          | 7 week educational for parents/caregivers and their youth 10-14 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.<br><b>Free Dinner!</b> | 6:00pm – 8:30pm               | TBA<br><br><b>Registration required</b>  | TBD  | Entire Family  | The Center For Alcohol and Drug Resources<br><br>22-08 Route 208 South<br>Fair Lawn, NJ<br><br>Shyra Aultmon<br>201-740-7148 or<br><a href="mailto:saultmon@cafsnj.org">saultmon@cafsnj.org</a>           | Free          |

|  |   |                     |                                   |  |             |  |  |
|--|---|---------------------|-----------------------------------|--|-------------|--|--|
| <b>Support for Survivors of Military Sexual Trauma</b>               | A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County.                                       |                     | Call for new session start dates. | YWCA of Bergen County Rape Crisis Center<br>2 University Plaza,<br>Suite 208<br>Hackensack, NJ |             | Potential participants, please call the Director of the Rape Crisis Center for more information and an intake.<br>201-881-1750   |  |
| <b>Support Group for Friends &amp; Families of Substance Abusers</b> | To help those members of the community who are struggling with family members, friend, neighbors, co-workers, etc. who are using substances. WGUMC is hosting a peer-led support group. | Thursdays<br>7:45pm |                                   | Wyckoff Grace United Methodist Church<br>555 Russell Ave<br>Wyckoff, NJ                        | Open to All | Grace United Methodist Church<br>555 Russell Ave<br>Wyckoff, NJ<br><br>Pastor Pamela<br>201-891-4595<br><br><a href="mailto:SAfriends@gumc.org">SAfriends@gumc.org</a> |  |

### Support Groups or Services for Families and Adults

| <b>Program Name</b>                                      | <b>Program Description</b>   | <b># and Time of Sessions</b> | <b>Dates</b>              | <b>Location</b>  | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b>                           |
|--|--|-------------------------------|---------------------------|--|--|--|--|
| <b>TAMAR Together Against Molestation and Rape Group</b> | TAMAR is a program that helps victims of molestation or rape. Victims become less incapacitated by allowing expression in a safe non-judgmental environment and healing space. |                               | Call for more information | Moving on Life Center, Inc.<br>154 W. Englewood Ave.<br>Suite 2<br>Teaneck, NJ | Female victims of personal violence                                    | Moving on Life Center, Inc.<br>154 W. Englewood Ave.<br>Suite 2<br>Teaneck, NJ<br>201-837-8590<br>Molchealth@yahoo.com | YCM or CMO referrals or sliding scale  |
| <b>Team Management 2000 Inc.</b>                         | Providing holistic educational, employment, training and placement clinical, rehabilitative, and family support services.  | Call for appointment          |                           | 84 Main Street<br>Hackensack, NJ 07601<br><br>Locations also in Essex County   | Entire Family  | Team Management 2000 Inc.<br>84 Main Street<br>Hackensack, NJ 07601<br>201-487-4700                                    | Call for Information                   |
| <b>Therapy for Adolescents and Adults</b>                | Individual therapy sessions with adolescents and adults to work through a range of emotional and social difficulties.  | Call for appointment          | Call for Date             | 121 Rea Avenue<br>Hawthorne, NJ 07507  | Adults and adolescents   | Diane Sardanopoli, LPC<br>PO Box 289<br>121 Rea Avenue<br>Hawthorne, NJ 07507<br>201-873-6496                          | \$120 per session<br><br>Sliding Scale |
| <b>Wellness Wednesdays for Moms</b>                      | Mom's Circles groups; call for more information  | Call for times                | Wednesday                 | Englewood Hospital and Medical Center<br>350 Engle St.<br>Englewood, NJ        | Moms –Babies welcome   | Englewood Hospital<br>201-894-3784<br>Registration is encouraged   |  |

|  |   |  |                                |  |  |  |   |
|--|---|--|--------------------------------|--|--|--|---|
| <b>W.I.S.E. Women, Independent, Strong, Enriched</b> | An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved.         | 9:30 am – 10:30 am<br><br>8 weeks<br>Twice per week      | Meets on Mondays and Thursdays | Jewish Family Service of Bergen and North Hudson<br>1485 Teaneck Road<br>Teaneck, NJ | Female domestic violence victims; non-denominational | Sheila Steinback<br>201-837-9090<br>Jewish Family Services of Bergen and North Hudson<br>1185 Teaneck Rd<br>Teaneck, NJ<br><a href="http://www.jfsbergen.org">www.jfsbergen.org</a><br>Pre-registration required |   |
| <b>Women's Health Yoga</b>                           | Class addresses the specific needs of a woman's physiology and can promote your physical, mental, and spiritual health. | 5 week series<br>Or<br>10 week series<br>7:30 pm-8:30 pm | Wednesdays                     | Held at Destination Maternity  | Non-pregnant women                                   | <a href="mailto:familyeducation@valleyhealth.com">familyeducation@valleyhealth.com</a><br>201-291-6151   | \$100 per person/5 week series<br><br>\$180 per person/10 week series |
| <b>Women's Wellness Support Group</b>                |   | 11 am to 12:30 pm  | Mondays                        | 547 Main Street<br>Hackensack, NJ  |  | For registration or more information call<br>Kimberly Agresta<br>201-784-6718  | Nominal fee   |
| <b>Women's Support Group</b>                         | A psychotherapeutic group for women looking for support in their day to day lives                                       | Ongoing<br><br>1:30PM                                    | Mondays                        | D'Acerno and Associates<br>1182 Teaneck Road<br>Teaneck, NJ 07666                    | Women  | D'Acerno and Associates<br>1182 Teaneck Road<br>Teaneck, NJ 07666<br>201-357-2715  | \$75.00<br>Sliding scale available                                    |

### Programs or Support Groups for Youth

| <b>Program Name</b>                                | <b>Program Description</b>   | <b># and Time of Sessions</b>           | <b>Dates</b>               | <b>Location</b>                                       | <b>Parents/Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>  | <b>Costs</b>                         |
|--|--|---|----------------------------|---|---|--|--------------------------------------|
| <b>Adolescent Medical Detox/Addiction Recovery</b> | In-patient treatment with primary diagnosis of substance abuse and have some co-occurring disorder. Medically supervised detox and 12-step recovery program.     | Acute Short term                        | Open 7days a week/24 hours |   | Children ages 13 – 18, if still attending high school     | Princeton Behavioral Health 905 Herrontown Road, Princeton, NJ<br>Admissions: 800-242-2550 or 609-497-3355 | Most insurance and Medicaid accepted |
| <b>Adolescent Substance Abuse Outpatient Group</b> | A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication and more | Tuesday and Thursday<br>5:45pm - 7:15pm | Tuesdays and Thursdays     | Bergen Regional Medical Center<br>Paramus, New Jersey | Adolescents 13 – 17                                       | Bergen Regional Medical Center<br>201-967-4000, x 4260<br>Michael Mariano                                  |                                      |

|  |   |                                      |   |   |  |  |  |
|--|---|--------------------------------------|---|---|--|--|--|
| <b>A.L.L.I.E.S. LBGTQ Support Group</b>    | Program designed to create a safe space to empower LGBTQ youth, while providing self-help support strategies, peer communication, education, and creating an environment to promote well being.                 | 6:00PM to 7:00PM                     | Wednesday Ongoing   | CarePlus NJ<br>610 Valley Health Plaza<br>Paramus, NJ 07652   | Youth 13 – 17 who identify as LGBTQ or are questioning | Care Plus NJ Children & Family Services<br><br>17-07 Romaine Street<br>Fair Lawn, NJ<br>Alexa Aquire, L.M.F.T<br>201-797-2660 x337   | \$20.00 per session                                  |
| <b>Anger Management Program Ages 12-18</b> | Evidenced based psycho-educational group for youth. Interactive supportive approaches to help youth learn skills needed to effectively manage their emotions in order to strengthen conflict resolution skills. | Weekly in the evenings for 10 weeks. | Start date of next cycle: Contact Laura Del Tufo for more information | Fair Lawn Mental Health Center a Division of Care Plus NJ<br>17-07 Romaine Street,<br>Fair Lawn, NJ 07410 | Adolescents between the ages of 12-18 and caregivers   | Fair Lawn Mental Health Center a Division of<br><br>Care Plus NJ<br>17-07 Romaine Street,<br>Fair Lawn, NJ 07410<br><br>Laura Del Tufo, LMFT, LPC<br>201-797-2660 ext. 110<br><a href="mailto:laural@careplus.org">laural@careplus.org</a> | Sliding Scale Fee for families.                      |
| <b>Art Therapy Group</b>                   | Art therapy for ages 3-18   | TBA                                  | TBA   | D'Acerno and Associates<br>1182 Teaneck Road<br>Suite 206<br>Teaneck, NJ                                  | Ages 3 – 18 years old                                  | D'Acerno and Associates<br><br>201-357-2715  | \$75.00<br>Also Sliding Scale or out of network ins. |

### Programs or Support Groups for Youth

| <b>Program Name</b>   | <b>Program Description</b>   | <b># and Time of Sessions</b> | <b>Dates</b>   | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b>      | <b>Agency Contact Information</b>   | <b>Costs</b>                       |
|---|--|-------------------------------|----------------|--|---|---|------------------------------------|
| <b>Bergen County Juvenile Fire Prevention Program</b>               | Early Intervention for youth up to age 18 displaying recurring interest and/or engagement in fire setting behavior   | By Appointment                | By Appointment | Children and Family Services<br>17-07 Romaine Street<br>Fair Lawn, NJ          | Children  | Care Plus NJ Children and Family Services<br>17-07 Romaine Street<br>Fair Lawn, NJ<br>201-797-2660 x 144<br><br>Teresa Martino-Woods, LAC   | No Fee For Bergen County Residents |
| <b>Bergen County Office of Alcohol and Drug Dependency (BCOADD)</b> | The BCOADD offers adolescent substance abuse evaluations, early intervention, in-patient detoxification and short-term residential services to uninsured and underinsured Bergen County residents. |                               |                | Proof of residence required, Admission criteria, and Income Eligibility Screen | Males and Females up to age 17 (age 18 if still in High School) | For information and referrals, please contact:<br>Bergen county Department of Health Services<br>Office of Alcohol and Drug Dependency<br>327 E. Ridgewood Avenue, room 210<br>201-634-2740 |                                    |



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| <b>Camp Excel Social Skills</b>                              | In addition to learning social skills, trained staff provides guidance in using those skills during activities giving children the opportunity to experience in the moment learning that stays with them.                               |                               | Call for new session start dates.                  |  | For children, ages 5 – 17, with ADHD, Asperger's and others with Social Skills Challenges | For more information call Kathleen Cable, Director<br>732-281-0275<br>Kcable23@aol.com  |  |
| <b>Child Anxiety Disorders Clinic</b>                        | Farleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills.  | Ongoing Weekly                | 10 weekly group sessions, Call for dates and times | FDU Child Anxiety Disorders Clinic<br>131 Temple Ave.<br>Hackensack, NJ  | Socially vulnerable youth 8 – 12 years old  | FDU Child Anxiety Disorders Clinic<br>131 Temple Ave.<br>Hackensack, NJ<br><br>For information, initial screening or specific requirements for participation call 201-692-2645              | Groups are free, intake session \$30 and social skills screening \$20. |
| <b>Children's After School Treatment Services (C.A.T.S.)</b> | C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities. | Appointment must be scheduled |  | C.A.T.S.<br>One Bergen County Plaza, 2 <sup>nd</sup> floor<br>Hackensack, NJ<br>Or<br>C.A.T.S.<br>321 E. Ridgewood Ave.<br>Paramus, NJ | Elementary and middle school age children   | County of Bergen<br>Department of Human Services<br>Division of Family Guidance<br>One Bergen Plaza, 2 <sup>nd</sup> Floor<br>Hackensack, NJ<br><br>For more information, call 201-336-7358 | No Fee   |

### Programs or Support Groups for Youth

| <b>Program Name</b>  | <b>Program Description</b>   | <b># and Time of Sessions</b>                        | <b>Dates</b>    | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b>  |
|--|--|--|-----------------|---|--|--|---------------|
| <b>Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services</b> | A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder. | 9:00 am – 5:00 pm                                    | Monday – Friday | Bergen Regional Medical Center<br>230 E. Ridgewood Ave.<br>Paramus, NJ  |  | Appointment only, call for information or appointment<br>1-800-730-2762                  |               |
| <b>Divorce Groups for Children</b>   |  | Weekly<br>6:00pm – 7:00 pm<br>or<br>7:00pm – 8:00 pm | Mondays         | West Bergen Center for Children and Youth<br>3 Post Road<br>Oakland, NJ | School age children  | Access Department<br>West Bergen Center for Children and Youth<br>201- 444-3550 ext 7144 | Sliding Scale |

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| <b>Empower U:<br/>An Educational Support Group for Victims of Bullying</b>   | This bi-weekly support group will aid in processing feelings associated with difficult peer interactions and provide education to enable positive coping strategies to move forward.                                   | Weekly<br>5:00pm                  | Fridays                      | Meaningful Directions<br>Therapeutic Services<br><br>375 Main St, Suite 201<br>Hackensack, NJ 0761  | Children  | Meaningful Directions<br>Therapeutic Services<br>375 Main St, Suite 201<br>Hackensack, NJ 0761<br>973-749-2009                                       | \$40   |
| <b>Freedom From Anxiety</b>  | This group setting helps to promote healthy social relationships, while increasing the children's ability to recognize signs of anxiety and strengthen their coping skills.  | 5:30PM to<br>6:30PM               | Mondays or<br>Wednesday      | Fair Lawn Mental Health<br>Center a division of<br>Care Plus New Jersey<br><b>17-07 Romaine Street<br/>Fair Lawn, NJ</b> or<br><b>610 Valley Health Plaza<br/>Paramus, NJ</b> | Children  | Care Plus New Jersey Children &<br>Family Services<br>17-07 Romaine Street<br>Fair Lawn, NJ 07410<br>201-797-2660 x337<br><br>Alexa Squire, L.M.F.T. | Copay accepted<br>with<br>Insurance                    |
| <b>Girl Talk</b>   | This group is designed to promote positive self-esteem and overall wellness for girls Topics include personal identity, body image, effectively managing relationships, and rising above social and academic pressures | 12 sessions<br><br>Call for times | Call for starting dates      | The COR Group<br>294 Harrington Avenue<br>Closter, New Jersey   | Girls<br>10 to 13<br><br>14 to 17                             | The COR Group<br>294 Harrington Avenue<br>Closter, New Jersey<br>201-485-6181  | Sliding<br>Scale<br>Insurance                          |
| <b>Helping Children Deal With Loss (Educational Study Group for Parents)</b> | Provides parents with valuable information and tools to assist their children in dealing with the losses they have suffered.   | 6 week<br>session                 | Call for more<br>information | 121 Rea Ave<br>Hawthorne, NJ  | Adults and child<br><br>Also play therapy<br>for 3 1/2+ years | Diane Sardanopoli, LPC<br>PO Box 280, 121 Rea Ave.<br>Hawthorne, NJ 07507<br>201-873-6496  | \$180.00,<br>accepts<br>insurance,<br>Sliding<br>Scale |

### Programs or Support Groups for Youth

| <b>Program Name</b>                                      | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>   | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b>   | <b>Agency<br/>Contact Information</b>   | <b>Costs</b>                    |
|--|---|-------------------------------|--|---|--|---|---------------------------------|
| <b>LEGO Social Skills Groups for age 5 -7 and 8 - 10</b> | This group is designed for children with a diagnosis (ADHD, Autism, etc.) that creates difficulty in social situations. Participants will learn to work together and speak effectively while creating a LEGO project. | 8-week<br>sessions            | After-school hours<br><br>Please call for<br>information on forming<br>groups. | Offices in Wayne and<br>Fairlawn                        | Children with social<br>difficulty.<br>Parents/guardians<br>must remain on<br>site.<br><br>Age groups are 5 -<br>7 and 8 – 10. | Jewish Family Services of North<br>Jersey<br>1 Pike Drive<br>Wayne, NJ<br>973-595-0111  | \$200 for 8-<br>week<br>session |
| <b>Mentoring</b>   |   | Call for<br>schedule          | Call for more<br>information   | Ridgewood YMCA<br>112 Oak Street<br>Ridgewood, NJ 07450 | Parents and<br>children  | Ridgewood YMCA<br>112 Oak Street<br>Ridgewood, NJ 07450<br>201-444-5600<br>Joseph Schmidt<br><a href="http://www.ridgewoodymca.org">www.ridgewoodymca.org</a> | No Fee                          |

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| <b>"Mommy &amp; Me"<br/>English/Spanish</b>   |   | 11:00am -<br>12:00pm | Tuesdays & Thursdays   | Family Success Center<br>@<br>Bergen Family Center<br>44 Armory St.<br>Englewood, NJ 07631           | Mothers & Children  | Family Success Center of<br>Englewood & Teaneck<br>Alana Alleyne/Natalia Arias<br>201-568-0817<br>Natalia Arias, ext. 15   | No Fee   |
| <b>NYU Child Study<br/>Center Psychiatric<br/>Evaluation and<br/>Treatment Services</b> | A multidisciplinary group of<br>child psychiatrists, a<br>pediatric neurologist,<br>neuropsychologists and<br>clinical psychologists that<br>offer diagnostic<br>evaluations,<br>neuropsychological testing<br>and psychiatric treatment<br>for adults, children, and<br>adolescents. | 8:00am -<br>8:00pm   | Services Available:<br>Monday – Friday<br><br>Saturdays hours are<br>available | 411 Hackensack<br>Avenue<br>7 <sup>th</sup> floor<br>Hackensack, NJ                                  | Children who need<br>evaluation for<br>school, emotional<br>or behavioral<br>problems | NYC Child Study Center New<br>Jersey<br>411 Hackensack Ave. 7 <sup>th</sup> floor<br>Hackensack, NJ<br><br>For additional information or to<br>schedule an appointment, please<br>call Yamell McIntosh<br>201-465-8111 | Out of<br>Network fee                                  |
| <b>On The Mend</b>  | Children are provided with<br>support and taught age<br>appropriate coping skills<br>and techniques to assist in<br>the difficulties hastened by<br>parental divorce and<br>separation.   | 6:00PM to<br>7:00PM  | Call for Dates   | Care Plus New Jersey<br>Children & Family<br>Services<br>17-07 Romaine Street<br>Fair Lawn, NJ 07410 | Children  | Care Plus New Jersey Children &<br>Family Services<br>17-07 Romaine Street<br>Fair Lawn, NJ 07410<br><br>Alexa Squire, L.M.F.T<br>201-797-2660 ext. 337  | <b>\$375</b><br>includes an<br>intake & 10<br>sessions |

### Programs or Support Groups for Youth

| <b>Program<br/>Name</b>                | <b>Program<br/>Description</b>   | <b># and<br/>Time of<br/>Sessions</b> | <b>Dates</b>                 | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>   | <b>Costs</b>   |
|--|--|---------------------------------------|------------------------------|---|--|---|--|
| <b>Play Therapy<br/>(3yrs. And Up)</b> | Individual Play Therapy<br>sessions to assist children<br>in resolving emotional,<br>social and behavioral<br>difficulties. Also provides<br>parents strategies and<br>guidance. | Call for<br>schedule                  | Call for more<br>information | 121 Rea Avenue<br>Hawthorne, NJ 07507                                       | Parents and<br>children  | Diane Sardanopoli, LPC<br>PO Box 280<br>121 Rea Avenue<br>Hawthorne, NJ 07507 | \$120 per<br>session.<br><br>Also Sliding<br>scale               |
| <b>Play Therapy<br/>Group</b>          | Play group for ages 3-18   | TBA                                   | TBA                          | D'Acerno and<br>Associates<br>1182 Teaneck Road<br>Suite 206<br>Teaneck, NJ | 3 -18 years of age   | D'Acerno and Associates<br>201-357-2715                                       | \$75.00<br>Also<br>Sliding<br>Scale or out<br>of network<br>ins. |

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| <b>Rainbow<br/>(Dealing with Grief)</b>   |  | Weekly<br>7:00 pm –<br>8:00 pm                        | Wednesdays    | Ridgewood YMCA<br>112 Oak Street<br>Ridgewood, NJ 07450  | Parents and<br>children  | Ridgewood YMCA<br>Brigid Caffrey<br>201-444-5600                   | No Fee   |
| <b>Social Skills</b>  |  | TBA   | TBA           | D'Acerno and<br>Associates<br>1182 Teaneck Road<br>Suite 206<br>Teaneck, NJ  | 5-21 year olds.  | D'Acerno and Associates<br><br>201-357-2715                        | \$75.00<br>Also<br>Sliding<br>Scale or out<br>of network<br>ins.               |
| <b>Support Group for<br/>Socially Vulnerable<br/>Groups for<br/>Children 8 - 12</b> | 10-weekly group sessions<br>for children who are<br>withdrawn from social<br>activities and relationships. | Call for more<br>information<br>on dates and<br>times |               | FDU Child Anxiety<br>Disorders Clinic<br>Center for Psychological<br>Services<br>131-139 Temple Avenue<br>Hackensack, NJ | Youth 8 – 12 who<br>are shy, socially<br>anxious, withdrawn,<br>or bullied | For more information, please call<br>Lisa Iskander at 201-692-2645 | No Cost for<br>group, but<br>intake fee<br>of \$30 and<br>screening<br>of \$20 |
| <b>Substance Abuse<br/>Group for Teen<br/>Girls</b>                                 |  | 3:30pm-<br>4:30pm                                     | Every Tuesday | Vantage Health Care<br>Systems<br>93 W. Palisade Ave.<br>Englewood, NJ   | Teen Girls<br>Ages 14 - 18   | Call 201-567-0059<br>To make an appointment                        | Insurance,<br>Medicare,<br>Medicaid<br>accepted,<br>sliding<br>scale           |

### Programs or Support Groups for Youth

| <b>Program<br/>Name</b>  | <b>Program<br/>Description</b>   | <b># and<br/>Time of<br/>Sessions</b>    | <b>Dates</b>  | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b>  |
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| <b>Social Skills<br/>Program<br/>Ages 5-18</b><br><br><b>A parent group is<br/>offered<br/>concurrently.</b> | Program designed to<br>enhanced a child's social<br>and emotional functioning<br>by developing and<br>practicing social skills,<br>communication skills<br>problem solving skills, and<br>anger management as well<br>as build and strengthen<br>self-esteem                               | 6:00 pm to<br>7:30 pm<br><br>10 sessions | Call for Dates  | Fair Lawn Mental Health<br>Center a Division of<br>Care Plus NJ<br>17-07 Romaine Street,<br>Fair Lawn, NJ 07410 | Adolescents<br>between the ages<br>of 5-16 and<br>caregivers           | Fair Lawn Mental Health Center<br>a Division of<br>Care Plus NJ<br>17-07 Romaine Street,<br>Fair Lawn, NJ 07410<br><br>Alexa Squire, L.M.F.T.<br>201-797-2660 x337   | \$375<br>includes an<br>intake<br>session, 10<br>week social<br>skills group,<br>and a bi-<br>weekly<br>parent<br>group |
| <b>Teen Anti-Bullying<br/>Support Group</b>  | What will we talk about?<br>Standing up for others;<br>diffusing rumors, gossip<br>online; respectful<br>communication; resolving<br>conflicts; stress reduction;<br>communication & peer<br>relationships; trust,<br>forgiveness & healing;<br>issues of concern to the<br>group members. | 6:30pm to<br>8:30 pm                     | First Thursday of every<br>month<br><br>New members will be<br>accepted at any time | Interstate FACTS, LLC<br>15 Warren Street<br>Hackensack, New<br>Jersey  | Any High School<br>student in Bergen<br>County                         | How do I find out more about the<br>group? Simply call (201) 488-<br>5188 OR Email<br>donna.interstatefacts@gmail.com<br>or <a href="mailto:interstatefacts@gmail.com">interstatefacts@gmail.com</a><br>201-488-5188<br>Parent and student must register<br>before attending session | No Fee  |

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| <b>Teen Equine Empowerment Program</b>          | Horse play is provided at an indoor arena and facilitated by equine specialist and licensed clinical social worker.   | 10:00 am – 2:00 pm                       | Tuesdays: Tweens<br>Thursdays: Teens | Three Sisters Farm<br>1170 Ramapo Valley Rd<br>Mahwah                          | Tweens (Middle School Girls)<br>Teens (High School Age Girls) | Pony Power<br>For more information or registration<br><a href="http://www.ponypowernj.org">www.ponypowernj.org</a> | \$150.00 per day                                       |
| <b>Teen Boys Group</b>                          |   | Weekly<br>6:00 – 7:00 PM                 | Mondays                              | West Bergen Center for Children and Youth<br>1 Cherry Lane<br>Ramsey, NJ 07430 | Teen Boys ages 13-16  | Access Department<br>West Bergen Center for Children and Youth<br>201- 444-3550 ext 7144                           | Sliding Scale  |
| <b>Teen Girls support Group</b>                 | Support group for teenage girls   | Weekly<br>4:30PM                         | Wednesdays                           | D'Acerno and Associates<br>1182 Teaneck Road<br>Suite 206<br>Teaneck, NJ       | Teen girls  | D'Acerno and Associates<br>201-357-2715  | \$75.00<br>Also Sliding Scale or out of network ins.   |
| <b>Teen Girls Educational Empowerment Group</b> | Group sessions with emphasis on substance abuse and other related issues that adolescent girls are currently struggling with during this difficult developmental stage. | 5:00pm to 6:00 pm<br><br>8 week sessions | Wednesdays                           | Vantage Health System<br>2 Park Avenue<br>Dumont, NJ                           | Girls ages 14 - 17  | Questions, please call Julie Shaw, 201-385-4400, ext. 3018   | 8-week session<br>\$140.00 or will be \$20 per session |

### Programs or Support Groups For Youth

| <b>Program Name</b>  | <b>Program Description</b>  | <b># and Time of Sessions</b> | <b>Dates</b>  | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b> |
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| <b>Teen Girls Group for Substance Abuse and Mental Health Counseling</b> | The goal of the group is to help educate teen girls about harmful substances and behaviors and provide a safe space for them to share & process feelings. | 6:00 pm                       | Tuesdays  | West Bergen Center for Children and Youth<br>Ridgewood   | Teen girls with substance abuse or mental health issues    | For More Information, please contact Stephanie Blanchflower at 201-444-3550   |              |
| <b>Teen Marijuana Cessation Group for Teens 14 - 17</b>                  | Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users.  | Call for appointment          | Phase I: 5 weekly 75-minute sessions<br><br>Phase II: 7 weekly 75-minute sessions | Two locations:<br>West Bergen Mental Health<br>120 Chestnut Street<br>Ridgewood<br><br>West Bergen Counseling Group<br>3 Post Rd. 3 <sup>rd</sup> Floor<br>Oakland, NJ | Referrals now being accepted                               | To Schedule an appointment:<br>Contact Access Department<br>201-934-1160<br><br>For additional information,<br>Contact Jean Coe, PhD, LCSW,<br>LCADC @ 201-444-3550, X 7148 |              |

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| <b>Teen Track: Recovery for Adolescents</b>   | A program for teens struggling with abstinence, this could be the program for them to begin again, drug free.   |  | Call for program time and admission details | Bergen Regional Medical Center<br>230 E. Ridgewood Ave.<br>Paramus, NJ | Teens struggling with abstinence | Bergen Regional Medical Ctr.<br>For more information or registration call<br>Katie Mahoney,<br>Teen Track Coordinator<br>201-967-6345 |                                |
| <b>Young Adult Partial Program</b>  |   | 2:00pm to 4:30 pm                            | Wednesday and Thursday                      | West Bergen Mental Health<br>120 Chestnut Street<br>Ridgewood, NJ      | Ages 18 - 35                     | West Bergen Mental Health<br>120 Chestnut Street<br>Ridgewood, NJ<br>201-444-3550, x 7116 for more information                        |                                |
| <b>Youth Anger Management</b><br><br><b>A parent group is offered concurrently.</b> | Program designed to improve anger management skills, reduce angry outburst, alleviate impulsive behavior, increase social skills, and improve personal relationships. | Call for more information on dates and times | Call for Dates                              | Care Plus<br>17-07 Romaine Street<br>Fairlawn, NJ                      | Youth 12 - 18                    | Care Plus<br>17-07 Romaine St.<br>Fairlawn, NJ<br><br>Lauren O'Connell<br>908-688-5072 x24  | Sliding scale fee for families |

### Special Needs Programs or Support Groups

| <b>Program Name</b>                                | <b>Program Description</b>   | <b># and Time of Sessions</b>                         | <b>Dates</b>   | <b>Location</b>   | <b>Parents/ Guardians only; entire family; or children</b>       | <b>Agency Contact Information</b>  | <b>Costs</b>  |
|--|--|---|--|---|--|--|---------------|
| <b>ACCESS St. Joseph's Regional Medical Center</b> | A statewide provider of mental health services for individuals who are deaf or hard of hearing. Staff is fluent in American Sign Language.                                       |   | Available 24/7<br>By phone   | ACCESS-St. Joseph's Regional Medical Center<br>Various locations  | Individuals who are deaf or hard of hearing                      | ACCESS-St. Joseph's Regional Medical Center<br>60 Hamilton Street<br>Paterson, NJ 07505<br>973-754-5590 V<br>973-968-6567 VP   |               |
| <b>ADHD/Social Skills Groups</b>                   |  | 5:00pm to 6:00 PM or 6:00pm to 7:00 PM depends on age | Mondays and Tuesdays<br>Call for more information                  | West Bergen Center for Children and Youth<br>1 Cherry Lane<br>Ramsey, NJ 07430  | School age children  | Access Department<br>West Bergen Center for Children and Youth<br>201- 444-3550 ext 7144<br>For information, call Alan Koenig<br>201-934-1160  | Sliding Scale |
| <b>ASPEN Father's Support Group</b>                | The Bergen County Fathers' Group is tailored specifically to the needs of fathers of children, young adults and adults with Asperger Syndrome. It is led by Matthew Root and Jim | 7:30pm  | 1 <sup>st</sup> Tuesday of the month, except for Holiday conflicts | Bergen County Special Services CAPE Center<br>Community Services<br><br>1 <sup>st</sup> Floor Auditorium<br>327 E Ridgewood Ave.<br>Paramus, NJ | Fathers of children on Asperger's Spectrum or related conditions | For more information, check the website<br><a href="http://www.aspennj.org/chapter_s.asp">http://www.aspennj.org/chapter_s.asp</a><br><br>Matthew Root<br>( <a href="mailto:msresq@verizon.net">msresq@verizon.net</a> )<br><br>Jim Hagarty<br>( <a href="mailto:big2h@aol.com">big2h@aol.com</a> ). |               |

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| <b>Asperger's Related Services – Therapeutic Social Skills Groups</b> | Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills | Weekly Multiple Times depending on age | Call for more information | West Bergen Center for Children and Youth<br>1 Cherry Lane<br>Ramsey, NJ 07430 | All ages | Access Department<br>West Bergen Center for Children and Youth<br>201- 444-3550 ext 7144 | Sliding Scale |
|---|---|--|---------------------------|--|----------|--|---------------|

**Special Needs Programs or Support Groups**

| <b>Program Name</b>   | <b>Program Description</b>   | <b># and Time of Sessions</b>   | <b>Dates</b>            | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b>                                | <b>Agency Contact Information</b>  | <b>Costs</b>  |
|---|--|---|-------------------------|--|---|--|---|
| <b>Asperger's Social Skills Training at William Paterson University</b> | Residents with Asperger's syndrome may apply to participate in a 10-hour a week social skills training program conducted in group sessions at William Paterson University.   |   | Program runs year-round |  | Participants must be 21 years of age or older or have recently graduated from high school | Sponsored by National Institute for People with Disabilities of New Jersey Asperger's Skill Building Network. To schedule an interview, call 973-720-3762. Messages will be promptly returned. |   |
| <b>Asperger's Related Services – Saturday Art Workshops</b>             | Increase social interaction; sensory regulation; increase imagination, perspective, conceptual processing and motor coordination. Provide an alternate means of self-expression and learn leisure skills that can grow for a lifetime or lead to employment. | Youth<br>Ages 6 – 9<br>11:00 am – 12:00 pm<br><br>Ages 10 – 13<br>1:00 pm – 2:00 pm | One Saturday a month    | West Bergen Asperger's Services<br>615 Franklin Turnpike<br>Ridgewood<br>(NOTE: NEW ADDRESS) | Youth age 6-13  | For more information or registration, contact Pat Decker<br>201-857-0080   | \$35.00 each session                                |
| <b>Asperger's Related Services – Playgroup Workshop</b>                 | For children who need improvement in play skills with peers. This workshop will focus on practicing sharing, cooperation, comprising, sportsmanship, and conversation skills.  | 3:45pm to 5:00 pm   | Fridays                 | West Bergen Center for Children and Youth<br>1 Cherry Lane<br>Ramsey, NJ 07430               | Youth age 4 - 7   | For more information or registration, contact Kelly Doyle<br>201- 934-1160 ext 7231  | \$175.00 for 5-week session                         |
| <b>Asperger's Related Services – Sibling and Cousin Workshop</b>        | This workshop covers a range of topics such as tolerance, coping strategies, focusing on your sibling's or cousin's strengths, disclosure, fairness, creating quality time and finding common ground.  | 4:00 pm – 5:00 pm   | Call for new dates      |  | For Siblings and Cousins of Youth with Asperger's or related conditions<br>Aged 11 - 14   | West Bergen Mental Healthcare<br>615 Franklin Turnpike<br>Ridgewood, NJ<br>201-857-0080<br><a href="http://www.westbergen.org">www.westbergen.org</a>  | \$175.00 first child, \$50.00 each additional child |

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| <b>Bergen County Community Mental Health Law Project</b> | A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill. | Office Hours:<br>9:00 am –<br>4:30 pm | Monday thru Friday | Community Services Building<br>327 Ridgewood Avenue<br>Paramus, NJ | Referral accepted from public and private mental health networks, Legal Services, and private attorneys. | For more information, please call Ernest Villa, Jr. Esq.<br>Project Director<br>201-634-2761<br>201-634-2762 |  |
|--|---|---------------------------------------|--------------------|--|--|--|--|

### Special Needs Programs or Support Groups

| <b>Program Name</b>                                     | <b>Program Description</b>   | <b># and Time of Sessions</b> | <b>Dates</b>         | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>  | <b>Costs</b>                             |
|---|--|-------------------------------|----------------------|--|--|--|--|
| <b>Creative Family Dance Class</b>                      | Family dance class for ages 2yrs and up including children with disabilities   | Call for sessions             | Saturdays            | Center for Modern Dance Education<br>84 Euclid Avenue<br>Hackensack, NJ 07601                      | Family   | Center for Modern Dance Education<br>84 Euclid Avenue<br>Hackensack, NJ 07601<br>201-342-2989<br>Elissa Machlin-Lockwood<br><a href="mailto:Cmde1962@aol.com">Cmde1962@aol.com</a> | \$10 suggested fee per family            |
| <b>Child Anxiety Disorder Clinic</b>                    | The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills. |                               | Call for group times | Child Anxiety Disorder Clinic at Farleigh Dickinson University<br>131 Temple Ave<br>Hackensack, NJ | Socially vulnerable children ages 8 – 12                   | Space is limited, call for initial screening.<br>Call 201-692-2645 for information, initial screening and specific requirements regarding participation                            | Group is free, but intake is \$20 - \$30 |
| <b>Dance Movement Exercise Classes of Special Needs</b> |  | 1:00PM-2:00pm                 | TBA                  | Be-Whole, Inc.<br>26 Central Ave<br>Hackensack, NJ 07601   | Call for More Information                                  | Bi- Whole, Inc.<br>26 Central Ave<br>Hackensack, NJ 07601<br><br>Lola Sims<br>201-777-6328   | Call for More Infoemation                |

### Special Needs Programs or Support Groups

| <b>Program Name</b>                      | <b>Program Description</b>   | <b># and Time of Sessions</b>                             | <b>Dates</b>  | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>  | <b>Costs</b>                               |
|--|--|---|---|--|--|--|--|
| <b>Emotion Regulator Treatment Group</b> | Groups teach Dialectical Behavior Therapy Skills emphasizing emotion regulation, tolerating distress, being mindful and improving peer relationships | Group times will be in the evening and will vary by group | Ongoing groups consist of 16 weekly parent and child group sessions | Center for Psychological Services<br>Dickinson University<br>131 Temple Avenue<br>Hackensack, NJ | Children with temper outbursts ages 8 and up               | Call 201-692-4986 for information, initial screening and specific requirements regarding participation | Intake is free.<br>Groups are \$35 to \$55 |



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| <b>MarbleJam Kids</b>                     | Authorized service provider for children and adults with special needs   |  |  | Center for Creative Arts Therapy<br>954 Kinderkamack Rd.<br>Suite 1<br>River Edge, NJ 07661 | Children & Adults   | Center for Creative Arts Therapy<br>Anna F. Villa-Bager<br>201-497-612 x101<br><a href="http://www.marblejamkids.org">www.marblejamkids.org</a> |  |
| <b>Our Time</b>                           | 1:2 teacher child ratio<br>Improve communication skills<br>Learn socialization skills<br>Facilitated support groups for parents                            | 1:00PM - 2:00PM<br><br>9:30AM - 10:30AM<br><br>11:00AM-12:00PM | Classes begin on every 2 month cycles<br><br>Wednesday<br><br>Thursday<br><br>Thursday | The Child Center<br>3 Post Road<br>Oakland, NJ  | Youth ages 20 – 36 months receiving intervention services | The ARC of Bergen and Passaic<br><br>For more information, please call 201-644-0304   | \$200 for 8 weeks                                |
| <b>The Process of Selecting a College</b> | Workshop for students with Asperger's syndrome, NVLD, HFA, and PDD-NOS to introduce steps and process of selecting, applying and interviewing for college. | 4 workshops<br><br>4:30 pm to 6:00 pm                          | Monday   | 120 Chestnut Street<br>Ridgewood, NJ  | Students with Asperger's syndrome, NVLD, HFA, and PDD-NOS | Kelly Doyle<br>201-857-0080   | \$50/ session                                    |
| <b>Therapeutic Play Dyads</b>             | Your child is paired with a developmentally compatible peer that has similar and/or complimentary treatment goals  | Varied<br>Afternoon and Saturday available                     | Call for dates   | 22 East Quackenbush Avenue<br>3 <sup>rd</sup> . Floor<br>Dumont, NJ 07628                   | Autism Spectrum Disorder                                  | Heather Christensen<br>201-527-5305<br><a href="mailto:hchristensenlcsww@verizon.net">hchristensenlcsww@verizon.net</a>                         | Some insurance accepted. Generous sliding scale. |

### Single Parent or Divorce Related Programs and Support Groups

| <b>Program Name</b>  | <b>Program Description</b>   | <b># and Time of Sessions</b> | <b>Dates</b>  | <b>Location</b>   | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b>  |
|--|--|-------------------------------|---|---|--|---|---------------|
| <b>Adult Divorce Group</b>   |  | Weekly                        | Call for more information                               | West Bergen Center for Children and Youth<br>1 Cherry Lane<br>Ramsey, NJ 07430            | Parents, divorced or separated                             | Access Department<br>West Bergen Center for Children and Youth<br>201- 444-3550 ext 7144  | Sliding Scale |
| <b>Children in Between</b><br><br><b>NOTE: New Name, formerly Children in the Middle</b> | Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce. | 5:30 pm – 9:30 pm             | Thursday<br>August 6, 2015<br><br>Registration Required | The Center for Alcohol and Drug Resources<br>22-08 Route 208 South<br>Fair Lawn, NJ 07410 | Parents, divorced or separated with children of any age    | The Center for Alcohol and Drug Resources<br>22-08 Route 208 South<br>Fair Lawn, NJ<br><br>To register call Chanel Dupree<br>201-740-7069<br><a href="mailto:cdupree@cafsnj.org">cdupree@cafsnj.org</a> | No Fee        |
| <b>Children in Between</b>   | Parents will learn skills and techniques to cope with their children's reaction to   | 12:30 pm – 4:30 pm            | Tuesday<br>August 18, 2015                              | The Center for Alcohol and Drug Resources<br>22-08 Route 208 South                        | Parents, divorced or separated with children of any age    | The Center for Alcohol and Drug Resources<br>22-08 Route 208 South  | No Fee        |

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| <b>NOTE: New Name, formerly Children in the Middle</b>                            | divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce.   |  | Registration Required   | Fair Lawn, NJ 07410  |  | Fair Lawn, NJ<br><br>To register call Chanel Dupree<br>201-740-7069<br><a href="mailto:cdupree@cafsnj.org">cdupree@cafsnj.org</a>                                     |  |
| <b>Children in Between On-Line Program English and Spanish versions available</b> | This is an on-line education program addressing the effects divorce has on children.  | Can be done at any time normally taking 6 -8 hours to complete | Available 24/7  |  | Parents, divorced or separated.                                | Center for Divorce Education<br>Ellen Taner<br>201-791-3230   | \$39.95 Per program plus optional \$11.50 for two workbooks.               |
| <b>Co-Parenting</b>   | A 90 minute workshop which explores parenting as a team. This workshop will help you both be on the same page such as: improving communication; dealing with a co- parent who is absent or refuses involvement; setting common parenting goals. | TBD  | TBA   | COPE Center<br>104 Bloomfield Ave<br>Montclair   | Parents and Caregivers   | COPE Center<br>104 Bloomfield Ave<br>Montclair, NJ<br><br>Contact: Mary<br>973-793-6655<br><br><a href="mailto:mlysinger@copecenter.net">mlysinger@copecenter.net</a> | \$5 donation<br><br>(no will be turned away in case of financial hardship) |
| <b>Dealing with Divorce</b>   | This is a 6 week workshop which will give children an appropriate outlet for difficult feelings, teach coping strategies, create connections with other children and ultimately, provide opportunity to heal and move forward                   | 6 weeks<br><br>6:00PM  | Fridays Evenings  | Meaningful Directions<br>Therapeutic Services<br><br>375 Main St., Suite 201<br>Hackensack, NJ 07601 | Children   | Meaningful Directions<br>Therapeutic Services<br>375 Main Street, Suite 201<br>Hackensack, NJ 07601<br>973-749-2009   | \$40.  |
| <b>Legal Consultation For Divorce, Custody or Visitation issues</b>               | Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues   | 6:00 pm –<br>8:00 pm   | Monday Evenings<br><br>In Spanish Thursday per month<br><br>Call for specific dates | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ                           | Women dealing with separation, divorce or custody legal issues | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ<br>201-568-1166<br><a href="mailto:info@womensrights.org">info@womensrights.org</a>        |  |
| <b>Moving on Life Center, Inc.</b>  | Multi-faceted therapeutic counseling network of healthcare providers committed to serving couples looking for pre-marital counseling, marriages/families experiencing challenges or adults experiencing life after divorce.                     |  | Call for appointment  |  | Adult clients in Bergen, Essex and Passaic counties            | Moving on Life Center<br>154 W. Englewood Ave.<br>Suite 2<br>Teaneck, NJ<br>201-837-8590<br><a href="mailto:molchealth@yahoo.com">molchealth@yahoo.com</a>            | Insurance and sliding scale  |

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| <b>New Beginnings</b>                   | A professionally run support group for separated or divorced persons. | 7:30 pm                   | Tuesday evenings | Montvale Evangelical Free Church<br>141 W. Grand Ave.<br>Montvale, NJ | divorced or separated persons | For more information, call Dr. Brian Cistola<br>845-353-1433                     |                     |
| <b>Single Parents Support Community</b> |   | 7:00 pm<br>8-week session | Tuesday          | Dorothy B. Kraft Center<br>15 Essex Road<br>Paramus, NJ               | Single parents/guardians      | To register call Center for Women, Children and Family Education<br>201-291-6151 | \$35.00 per session |

### Employment /Education Opportunities

| <b>Program Name</b>  | <b>Program Description</b>  | <b># and Time of Sessions</b>            | <b>Dates</b>                                     | <b>Location</b>   | <b>Parents/Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b>                    |
|--|---|--|--|---|---|---|---------------------------------|
| <b>Bergen County Displaced Homemaker Program</b>                 | A center that helps women become economically and personally self-sufficient after losing their primary means of financial support due to military deployment of spouses, death, disability or unemployment of spouse or significant other. | Call for hours of services               | Call for days of services                        | Bergen One-Stop Center<br>60 State St, 2nd Floor<br>Hackensack<br>Hackensack, NJ                          |   | For more information please call Laura Troy, Program Coordinator at 201-329-9600 or lautro@bergen.org   |                                 |
| <b>Bridges to Employment: Career Exploration and Development</b> | Participants learn how to prepare for employment: punctuality, resume writing, job interviewing skills, budgeting, conflict resolution and more   | Individualized Schedule                  | Year Round<br>Call for more specific information | Bridges to Employment Program<br>1 Bergen County Plaza<br>2 <sup>nd</sup> . Floor<br>Hackensack, NJ 07601 | Bergen County Youth 16 -21                                | Bergen County Division of Family Guidance<br>One Bergen Plaza, 2 <sup>nd</sup> floor<br>Hackensack, NJ<br><a href="mailto:psharif@co.bergen.nj.us">psharif@co.bergen.nj.us</a><br>Pari Sharif 201-336-6926                            | No Fee                          |
| <b>Program Name</b>  | <b>Program Description</b>  | <b># and Time of Sessions</b>            | <b>Dates</b>                                     | <b>Location</b>   | <b>Parents/Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b>                    |
| <b>Building Strong Families</b>                                  | At this 90-minute workshop you will learn how to “pick your spot” state it clearly- and stick to it! Active Listening also discussed  | TBD                                      | TBA  | YMCA of Montclair<br>25 Park Street<br>Montclair, NJ<br><br>*non-members welcomed                         | Parents and Caregivers                                    | Mary at COPE (973) 793-6655<br><a href="mailto:mlysinger@copecenter.net">mlysinger@copecenter.net</a><br><br>or<br>Carol Kearney (YMCA)<br>973-415-6134<br><a href="mailto:ckearney@montclairymca.org">ckearney@montclairymca.org</a> | <b>Building Strong Families</b> |
| <b>Citizenship (Cuidadania)</b>                                  | Classes to practice English and prepare for the INS naturalization exam with bilingual (English/Spanish Instructor)   | 10 week sessions<br><br>6:30PM to 8:30PM | Tuesdays and Thursdays                           | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ                                | Adult   | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ<br>201-568-1166<br><a href="mailto:lgaleano@womensrights.org">lgaleano@womensrights.org</a>  | \$75.00                         |

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| <b>Connections/<br/>A GED program</b> | Participants receive individualized preparation for the high school equivalency examination, assistance in developing a career plan, placement assistance in college or training programs | 9:00AM to 3:00PM                         | Year Round<br>Monday thru Friday                               | Bergen Community College<br>1280 Wall Street West<br>3 <sup>rd</sup> . Floor<br>Lyndhurst, NJ 07071 | Bergen County<br>Youth 16 -21 | Bergen County Division of Family Guidance<br>304 Valley Blvd. 2 <sup>nd</sup> floor<br>Wood-Ridge, NJ<br><a href="mailto:phibea@verizon.net">phibea@verizon.net</a><br>Philip Beamer 201-460-2260                                | No Fee  |
| <b>Computer Training</b>              | Fulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered.   | Varied                                   | Varied   | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ                          | Women and family members      | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ<br>201-568-1166<br><a href="http://www.womensrights.org">www.womensrights.org</a><br><a href="mailto:info@womensrights.org">info@womensrights.org</a> | No Fee  |
| <b>DIR Floortime Training Courses</b> | Training courses for parents, teachers, therapists, healthcare workers, and others.   | Varied                                   | Varied   | Online  | Adults                        | The Interdisciplinary Council on Developmental & Learning Disorders<br>4938 Hampden Lane, Suite 800,<br>Bethesda, Maryland 20814<br>301-656-2667   | Varied  |
| <b>English As A Second Language</b>   | Evening classes in three levels to learn English and improve reading, writing, listening and speaking skills  | 10 Week Sessions<br><br>6:30PM to 8:30PM | Mondays and Wednesdays<br><br>Or<br><br>Tuesdays and Thursdays | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ                          | Adults                        | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ<br>201-568-1166<br><a href="mailto:lgaleano@womensrights.org">lgaleano@womensrights.org</a>   | \$75.00 |

### Employment /Education Opportunities

| <b>Program Name</b>                               | <b>Program Description</b>  | <b># and Time of Sessions</b>  | <b>Dates</b>                                     | <b>Location</b>   | <b>Parents/<br/>Guardians only;<br/>entire family;<br/>or children</b> | <b>Agency<br/>Contact Information</b>  | <b>Costs</b> |
|---|---|--------------------------------|--|---|--|--|--------------|
| <b>Family Educational Workshops</b>               | Workshops for families who have an adult relative diagnosed with a serious and persistent mental illness. | 7pm-9pm<br><br>8 weeks         | Tuesdays   | Bergen Regional Medical Center Behavioral Health Pavilion, Room E218<br>230 E. Ridgewood Ave.<br>Paramus, NJ 0765 | Families with adult relatives with mental illness                      | Comprehensive Behavioral Healthcare Inc. (201) 646-0333 ext. 251                           |              |
| <b>HOPE Re-Entry Programs and Family Services</b> |   | 10 am – 8pm<br><br>10 am – 4pm | Monday and Wednesday<br><br>Tuesday and Thursday | H.O.P.E.<br>259 Passaic Street<br>Hackensack, NJ  | Ex-offenders and their families  | 201-646-1995<br><a href="mailto:Hopereentry259@verizon.net">Hopereentry259@verizon.net</a> |              |

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| <b>New Job Seekers Orientation</b>   | An introductory session to learn about programs and services for re-employment, including career counseling, confidence building, resume development, interviewing, online job search, computer training skills and job leads. | 1:00 pm                   | Every Other Friday<br>Call for Dates                                 | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ   | Unemployed women or family members   | Women's Rights Information Center<br>108 W. Palisade Ave.<br>Englewood, NJ<br>201-568-1166<br><a href="http://www.womensrights.org">www.womensrights.org</a><br><a href="mailto:info@womensrights.org">info@womensrights.org</a> | No Fee |
| <b>Transitional Employment and Mentoring Services Workshops and Seminars</b> |  | Call for more information |  | H.O.P.E. for Ex-Offenders, Inc.<br>Richard Hampton<br>Puryear Fellowship Hall<br>218 Passaic St.<br>Hackensack, NJ | Ex-offenders and their families  | 201-646-1995<br><a href="mailto:Hopereentry259@erizon.net">Hopereentry259@erizon.net</a>   |        |
| <b>Venture-Out Programs</b>  | A new, innovative program that brings together proven life skills curriculum with an intensive therapeutic component to assist students as they work toward independent living.  |                           | Call for more information—Referrals are through local school system. | Bergen County Special Services School District<br>293-295 Main Street<br>Hackensack, NJ 07601                      | 18 – 21 year old students diagnosed with a psychiatric disorder who may also be diagnosed on Autism Spectrum | Bergen County Special Services School District<br>35 Piermont Rd<br>Rockleigh, NJ<br>201-343-6000, x 4560<br><a href="http://www.bergen.org/venture">http://www.bergen.org/venture</a>   |        |

### Other Programs/ Workshops

| <b>Program Name</b>                              | <b>Program Description</b>  | <b># and Time of Sessions</b>     | <b>Dates</b>              | <b>Location</b>  | <b>Parents/ Guardians only; entire family; or children</b> | <b>Agency Contact Information</b>   | <b>Costs</b>                         |
|--|---|-----------------------------------|---------------------------|--|--|---|--------------------------------------|
| <b>Cognitive Connection: Alleviating Anxiety</b> | Therapy sessions designed to make connections   | Services available by appointment | Call for more information | Melinda Inzani, LLC<br>317 Godwin Ave.<br>Midland Park, NJ 07432 | Families, Adolescents and Adults                           | Melinda Inzani, LLC<br>201-704-6749<br><a href="mailto:Melindainzani1@gmail.com">Melindainzani1@gmail.com</a> | Call for cost information            |
| <b>Food, Feelings &amp; Body Image</b>           | Program designed to encourage young girls to find a healthy and positive balance as their minds and bodies grow and provide appropriate intervention to help prevent progression to an eating disorder. | 6:30pm to 7:30pm                  | Call for Dates            | Care Plus<br>17-07 Romaine St.<br>Fairlawn, NJ                   | Girls 12-18  | Care Plus<br>17-07 Romaine St.<br>Fairlawn, NJ<br><br>Alexa Squire, L.M.F.T.<br>201-797-2660 x337             | \$375 includes intake and 8 sessions |

|  |  |  |                     |  |                    |   |                               |
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| <b>Toolbox for Wellness</b>              | Program designed to help girls identify ow thoughts and actions can be self-defeating, and provides a path to learn how to replace coping skills with positive actions | 5:30pm to 6:30pm<br><br>Or<br>6:30pm to 7:30pm | Call for Dates      | Care Plus NJ<br>610 Valley Health Plaza<br>Paramus, NJ           | Girls 10-17yrs old | Care Plus<br>17-07 Romaine St.<br>Fairlawn, NJ<br><br>Alexa Squire, L.M.F.T.<br>201-797-2660 x337                 | Copay accepted with insurance |
| <b>When the Phone Won't Stop Ringing</b> | Navigating the journey of aging parents while maintaining an intact family   | 6 session program                              | By appointment only | Melinda Inzani, LLC<br>317 Godwin Ave.<br>Midland Park, NJ 07432 |                    | Melinda Inzani, LLC<br>201-704-6749<br><br><a href="mailto:Melindainzani1@gmail.com">Melindainzani1@gmail.com</a> | \$75.00 per session           |