

“Parenting and Family Guide” for Programs in Bergen County April 2016

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

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

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 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

St. Joseph's/ACCESS Deaf Mental Health Services- Psychiatric emergency services 24/7 for people who are Deaf or Hard of Hearing. Call 973-345-7357

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.

The Wellness and Support Center provides rapid access to short-term and recovery oriented interventions for adults experiencing a mental health crisis. **201-957-1100**
569 Broadway, Westwood, NJ 07675 Program Hours: Monday – Friday 8am to 8pm Saturday & Sunday 9am -5pm.

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

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|--|--|---|--|--|-------------------------------------|
| Aim Positive Behavior Consultation and Training | Workshops for parent group, social skill groups, in-home parent training, in-home and community behavior support, functional behavior assessments | 9:00 am – 9:00 pm | Daily | Call for more information | Ages 3-21 | Aim Positive Behavior Counseling Scott Rossig, M.Ed, BCBA 201-819-3869 scott@aim-positive.com Zach Ikkanda, M.A., BCBA 718-825-7768 zach@aim-positive.com | Call for more information |
| All Families Flourishing Energizing Positivity Seminar | | 10:00 am – 4:00 pm | First Saturday of each month | ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ | Parents/Caregivers raising a challenging child | ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ 973-746-0333 | \$90.00 each \$150.00 co-parents |
| Coping Power Program | Strengthen your parenting skills. Attend this 4 week program sponsored by the family Support Organization of Bergen County. | 9:30 am to 11:00 am | TBA | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 | Parent/ Caregivers | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 201-796-6209 x102 | No Cost |
| EPIC – Every Person Influences Children Parenting Education and Support Groups | 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 7:00PM to 9:00PM 12 sessions | Wednesday Afternoon Wednesday Evening Call for More Information | Hackensack YMCA 360 Main Street Hackensack, NJ 07601 | Parents | Children's Aid & Family Services Lannie Jaconia 201-740 -7110 | Nominal fee |

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|---|--|---|---|---|--|---|---|
| EPIC – Every Person Influences Children Parenting Education and Support Groups | 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 12 sessions | Monday Evenings Call for More Information | Children's Aid & Family Services 22-08 Route 208 South Fair Lawn, NJ 07410 | Parents | Children's Aid & Family Services Lannie Jaconia 201-740-7110 | Nominal fee |
| Grand parenting Classes | 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 718 Teaneck Road Teaneck, NJ | Grandparents | For more information, call Holy Name Medical Center Joanna Gorab 201-833-3124 | \$150.00 |
| Medicaid & SSI (18-21year) | This workshop helps explain critical steps families need to take to ensure that their loved one can receive and maintain this vital benefit. | 6:30pm to 8:30pm | Monday April 4, 2016 | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 | Parent/ Caregivers | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 lb@fsobergen.org 201-796-6209 x102 | No Cost |
| Parenting with "Common Sense" Program- Evidence Based Parenting Education Group | This evidence based program teaches positive discipline skills using roll-play, videos and homework | 8 week sessions 10:00 am-12:00 pm Or 6:30 pm-8:30 pm | Fridays Mondays *call to inquire about dates* | Fair Lawn Mental Health Center A division of Care Plus NJ 17-07 Romaine Street Fair Lawn, NJ 07410 | Parents Guardians Grandparents Caretakers | Fair Lawn Mental Health Ctr. Division of Care Plus NJ Sabrina Coppola 201-797-2660 ext 150 SabrinaR@careplusnj.org | \$200 |
| Parent Education and Support Group | 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 Call for date of next session | West Bergen Mental Healthcare Center for Children and Youth One Cherry Lane 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 201-444-3550 | Nominal Fee |
| Raising Children Who Want to Thrive | Workshop is designed to help parents understand aspects that influence their child's growth and development | 3 session program | By appointment only Session is 1½ hrs long | Balance & Thrive 666 Godwin Avenue Suite 100 Midland Park, NJ 07450 | Parents | Balance & Thrive 666 Godwin Avenue Suite 100 Midland Park, NJ 07450 Rose Rosato 201-444-8110 rose@balanceandthrivecounseling.com | \$65.00 per session (Total \$195.00) |

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|-------------------------------------|---|--------------------|--|--|--------------------|--|---------|
| Understanding Social Anxiety | Parents can learn effective ways on how to nurture and support their child without enabling and maintaining the symptoms. | 7:00 pm to 8:30 pm | Monday April 11 Register by Thursday April 7 | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 | Parent/ Caregivers | Family Support Organization 0-408 29 th Street Fair Lawn, NJ 07410 lb@fsobergen.org 201-796-6209 x102 | No Cost |
| Women Supporting Women | Support, Strength and Self Care for women who have children with addiction | 7:30 pm to 9:pm | 3 rd Tuesday of the month | Debra Simon Center Community Ed Room 1 st FL Room 1-193 Hackensack UMC 87 Route 17 North Maywood, NJ 07607 | | Debra Simon Center Community Ed Room 1 st FL Room 1-193 Hackensack UMC 87 Route 17 North Maywood, NJ 07607 Wsw4health@gamil.com | No Cost |

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|--|--------------------------------|---|--|--|---|
| Parenting Wisely On-line Program English and Spanish versions available | This program teaches parents and caregivers how to effectively raise their preteens and teens. | On-line 24/7 at www.parentingwisely.com | Available 24/7 | | Parents and guardians | Family Works Inc. Ellen Taner 201-791-3230 | \$39.95 plus optional \$15.20 for workbook. |
| AACT-NOW! African American Outreach | 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 Willing Heart Community Center 555 Martin Luther King Boulevard Newark, NJ | Family member who has a loved one with a mental illness. | NAMI New Jersey Cynthia H. Miles-Small AACT-NOW Information Coordinator 732-940-0991 www.naminj.org cynthmiles@naminj.org | No Fee |
| AACT-NOW! African American Outreach | 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 Willing Heart Community Center 555 Martin Luther King Boulevard Newark, NJ | Family member who has a loved one with a mental illness. | NAMI New Jersey Cynthia H. Miles-Small AACT-NOW Information Coordinator 732-940-0991 www.naminj.org cynthmiles@naminj.org | No Fee |

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| Adjustment to Motherhood Support Group | Share with others who are new mothers on the adjustment to motherhood and parenting. | | Call for days and times | Women's Wellness Center of Bergen County 71 Franklin Turnpike Suite 1 -2 Waldwick, NJ | Mothers | Women's Wellness Center of Bergen County Michelle Freedberg 201-256-3870 | No Fee |
| Bergen County Parent Support Group by the Caron Foundation | 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 14 Hope Street Ridgewood, NJ (behind Emmanuel Church) | Parents whose children have been impacted by addiction | Caron Foundation Lauren Springer 551-427-3340 or www.caron.org 800-867-2332 | No Fee |
| Birth Parent Support Group | 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 9:30PM | Second Wednesday of each month | 148 Prospect Street Ridgewood, NJ | Open to anyone who has placed a child or is considering placing a child for adoption. | Children's Aid and Family Services Shea Campbell 201-740-7043 | No Fee |
| Breastfeeding Support Group | 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 10:00 am-11:30 am | Every Thursday | The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ Held at the Kraft Center | Mothers | familyeducation@valleyhealth.com 201-291-6151 | No Fee |
| College Age support Group | Support group for college age students | Weekly 1:00PM | Wednesdays | D'Acierno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ | College age youth | D'Acierno and Associates 201-357-2715 | \$75.00 Also Sliding Scale or out of network ins. |
| Cord Blood Banking | 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 nd Wednesday of every month | Held at Destination Maternity 65 Route 4 West Paramus, NJ | Parents | Valley Hospital 201-291-6151 | \$10 per person Call to register |
| Early Childhood Developmental Screenings | 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 201-589-0552 srdauria.lcsw@gmail.com | Sliding scale, Out of Network Benefits |

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| Early Childhood Developmental Screenings | 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 201-589-0552 srdauria.lcsw@gmail.com | Sliding scale, Out of Network Benefits |
| Families Anonymous— Parent Support Group | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly 7:30 p.m. to 9:00PM | Wednesdays | Church of the Immaculate Conception 900 Darlington Avenue Mahwah, NJ -Follow parish office signs | Parents, Grandparents & Relatives of person with addiction | Families Anonymous famahwah@verizon.net 201-327-0748 Richard or Barbara | No Fee |
| Families Anonymous— Parent Support Group | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly 7:30 pm to 9:00PM | Tuesdays | Trinity Lutheran Church 430 Knickerbocker Rd. Tenafly, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous 1-800-736-9805 www.familiesanonymous.org | No Fee |
| Families Anonymous— Parent Support Group | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly 7:30 pm t 9:00PM | Fridays | Englewood Hospital and Medical Center 350 Engle Street Englewood, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous 201-585-8091 or Geri @ 917-836-3672 | No Fee |
| Families Anonymous— Parent Support Group | 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 | www.familiesanonymous.org | No Fee |
| Family Education, Counseling & Workshops | (Korean and limited English) | Call for more information | Call for more information | Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605 | Family | Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605 201-242-4422 | No Fee |
| Family Educational Workshops | | 8 weeks 7:00 pm to 9:00 pm | Tuesdays | Bergen Regional Medical Center Behavioral Health Plaza Room E 218 230 E. Ridgewood Ave. Paramus, NJ 07652 | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251 | No Fee |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------------|---|---|--|---|---|
| Family to Family Mental Health Education Program | 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 7:00 pm – 9:30 pm | Thursdays Call for new session dates | Bergen Regional Medical Center 230 E. Ridgewood Ave Paramus, NJ | Families with a member living with serious mental illness | NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076 | No Fee Program on come, first served basis |
| Family to Family Mental Health Education Program | 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 7:00 pm – 9:30 pm | Mondays | Church of the Presentation 271 W. Saddle River Rd. Upper Saddle River, NJ | Families with a member living with serious mental illness | NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076 | No Fee Program on come, first served basis |
| Family to Family Mental Health Education Program | 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 7:00pm – 9:30 pm | Tuesdays | First Presbyterian Church 190 Valley Blvd. Wood Ridge, NJ | Families with a member living with serious mental illness | NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076 | No Fee First come, first served basis |
| Family Share Support Group | Therapists direct participants to the correct resources. A talk and listen group | 8:00 pm | First Monday of every month | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey | Caregivers | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call (201) 635-9595 | No Fee |
| Family Support Group | 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 610 Valley Health Plaza Paramus, NJ | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251 | No Fee |

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|--|---|---|--|--|---|---------------------------|
| Hope and Healing Bereavement Group | A support group for those who have lost a loved one to the disease of addiction. | 7:30pm to 9:30pm | Every 1 st and 3 rd Wednesday | Clavary Lutheran Church 1 65 West Crescent Ave. Allendale, NJ 07401 | Entire Family | Gail Cole 201-960-4146 or Patty Trava 201-394-5287 or Lani Bonifacic LCSW 201-786-8572 | |
| Family Support Organization of Bergen County Wednesday Family Support Group | Through sharing experiences we can help you find options and discover approaches that may help you cope. | On-going 7–8:30 pm | Each Wednesday of the Month | Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ | Parents/Caregivers | Family Support Organization Lynne Bolson 201-796-6209 ext. 102 | No Fee |
| Grandparents Raising Grandchildren Monthly Support Group | | 12:45pm to 2:15pm | Tuesday | Englewood | Adult | Family Support Organization Lynne Bolson 201-796-6209 ext. 102 IB@fsobergen.org | No Fee |
| Grief Recovery Outreach Program | An action oriented group to assist individuals in recovering from the pain associated with their losses | Six week program Twelve week program | Call for Appointments | 121 Rea Avenue Hawthorne, NJ 07507 | Individuals who have experienced a loss due to death or divorce | Diane Sardanopoli, LPC PO Box 280 121 Rea Avenue Hawthorne, NJ 07507 201-873-6496 | \$240.00 \$500.00 |
| Group for Women Affected by Intimate Partner Violence | 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 1485 Teaneck Road Teaneck, NJ | Women Domestic Violence Support Group is Non-denominational | IRA-Information and Referral 201-837-9090 Email: IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit www.jfsbergen.org | No Fee |
| Hearts and Crafts Counseling | Counseling for children, teens and adults | Call for more information | Call for more information | 330 B Broadway Hillsdale, NJ 07642 | Open to all | Hearts & Crafts 330 B. Broadway Hillsdale, NJ 07652 201.818.9399 www.heartsandcraftfscounseling.org info@heartsandcraftscounseling.org | |
| HIV/AIDS Support Group | Support group for those newly diagnosed with HIV or AIDS. | 6- 7:30 pm | Thursdays | Bergen Family Center 10 Banta Place Hackensack, NJ | Open to all | Call for additional information Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20 | Call for cost information |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|---|---|--|--|---|---|
| Jewish Family Services of North Jersey | 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 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 1 Pike Drive , Wayne, NJ 973-595-0111 | Accepts most insurance Sliding scale available |
| Jewish Twelve Steps / JACS | A support group that opens with spiritual message relating Jewish concepts to the 12-Steps. | 7:30 pm to 8:30 pm | Thursday Meets 2 nd Thursday of every month | Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ | Jewish persons needing help for self or loved with addiction | 201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info contact Ben at 201-981-1071 | No Fee |
| Juvenile Family Crisis Intervention Unit (JFCIU) | 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. 24/7 Crisis counseling | Available 24/7 via phone. Walk-ins welcome during office hours | Bergen County Juvenile Family Crisis Intervention Unit One Bergen County Plaza 2 nd . Floor Hackensack, NJ 07601 | Bergen County residents. Children ages 5 to 17 and their families | BC Division of Family Guidance One Bergen County Plaza 2 nd . Floor Hackensack, NJ 07601 201-336-7360 Alan Lerner, Supervisor alerner@co.bergen.nj.us www.co.bergen.nj.us/familyguida | No Fee |
| Kinship Care Services | 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 17-07 Romaine St. Fairlawn, NJ | Guardians & Caregivers | Care Plus NJ 17-07 Romaine St. Fairlawn, NJ Sarah Gregor 201-398-9110 x156 | No Fee |
| Kinship Legal Guardian Resource Clearing House | 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: 877-KLG-LINE (877-554-5463) or email Dana Fried at dwfried@kinkconnect.org or 201-740-7129 | No Fee |
| Meaningful Directions Therapeutic Services | 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 375 Main Street Suite 201 Hackensack, NJ 07601 | All | Meaningful Directions Therapeutic Services 375 Main Street Suite 201 Hackensack, NJ 07601 973-749-2009 | \$40 |

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|---|---|--------------------|--|--|---------------------------------------|--|--------|
| Meaningful Directions Therapeutic Services | 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 375 Main Street Suite 201 Hackensack, NJ 07601 | All | Meaningful Directions Therapeutic Services 375 Main Street Suite 201 Hackensack, NJ 07601 973-749-2009 | \$40 |
| Meadowlands Family Services | Our center focuses on planning events and programs that strengthen our families and our community. We offer a variety of classes and seminars for all ages. | Varied | Call for More Information | Meadowlands Family Success Center 100 Washington Ave Little Ferry, NJ 07643 | All | Meadowlands Family Success Center 100 Washington Ave Little Ferry, NJ 07643 Mary Elizabeth Fulco 201.464.4714 x106 Mfulco@meadowlandsfsc.org www.meadowlandsfsc.org | Free |
| Men's Support Group | 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 2 University Plaza Suite 208 Hackensack, NJ 07601 | For male survivors of sexual violence | Bergen County Rape Crisis Center, to participate, please call 201-881-1750 | No Fee |
| Mental Health Support Group | 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 327 Ridgewood Avenue Paramus, New Jersey | | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call the NAMI Bergen office at (201) 635-9595 | No Fee |
| Mom's Circle #1 Meet and Share | 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 350 Engle St. Englewood, NJ | Moms –Babies welcome | Englewood Hospital 201-894-3784 Registration is encouraged | |
| Mom 2 Mom | Monthly support fro for caregivers of children of all with special needs Light dinner will be given | 7:00pm to 8:30pm | Tuesday March 8, 2016 RSVP 1-877-914-6662 | Community Choices 17-03 A Broadway Fair Lawn, NJ 07410 | Parents/ Caregivers | Antionette Evans MomMMom Peer Counselor 877-914-6662 | |

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|---|--|---|--------------------------------------|
| Mother's Support Groups Postpartum | Counselors providing comprehensive mental health services for children, adolescents, individuals, couples and families | | Call to schedule an appointment | The COR Group 294 Harrington Avenue Closter, New Jersey | Children, adolescents, individuals, couples and families | The COR Group 294 Harrington Avenue Closter, New Jersey 201-485-6181 201-638-7826 Cor_psych@yahoo.com | |
| New Moms Support Group | A support group for new moms to discuss topics relating to motherhood and parenting. | 1:30 pm | 1 st and 3 rd Thursdays of each month | Holy Name Medical Center 718 Teaneck Road Teaneck, NJ | New Moms | For more information or registration, call Joanna Gorab 201-833-3124 | No Fee |
| New Mom's Group | | 10:00 am 7:00 pm | Saturdays Thursdays | Women's Wellness Group 547 Main Street Hackensack, NJ | Moms (Babies welcome Sat) Moms only (No babies on Thursdays) | NNJM/CHC 17 Arcadian Ave. Suite 204 Paramus, NJ Registration/Information call: Kimberly Agrest 201-784-6718 | Sats. Free Thurs. Nominal Fee |
| New Mother's Support group | The group assists mothers with some of the new, stressful, and joyous aspects of being a parent. | TBD | Fridays | Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601 | New mother's & Children | Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601 973-749-2009 | \$40 |
| New Mom's Group | 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 Apt. 306 Teaneck, NJ | Individuals needing help and support in recovery from addiction(s) | Contact Jim for more information 315-382-7257 | No Fee |
| Outpatient Counseling | Counseling for children, adolescents and their families | | Call to schedule appointment | | Families who are Medicaid eligible | Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090 | |
| Parent Program | | Thursdays 7:30 pm | 2 nd Thursday of each month | Emerson Bible Church Recreation Room 162 Linwood Ave. Emerson, NJ | Parents Orientation for first-timers 7:15 | For more information: TheParentProgram.spaces.live.com or TheParentProgram@live.com | No Fee |
| Partial Care Family Support Group | | 6:00 PM to 7:00 PM | Every second Thursday of the month | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ | | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information | |

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|-------------------------------|---|---|--|---|---|
| PFLAG (Parents, Families, Friends of Lesbians and Gays) | 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 rd Tuesday of month (Orientations at 7:30PM before each monthly meeting) | Temple Beth Or 56 Ridgewood Road Westwood, NJ 07675 | Parents, families, friends | For more information contact PFLAG Bergen County Chapter PO Box 1330 Ridgewood, NJ www.bergenpflag.org info@BergenPFLAG.org | \$30.00 annual membership fee |
| Post Adoption Counseling (PACS) | 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 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 Pre/Post Adoption Counseling Services (PACS) Lisa Duff 201-740-7124 lduff@cafnsj.org | Free for Bergen and Passaic County Families |
| Post-Partum Depression Support Group | A support group for new moms suffering from Post-Partum Depression (PPD) symptoms. | 11 am-12 pm 7 pm-8 pm | 1 st and 3 rd Wed. of the month 2 nd and 4 th Tuesday of the month | The Valley Hospital 223 North Van Dien Ave. Ridgewood, NJ | New mothers with PPD | Call before attending any session To register or additional information call Trudy Heerema 201-447-8539 | No fee |
| Postpartum Therapeutic Support Group | 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 Berrie Conference Room 350 Engle St. Englewood, NJ | Moms | Englewood Hospital 201-894-3784 Diana Jones Registration is encouraged | Nominal fee |
| PSTD and Sexual Abuse Support Group | | 12:00pm – 2:00 pm | Mondays | Bergen Family Center 10 Banta Place Hackensack, NJ | | Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20 | |

Support Groups or Services for Families and Adult

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

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|--|---|--|---|--------------|
| Strengthening Families English & Spanish | 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. Free Dinner! | 6:00pm - 8:30pm | May 3, 2016 To June 20, 2016 Registration required | Boys and Girls Club 460 Passaic Street Lodi, NJ | Entire Family | The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Shyra Aultmon 201-740-7148 or saultmon@cafsnj.org | Free |
| Strengthening Families English & Spanish | 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. Free Dinner! | 6:00pm – 8:30pm | March 1, 2016 to June 7, 2016 Tuesday Weekly Registration required | Jackson Avenue School 421 Jackson Avenue Hackensack, NJ | Entire Family | The Center For Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Stephanie Drag 201-740-7096 or sdrag@cafsnj.org | Free |
| Strengthening Military Families | 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. Free Dinner! | 6:00pm-8:30pm | March 24, 2016 To June 16, 2016 Thursday Weekly Registration required | Teaneck High School 100 Elizabeth Avenue Teaneck, NJ | Entire Family | The Center For Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Eileen Fitzmaurice 201-740-7150 efitzmaurice@cafsnj.org | Free |
| Strengthening Families | 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. Free Dinner! | 5:30pm–8:00pm | April 13, 2016 Wednesday Register by April 6 | Community Charter Schools of Paterson 75 Spruce Street Paterson, NJ | Entire Family | The Center For Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Shyra Aultmon 201-740-7148 or saultmon@cafsnj.org | Free |

Support Groups or Services for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|-------------------------------|--|--|--|---|---------------------------------------|
| Strengthening Families | 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. Free Dinner! | 4:00pm–6:0pm | April 14, 2016 Thursday Register by April 7 | Straight & Narrow Family Success Center 101 Cedar Street Paterson, NJ | Entire Family | The Center For Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Shyra Aultmon 201-740-7148 or saultmon@cafsnj.org | Free |
| Support for Survivors of Military Sexual Trauma | 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 2 University Plaza, Suite 208 Hackensack, NJ | | Potential participants, please call the Director of the Rape Crisis Center for more information and an intake. 201-881-1750 | |
| Support Group for Friends & Families of Substance Abusers | 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 7:45pm | | Wyckoff Grace United Methodist Church 555 Russell Ave Wyckoff, NJ | Open to All | Grace United Methodist Church 555 Russell Ave Wyckoff, NJ Pastor Pamela 201-891-4595 SAfriends@gumc.org | |
| TAMAR Together Against Molestation and Rape Group | 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. 154 W. Englewood Ave. Suite 2 Teaneck, NJ | Female victims of personal violence | Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 Mochealth@yahoo.com | YCM or CMO referrals or sliding scale |
| Team Management 2000 Inc. | Providing holistic educational, employment, training and placement clinical, rehabilitative, and family support services. | Call for appointment | | 84 Main Street Hackensack, NJ 07601 Locations also in Essex County | Entire Family | Team Management 2000 Inc. 84 Main Street Hackensack, NJ 07601 201-487-4700 | Call for Information |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|--|--------------------------------|--|--|--|---|
| Therapy for Adolescents and Adults | 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 Hawthorne, NJ 07507 | Adults and adolescents | Diane Sardanopoli, LPC PO Box 289 121 Rea Avenue Hawthorne, NJ 07507 201-873-6496 | \$120 per session Sliding Scale |
| Wellness Wednesdays for Moms | Mom's Circles groups; call for more information | Call for times | Wednesday | Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ | Moms –Babies welcome | Englewood Hospital 201-894-3784 Registration is encouraged | |
| W.I.S.E. Women, Independent, Strong, Enriched | An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved. | 9:30 am – 10:30 am 8 weeks Twice per week | Meets on Mondays and Thursdays | Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ | Female domestic violence victims; non-denominational | Sheila Steinback 201-837-9090 Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ www.jfsbergen.org Pre-registration required | |
| Women's Health Yoga | Class addresses the specific needs of a woman's physiology and can promote your physical, mental, and spiritual health. | 5 week series Or 10 week series 7:30 pm-8:30 pm | Wednesdays | Held at Destination Maternity | Non-pregnant women | familyeducation@valleyhealth.com 201-291-6151 | \$100 per person/5 week series \$180 per person/10 week series |
| Women's Wellness Support Group | | 11 am to 12:30 pm | Mondays | 547 Main Street Hackensack, NJ | | For registration or more information call Kimberly Agresta 201-784-6718 | Nominal fee |
| Women's Support Group | A psychotherapeutic group for women looking for support in their day to day lives | Ongoing 1:30PM | Mondays | D'Acerno and Associates 1182 Teaneck Road Teaneck, NJ 07666 | Women | D'Acerno and Associates 1182 Teaneck Road Teaneck, NJ 07666 201-357-2715 | \$75.00 Sliding scale available |
| | | | | | | | |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|--------------------------------------|---|--|---|---|--|
| Adolescent Medical Detox/Addiction Recovery | 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 Admissions: 800-242-2550 or 609-497-3355 | Most insurance and Medicaid accepted |
| Adolescent Substance Abuse Outpatient Group | 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 5:45pm - 7:15pm | Tuesdays and Thursdays | Bergen Regional Medical Center Paramus, New Jersey | Adolescents 13 – 17 | Bergen Regional Medical Center 201-967-4000, x 4260 Michael Mariano | |
| A.L.L.I.E.S. LGBTQ Support Group | 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 610 Valley Health Plaza Paramus, NJ 07652 | Youth 13 – 17 who identify as LGBTQ or are questioning | Care Plus NJ Children & Family Services 17-07 Romaine Street Fair Lawn, NJ Alexa Aquire, L.M.F.T 201-797-2660 x337 | \$20.00 per session |
| Anger Management Program Ages 12-18 | 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 17-07 Romaine Street, Fair Lawn, NJ 07410 | Adolescents between the ages of 12-18 and caregivers | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Laura Del Tufo, LMFT, LPC 201-797-2660 ext. 110 laural@careplus.org | Sliding Scale Fee for families. |
| Art Therapy Group | Art therapy for ages 3-18 | TBA | TBA | D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ | Ages 3 – 18 years old | D'Acerno and Associates 201-357-2715 | \$75.00 Also Sliding Scale or out of network ins. |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|--|---|--|--|
| Bergen County Juvenile Fire Prevention Program | 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 17-07 Romaine Street Fair Lawn, NJ | Children | Care Plus NJ Children and Family Services 17-07 Romaine Street Fair Lawn, NJ 201-797-2660 x 144 Teresa Martino-Woods, LAC | No Fee For Bergen County Residents |
| Bergen County Office of Alcohol and Drug Dependency (BCOADD) | 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: Bergen county Department of Health Services Office of Alcohol and Drug Dependency 327 E. Ridgewood Avenue, room 210 201-634-2740 | |
| Camp Excel Social Skills | 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 732-281-0275 Kcable23@aol.com | |
| Children's After School Treatment Services (C.A.T.S.) | 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. One Bergen County Plaza, 2 nd floor Hackensack, NJ Or C.A.T.S. 321 E. Ridgewood Ave. Paramus, NJ | Elementary and middle school age children | County of Bergen Department of Human Services Division of Family Guidance One Bergen Plaza, 2 nd Floor Hackensack, NJ For more information, call 201-336-7358 | No Fee |
| Child Anxiety Disorders Clinic | 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 131 Temple Ave. Hackensack, NJ | Socially vulnerable youth 8 – 12 years old | FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ For information, initial screening or specific requirements for participation call 201-692-2645 | Groups are free, intake session \$30 and social skills screening \$20. |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|--|--|-------------------------|---|--|---|-------------------------------|
| Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services | 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 230 E. Ridgewood Ave. Paramus, NJ | | Appointment only, call for information or appointment 1-800-730-2762 | |
| Divorce Groups for Children | | Weekly 6:00pm – 7:00 pm or 7:00pm – 8:00 pm | Mondays | West Bergen Center for Children and Youth 3 Post Road Oakland, NJ | School age children | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| Empower U: An Educational Support Group for Victims of Bullying | 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 5:00pm | Fridays | Meaningful Directions Therapeutic Services 375 Main St, Suite 201 Hackensack, NJ 0761 | Children | Meaningful Directions Therapeutic Services 375 Main St, Suite 201 Hackensack, NJ 0761 973-749-2009 | \$40 |
| Freedom From Anxiety | 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 6:30PM | Mondays or Wednesday | Fair Lawn Mental Health Center a division of Care Plus New Jersey 17-07 Romaine Street Fair Lawn, NJ or 610 Valley Health Plaza Paramus, NJ | Children | Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410 201-797-2660 x337 Alexa Squire, L.M.F.T. | Copay accepted with Insurance |
| Girl Talk | 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 Call for times | Call for starting dates | The COR Group 294 Harrington Avenue Closter, New Jersey | Girls 10 to 13 14 to 17 | The COR Group 294 Harrington Avenue Closter, New Jersey 201-485-6181 | Sliding Scale Insurance |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|-------------------------------|---|---|--|---|--|
| Helping Children Deal With Loss (Educational Study Group for Parents) | Provides parents with valuable information and tools to assist their children in dealing with the losses they have suffered. | 6 week session | Call for more information | 121 Rea Ave Hawthorne, NJ | Adults and child Also play therapy for 3 1/2+ years | Diane Sardanopoli, LPC PO Box 280, 121 Rea Ave. Hawthorne, NJ 07507 201-873-6496 | \$180.00, accepts insurance, Sliding Scale |
| LEGO Social Skills Groups for age 5 -7 and 8 - 10 | 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 sessions | After-school hours Please call for information on forming groups. | Offices in Wayne and Fairlawn | Children with social difficulty. Parents/guardians must remain on site. Age groups are 5 - 7 and 8 – 10. | Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111 | \$200 for 8-week session |
| Mentoring | | Call for schedule | Call for more information | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 | Parents and children | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Joseph Schmidt www.ridgewoodymca.org | No Fee |
| Play Therapy (3yrs. And Up) | Individual Play Therapy sessions to assist children in resolving emotional, social and behavioral difficulties. Also provides parents strategies and guidance. | Call for schedule | Call for more information | 121 Rea Avenue Hawthorne, NJ 07507 | Parents and children | Diane Sardanopoli, LPC PO Box 280 121 Rea Avenue Hawthorne, NJ 07507 | \$120 per session. Also Sliding scale |
| “Mommy & Me” English/Spanish | | 11:00am - 12:00pm | Tuesdays & Thursdays | Family Success Center at Bergen Family Center 44 Armory St. Englewood, NJ 07631 | Mothers & Children | Family Success Center of Englewood & Teaneck Alana Alleyne/Natalia Arias 201-568-0817 Natalia Arias, ext. 15 | No Fee |
| NYU Child Study Center Psychiatric Evaluation and Treatment Services | A multidisciplinary group of child psychiatrists, a pediatric neurologist, neuropsychologists and clinical psychologists that offer diagnostic evaluations, neuropsychological testing and psychiatric treatment for adults, children, and adolescents. | 8:00am - 8:00pm | Services Available: Monday – Friday Saturdays hours are available | 411 Hackensack Avenue 7 th floor Hackensack, NJ | Children who need evaluation for school, emotional or behavioral problems | NYC Child Study Center New Jersey 411 Hackensack Ave. 7 th floor Hackensack, NJ For additional information or to schedule an appointment, please call Dana Caines 201-465-8111 | Out of Network fee |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|--|----------------|--|---|--|---|
| On The Mend | Children are provided with support and taught age appropriate coping skills and techniques to assist in the difficulties hastened by parental divorce and separation. | 6:00PM to 7:00PM | Call for Dates | Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410 | Children | Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410 Alexa Squire, L.M.F.T 201-797-2660 ext. 337 | \$375 includes an intake & 10 sessions |
| Play Therapy Group | Play group for ages 3-18 | TBA | TBA | D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ | 3 -18 years of age | D'Acerno and Associates 201-357-2715 | \$75.00 Also Sliding Scale or out of network ins. |
| Rainbow (Dealing with Grief) | | Weekly 7:00 pm – 8:00 pm | Wednesdays | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 | Parents and children | Ridgewood YMCA Brigid Caffrey 201-444-5600 | No Fee |
| Social Skills | | TBA | TBA | D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ | 5-21 year olds. | D'Acerno and Associates 201-357-2715 | \$75.00 Also Sliding Scale or out of network ins. |
| Social Skills Program Ages 5-18 A parent group is offered concurrently. | Program designed to enhanced a child's social and emotional functioning by developing and practicing social skills, communication skills problem solving skills, and anger management as well as build and strengthen self-esteem | 6:00 pm to 7:30 pm 10 sessions | Call for Dates | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 | Adolescents between the ages of 5-16 and caregivers | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Alexa Squire, L.M.F.T. 201-797-2660 x337 | \$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group |
| Support Group for Socially Vulnerable Groups for Children 8 - 12 | 10-weekly group sessions for children who are withdrawn from social activities and relationships. | Call for more information on dates and times | | FDU Child Anxiety Disorders Clinic Center for Psychological Services 131-139 Temple Avenue Hackensack, NJ | Youth 8 – 12 who are shy, socially anxious, withdrawn, or bullied | For more information, please call Lisa Iskander at 201-692-2645 | No Cost for group, but intake fee of \$30 and screening of \$20 |

Programs or Support Groups For Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|--|---|--|---|--|--|
| Substance Abuse Group for Teen Girls | | 3:30pm-4:30pm | Every Tuesday | Vantage Health Care Systems 93 W. Palisade Ave. Englewood, NJ | Teen Girls Ages 14 - 18 | Call 201-567-0059 To make an appointment | Insurance, Medicare, Medicaid accepted, sliding scale |
| Teen Anti-Bullying Support Group | What will we talk about? Standing up for others; diffusing rumors, gossip online; respectful communication; resolving conflicts; stress reduction; communication & peer relationships; trust, forgiveness & healing; issues of concern to the group members. | 6:30pm to 8:30 pm | First Thursday of every month New members will be accepted at any time | Interstate FACTS, LLC 15 Warren Street Hackensack, New Jersey | Any High School student in Bergen County | How do I find out more about the group? Simply call (201) 488-5188 OR Email donna.interstatefacts@gmail.com or interstatefacts@gmail.com 201-488-5188 Parent and student must register before attending session | No Fee |
| Teen Boys Group | | Weekly 6:00 – 7:00 PM | Mondays | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Teen Boys ages 13-16 | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| Teen Equine Empowerment Program | 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 Thursdays: Teens | Three Sisters Farm 1170 Ramapo Valley Rd Mahwah | Tweens (Middle School Girls) Teens (High School Age Girls) | Pony Power For more information or registration www.ponypowernj.org | \$150.00 per day |
| Teen Girls Support Group | Support group for teenage girls | Weekly 4:30PM | Wednesdays | D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ | Teen girls | D'Acerno and Associates 201-357-2715 | \$75.00 Also Sliding Scale or out of network ins. |
| Teen Girls Educational Empowerment Group | 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 8 week sessions | Wednesdays | Vantage Health System 2 Park Avenue Dumont, NJ | Girls ages 14 - 17 | Questions, please call Julie Shaw, 201-385-4400, ext. 3018 | 8-week session \$140.00 or will be \$20 per session |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|--|---|--|--|---|--------------------------------|
| Teen Girls Group for Substance Abuse and Mental Health Counseling | 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 Ridgewood | Teen girls with substance abuse or mental health issues | For More Information, please contact Stephanie Blanchflower at 201-444-3550 | |
| Teen Marijuana Cessation Group for Teens 14 - 17 | Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users. | Call for appointment | Phase I: 5 weekly 75-minute sessions Phase II: 7 weekly 75-minute sessions | Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3 rd Floor Oakland, NJ | Referrals now being accepted | To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444-3550, X 7148 | |
| Teen Track: Recovery for Adolescents | 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 230 E. Ridgewood Ave. Paramus, NJ | Teens struggling with abstinence | Bergen Regional Medical Ctr. For more information or registration call Katie Mahoney, Teen Track Coordinator 201-967-6345 | |
| Young Adult Partial Program | | 2:00pm to 4:30 pm | Wednesday and Thursday | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ | Ages 18 - 35 | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information | |
| Youth Anger Management A parent group is offered concurrently. | 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 17-07 Romaine Street Fairlawn, NJ | Youth 12 - 18 | Care Plus 17-07 Romaine St. Fairlawn, NJ Lauren O'Connell 908-688-5072 x24 | Sliding scale fee for families |

Special Needs Programs or Support Groups

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|---|--|---|--|--|---------------|
| ACCESS St. Joseph's Regional Medical Center | Individual, Couples and family therapy provided by therapists who use ASL and are culturally sensitive to the needs of Deaf Individuals. | | Available 24/7 By phone | ACCESS-St. Joseph's Regional Medical Center Various locations | Individuals who are deaf or hard of hearing | ACCESS-St. Joseph's Regional Medical Center 60 Hamilton Street Paterson, NJ 07505 973-754-5590 V 973-968-6567 VP | |
| ADHD/Social Skills Groups | | 5:00pm to 6:00 PM or 6:00pm to 7:00 PM depends on age | Mondays and Tuesdays Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | School age children | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 For information, call Alan Koenig 201-934-1160 | Sliding Scale |
| ASPEN Father's Support Group | 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 st Tuesday of the month, except for Holiday conflicts | Bergen County Special Services CAPE Center Community Services 2 nd Floor Training Room 540 Fairview Avenue Paramus, NJ 07652 | Fathers of children on Asperger's Spectrum or related conditions | For more information, check the website http://www.aspenni.org/chapter_s.asp Matthew Root (msresq@verizon.net) Jim Hagarty (big2h@aol.com). | |
| Asperger's Related Services – Therapeutic Social Skills Groups | 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 1 Cherry Lane Ramsey, NJ 07430 | All ages | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| | | | | | | | |

Special Needs Programs or Support Groups

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|---|-------------------------|--|---|---|---|
| Asperger's Social Skills Training at William Paterson University | 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. | |
| Asperger's Related Services – Saturday Art Workshops | 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 Ages 6 – 9 11:00 am – 12:00 pm Ages 10 – 13 1:00 pm – 2:00 pm | One Saturday a month | West Bergen Asperger's Services 615 Franklin Turnpike Ridgewood (NOTE: NEW ADDRESS) | Youth age 6-13 | For more information or registration, contact Pat Decker 201-857-0080 | \$35.00 each session |
| Asperger's Related Services – Playgroup Workshop | 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 1 Cherry Lane Ramsey, NJ 07430 | Youth age 4 – 7 | For more information or registration, contact Kelly Doyle 201- 934-1160 ext 7231 | \$175.00 for 5-week session |
| Asperger's Related Services – Sibling and Cousin Workshop | 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 Aged 11 – 14 | West Bergen Mental Healthcare 615 Franklin Turnpike Ridgewood, NJ 201-857-0080 www.westbergen.org | \$175.00 first child, \$50.00 each additional child |

Special Needs Programs or Support Groups

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|---|---|--|--|--|--|
| Bergen County Community Mental Health Law Project | 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: 9:00 am – 4:30 pm | Monday thru Friday | Community Services Building 327 Ridgewood Avenue 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. Project Director 201-634-2761 201-634-2762 | |
| Creative Family Dance Class | Family dance class for ages 2yrs and up including children with disabilities | Call for sessions | Saturdays | Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ 07601 | Family | Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ 07601 201-342-2989 Elissa Machlin-Lockwood Cmde1962@aol.com | \$10 suggested fee per family |
| Child Anxiety Disorder Clinic | 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 131 Temple Ave Hackensack, NJ | Socially vulnerable children ages 8 – 12 | Space is limited, call for initial screening. Call 201-692-2645 for information, initial screening and specific requirements regarding participation | Group is free, but intake is \$20 - \$30 |
| Dance Movement Exercise Classes Special Needs Activity Reading Program Special Needs | Using uplifting music to low impact exercise and streamers. Reading Program- one on one tutoring in reading, writing & comprehension | Call for more information | Call for more information | Mount Olive Baptist Church 260 Central Avenue Hackensack, NJ 07601 | Call for More Information | Bi- Whole, Inc. 26 Central Ave Hackensack, NJ 07601 Lola Sims 201-777-6328 | Call for More Information |
| Emotion Regulator Treatment Group | 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 Dickinson University 131 Temple Avenue 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. Groups are \$35 to \$55 |
| Marble Jam Kids | Authorized service provider for children and adults with special needs | | | Center for Creative Arts Therapy 954 Kinderkamack Rd. Suite 1 River Edge, NJ 07661 | Children & Adults | Center for Creative Arts Therapy Anna F. Villa-Bager 201-497-612 x101 www.marblejamkids.org | |

Special Needs Programs or Support Groups

| <i>Program Name</i> | <i>Program Description</i> | <i># and Time of Sessions</i> | <i>Dates</i> | <i>Location</i> | <i>Parents/ Guardians only; entire family; or children</i> | <i>Agency Contact Information</i> | <i>Costs</i> |
|---|--|---|--|---|---|---|--|
| Our Time | 1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents | 1:00PM - 2:00PM 9:30AM - 10:30AM 11:00AM- 12:00PM | Classes begin on every 2 month cycles Wednesday Thursday Thursday | The Child Center 3 Post Road Oakland, NJ | Youth ages 20 – 36 months receiving intervention services | The ARC of Bergen and Passaic For more information, please call 201-644-0304 | \$200 for 8 weeks |
| The Process of Selecting a College | 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 4:30 pm to 6:00 pm | Mondays | 120 Chestnut Street Ridgewood, NJ | Students with Asperger's syndrome, NVLD, HFA, and PDD-NOS | Kelly Doyle 201-857-0080 | \$50/ session |
| Therapeutic Play Dyads | Your child is paired with a developmentally compatible peer that has similar and/or complimentary treatment goals | Varied Afternoon and Saturday available | Call for dates | 22 East Quackenbush Avenue 3 rd . Floor Dumont, NJ 07628 | Autism Spectrum Disorder | Heather Christensen 201-527-5305 hchristensenlcsw@verizon.net | Some insurance accepted. Generous sliding scale. |

Single Parent or Divorce Related Programs and Support Groups

| <i>Program Name</i> | <i>Program Description</i> | <i># and Time of Sessions</i> | <i>Dates</i> | <i>Location</i> | <i>Parents/ Guardians only; entire family; or children</i> | <i>Agency Contact Information</i> | <i>Costs</i> |
|--|--|--------------------------------------|---|--|---|--|---------------------|
| Adult Divorce Group | | Weekly | Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Parents, divorced or separated | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| Children in Between NOTE: New Name, formerly Children in the Middle | 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 April 7, 2016 Registration Required | The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ 07410 | Parents, divorced or separated with children of any age | The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ To register call Chanel Dupree 201-740-7069 cdupree@cafsnj.org | No Fee |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|--|--|---|--|--|--|--|
| Children in Between NOTE: New Name, formerly Children in the Middle | 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. | 12:30 pm – 4:30 pm | Tuesday April 26, 2016 Registration Required | The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ 07410 | Parents, divorced or separated with children of any age | The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ To register call Chanel Dupree 201-740-7069 cdupree@cafsnj.org | No Fee |
| Children in Between On-Line Program English and Spanish versions available | 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 Ellen Taner 201-791-3230 | \$49.95 Per program |
| Co-Parenting | 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 104 Bloomfield Ave Montclair | Parents and Caregivers | COPE Center 104 Bloomfield Ave Montclair, NJ Contact: Mary 973-793-6655 mlysinger@copecenter.net | \$5 donation (no will be turned away in case of financial hardship) |
| Dealing with Divorce | 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 6:00PM | Fridays Evenings | Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601 | Children | Meaningful Directions Therapeutic Services 375 Main Street, Suite 201 Hackensack, NJ 07601 973-749-2009 | \$40. |
| Legal Consultation For Divorce, Custody or Visitation issues | Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues | 6:00 pm – 8:00 pm | Monday Evenings In Spanish Thursday per month Call for specific dates | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ | Women dealing with separation, divorce or custody legal issues | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 info@womensrights.org | |

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| Moving on Life Center, Inc. | 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 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 molchealth@yahoo.com | Insurance and sliding scale |
| New Beginnings | A professionally run support group for separated or divorced persons. | 7:30 pm | Tuesday evenings | Montvale Evangelical Free Church 141 W. Grand Ave. Montvale, NJ | divorced or separated persons | For more information, call Dr. Brian Cistola 845-353-1433 | |
| Single Parents Support Community | | 7:00 pm 8-week session | Tuesday | Dorothy B. Kraft Center 15 Essex Road Paramus, NJ | Single parents/guardians | To register call Center for Women, Children and Family Education 201-291-6151 | \$35.00 per session |

Employment /Education Opportunities

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|-------------------------------|--|---|--|---|---------------------------------|
| Bergen County Displaced Homemaker Program | 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 60 State St, 2 nd Floor Hackensack Hackensack, NJ | | For more information please call Laura Troy, Program Coordinator at 201-329-9600 or lautro@bergen.org | |
| Bridges to Employment: Career Exploration and Development | Participants learn how to prepare for employment: punctuality, resume writing, job interviewing skills, budgeting, conflict resolution and more. | Individualized Schedule | Year Round Call for more specific information | Bridges to Employment Program 1 Bergen County Plaza 2 nd . Floor Hackensack, NJ 07601 | Bergen County Youth 16 -21 | Bergen County Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926 | No Fee |
| Building Strong Families | 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 25 Park Street Montclair, NJ *non-members welcomed | Parents and Caregivers | Mary at COPE (973) 793-6655 mlysinger@copecenter.net or Carol Kearney (YMCA) 973-415-6134 ckearney@montclairymca.org | Building Strong Families |

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|-----------------------------------|---|--------------------------------------|----------------------------------|---|----------------------------|--|---------|
| Citizenship (Cuidadania) | Classes to practice English and prepare for the INS naturalization exam with bilingual (English/Spanish Instructor) | 10 week sessions 6:30PM to 8:30PM | Tuesdays and Thursdays | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ | Adult | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 lgaleano@womensrights.org | \$75.00 |
| Connections/ A GED program | 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 Monday thru Friday | Bergen Community College 1280 Wall Street West 3 rd . Floor Lyndhurst, NJ 07071 | Bergen County Youth 16 -21 | Bergen County Division of Family Guidance 304 Valley Blvd. 2 nd floor Wood-Ridge, NJ phibea@verizon.net Philip Beamer 201-460-2260 | No Fee |
| Computer Training | Fulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered. | Varied | Varied | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ | Women and family members | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org | No Fee |

Employment /Education Opportunities

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---------------------------------------|--|--------------------------------------|--|--|--|--|--------------|
| Bergen On-Stop Career Center | A Full service center for individuals seeking career and job development skills. | Call for service hours | Year Round | 60 State Street Hackensack, NJ 07601 | Adults | Bergen County Workforce Development 60 State Street, 2FL Room 200 Hackensack, NJ 07601 201-343-8830 x4093 www.bergenwib.org | No Fee |
| English As A Second Language | Evening classes in three levels to learn English and improve reading, writing, listening and speaking skills | 10 Week Sessions 6:30PM to 8:30PM | Mondays and Wednesdays Or Tuesdays and Thursdays | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ | Adults | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 lgaleano@womensrights.org | \$75.00 |
| DIR Floortime Training Courses | Training courses for parents, teachers, therapists, healthcare workers, and others. | Varied | Varied | Online | Adults | The Interdisciplinary Council on Developmental & Learning Disorders 4938 Hampden Lane, Suite 800, Bethesda, Maryland 20814 301-656-2667 | Varied |

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|--|--------------------------------|--|---|--|--|--------------|
| Family Educational Workshops | Workshops for families who have an adult relative diagnosed with a serious and persistent mental illness. | 7pm-9pm 8 weeks | Tuesdays | Bergen Regional Medical Center Behavioral Health Pavilion, Room E218 230 E. Ridgewood Ave. Paramus, NJ 0765 | Families with adult relatives with mental illness | Comprehensive Behavioral Healthcare Inc. (201) 646-0333 ext. 251 | |
| HOPE Re-Entry Programs and Family Services | | 10 am – 8pm 10 am – 4pm | Monday and Wednesday Tuesday and Thursday | H.O.P.E. 259 Passaic Street Hackensack, NJ | Ex-offenders and their families | 201-646-1995 Hopereentry259@verizon.net | |
| New Job Seekers Orientation | 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 Call for Dates | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ | Unemployed women or family members | Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org | No Fee |
| Transitional Employment and Mentoring Services Workshops and Seminars | | Call for more information | | H.O.P.E. for Ex-Offenders, Inc. Richard Hampton Puryear Fellowship Hall 218 Passaic St. Hackensack, NJ | Ex-offenders and their families | 201-646-1995 Hopereentry259@erizon.net | |
| Venture-Out Programs | 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 293-295 Main Street 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 35 Piermont Rd Rockleigh, NJ 201-343-6000, x 4560 http://www.bergen.org/venture | |

Other Programs/ Workshops

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|--|---------------------------|--|--|---|--------------------------------------|
| Cognitive Connection: Alleviating Anxiety | Therapy sessions designed to make connections | Services available by appointment | Call for more information | Melinda Inzani, LLC 317 Godwin Ave. Midland Park, NJ 07432 | Families, Adolescents and Adults | Melinda Inzani, LLC 201-704-6749 Melindainzani1@gmail.com | Call for cost information |
| Food, Feelings & Body Image | 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 17-07 Romaine St. Fairlawn, NJ | Girls 12-18 | Care Plus 17-07 Romaine St. Fairlawn, NJ Alexa Squire, L.M.F.T. 201-797-2660 x337 | \$375 includes intake and 8 sessions |
| H.A.P.P.Y Week (Heroin Addiction Prevents People's Years) | Thai program is gear towards the adolescent population to give them age relatable information on the Heroin Epidemic. | TBA | Call for information | TBA | Adolescents | Stephanie Reifamn 201-967-1889 Slr964@yahoo.com Website: happyweek.org | No Cost |
| Toolbox for Wellness | 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 Or 6:30pm to 7:30pm | Call for Dates | Care Plus NJ 610 Valley Health Plaza Paramus, NJ | Girls 10-17yrs old | Care Plus 17-07 Romaine St. Fairlawn, NJ Alexa Squire, L.M.F.T. 201-797-2660 x337 | Copay accepted with insurance |
| Transition Professionals | A service provider to ex-offenders and their families. We work with anyone leaving jail and/or prison to help them return to the community. | | | Transition Professionals 269 Passaic Street Hackensack, NJ 07601 201-883-9360 | Entire family | Transition Professionals 269 Passaic Street Hackensack, NJ 07601 201-329-9600 TTY: 201-996-7385 www.transitionprofessionals.org | |
| When the Phone Won't Stop Ringing | Navigating the journey of aging parents while maintaining an intact family | 6 session program | By appointment only | Melinda Inzani, LLC 317 Godwin Ave. Midland Park, NJ 07432 | | Melinda Inzani, LLC 201-704-6749 Melindainzani1@gmail.com | \$75.00 per session |