

“Parenting and Family Guide” for Programs in Bergen County

November, 2012

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



241 Main Street, Suite 600
Hackensack, NJ 07601
201-488-8680

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.

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.

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

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.

NJVET2VET 1-866-VETS NJ4 (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.

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.

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).

Muslim Youth Confidential Youth Help Line 201-647-7229

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>

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

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.

DETOX PROGRAM at Meadowlands Hospital Medical Center, Secaucus, NJ. (Services open to residents of Hudson and Bergen Counties. For admission information please contact 201-392-3519)

Upcoming Special Event (alphabetical order)

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Autism, Asperger's, and the Culture of Neurodiversity	Program is designed to discuss treatment of various mental health and family issues within the context of the Autism and Asperger's culture. 6 CEU's	1 session 8:30-4:30 pm	Friday, November 16 th , 2012	Holiday Inn Rt. 70 Cherry Hill, NJ	Human Service Professionals	(610) 203-1926 www.sourcesforhumanservices.com	\$135
Bullying Prevention Workshop	Workshop will introduce the "Building Blocks Approach", an overview of the philosophy behind "Classroom Infusion Lessons and Case Studies," "In-depth Counseling Strategies," tips for understanding NJ's Anti-Bullying Laws, and suggestions for "Improving Overall School Climate."	1 session 1:00-3:00 pm	Tuesday, November 13 th , 2012	"The Hall of Heroes" Bergen County Police and Fire Academy 281 Campgaw Road Mahwah, NJ 07430	Parents Guardians Children Human Service Professionals	programs@cweducation.com	Free
College Summit On Underage Drinking Prevention	Speakers will discuss the topics including "Offender Behavior, Alcohol and Sexual Violence," "Individual-level risk factors for college student substance abuse," and "Upstream Prevention of Alcohol and Related Problems among America's Young People." Certificate available.	1 Session 8:30 am-3:30 pm	Wednesday, November 14 th , 2012	The Conference Center at Mercer 1200 Old Trenton Road West Windsor, NJ 08550	Human Service Professionals	http://www.rowan.edu/open/studentaffairs2/hci/forms/drug_prevention_registration.php	Free
"Conflict Happens-How to Help Your Children/Youth Cope"		1 session 7:00 pm-8:30 pm	Monday, November 12 th , 2012	Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ 07410	Parents Caregivers	Phone: 201-796-6209 ext 102 lbfsobc@covad.net	Free
"Creating a Path to Employment: Tips for a Successful Transition into the World of Work for Students with Disabilities"	Objective of workshop is to assist parents in gaining valuable knowledge and skills promoting self-advocacy, encouraging work based learning experiences, developing social skills, and developing partnerships with adult agencies	1 session 7:00pm-8:30pm	Thursday, November 15 th , 2012	The Community Services Building First Floor Auditorium 327 East Ridgewood Ave Paramus, NJ 07652	Parents	Connie 201-343-6000 ext 4076 compel@bergen.org	Free

Upcoming Special Event (alphabetical order)

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Healthy Living: Standard Precautions and Smoking Cessation	Workshop will provide an overview of healthy living as it relates to infection prevention practices (Standard Precautions) and smoking cessation.	1 Session 9:30 am-11:30 am	Tuesday, December 18 th , 2012	One Bergen County Plaza Room 2E Hackensack, NJ	Human Service Professionals	Gina Meyers 201-336-7455	\$35 per person
Information and Updates on the American Disabilities Act	Session will provide social workers with background on the Americans with Disabilities Act, its impact, recent changes and adaptations, and enhance awareness of various forms of disability.	1 session 9:30 am-11:30 am	Tuesday, December 4 th , 2012	One Bergen County Plaza Room 460 Hackensack, NJ	Human Service Professionals	Gina Meyers 201-336-7455	\$35 per person
"Leave Me Alone!": Improving Communication and setting Boundaries with your Child	Two-part parenting workshop about improving communication with your child	1 st session 10:30 am-12pm 2 nd session 10:30 am-12pm	Saturday, November 17 th , 2012 Saturday, December 1 st , 2012	COPE Center 104 Bloomfield Avenue Montclair, NJ	Parents	Mary or Connie 973-783-6655	\$5 donation
Let's Talk: Planning the Journey Through the Teen Years	Discussion will focus on transition services, coordinating adult services, and the joys and challenges of the teenage years	1 session 7:00 pm	November 14 th , 2012 December 5 th , 2012 January 8 th , 2012 February 12 th , 2012 March 13 th , 2012 April 3 rd , 2012 Subject to change	Community Services Building First Floor Auditorium 327 East Ridgewood Ave. Paramus, NJ	Parents	Bergen County Special Services Connie 201-343-6000 x 4076 Conpel@bergen.org	Free
Mental Health First Aid	Two day workshop discussing suicide prevention, and risk factors and warning signs of illnesses such as anxiety, depression, psychosis, and addiction 11 Clinical CEU's	2 days 9:00 am-3:00 pm	Wednesday, November 14 th , 2012 Thursday, November 15 th , 2012	Care Plus NJ 610 Valley Health Plaza Paramus, NJ 07652	Human Services Professionals	Susan susanb@careplusnj.org 201-265-8200 ext510	\$150

Upcoming Special Event (alphabetical order)

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
NJASRO 9th Annual New Jersey Statewide Conference on Youth Safety "Changing the School Climate: Strategies for Preventing and Reducing Teen Violence"		2 days 8:00 am-6:00 pm 8:00 am-11:00 am	November 8-9 th , 2012	Golden Nugget Atlantic City, NJ	School Resource Officers, administrators, educators, members	973-486-9453 www.NJASRO.org	Varies
The Power of Affect	Conference on developing human potential through DIRFloortime, Self-Determination, and Mindsight	3 days	Friday-Sunday November 16-18 th , 2012	Montclair State University, Montclair, NJ	Parents and Professionals	ICDL Conference 4938 Hampden Lane Suite 800 Bethesda, MD 20814 301-656-2667 www.floortime.org	Depends on days you which to attend and registration date
"Promoting Healthy Relationships in Your Family"		1 session 7:00 pm- 8:30 pm	Monday, December 3 rd , 2012	Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ 07410	Parents Caregivers	Phone: 201-796-6209 ext 102 lbfsobc@covad.net	Free
Secrets from a Dietician	Exploration of methods that can be used to become a healthier you	1 session 9:30 am-11:30 am	Thursday, November 8 th , 2012	One Bergen County Plaza Room 460 Hackensack, NJ	Human Services Professionals	Gina Meyers 201-336-7455	\$35 per person
Underage Drinking Workshop	Come learn how underage drinking laws affect you and your family while your children play free!	1 session 10:00 am	Saturday, December 1 st , 2012	iPlay America 106 Schanck Road Freehold, NJ	Adults Guardians Children (up to 2 children age 6 and up)	Hugh Wallace Lakewood Municipal Alliance Coordinator Prevention First, Inc. 1405 Highway 35 North Ocean, NJ 07712 Fax: 732-663-1698 Phone: 732-663-1800 ext 222 hwallace@preventionfirst.net register by November 16 th http://iplay.brownpapertickets.com	Free
Veteran Benefits and Employment: What Benefits are out there and how can we help our veterans gain access?	Provides information about services and benefits available to veterans to enhance their quality of life and assist them in achieving employment. 2.25 CRC Credits	1 session 9:30 am-12:00 pm	Wednesday, November 14 th 2012	Mental Health Association in New Jersey 2333 Morris Avenue, Union, NJ	Human Service Professionals	Ruth Kaluski 973-571-4100 ext 136 rkaluski@mahnj.org	


Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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
Breastfeeding Basics	Explores the benefits of breastfeeding and discusses nutrition, comfortable positions, common problems, pumping and storage of breast milk, and correct use of the breast pumping equipment.	7 Sessions 7:00 pm-10:00 pm	November 8 th November 29 th , December 4 th , December 13 th	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Parents (Mothers should be in 7 th to 8 th month of pregnancy)	familyeducation@valleyhealth.com 201-291-6151	\$50 per couple
Coping Power Program	Learn proven strategies that will help you: Set clear rules and expectations learn appropriate discipline practices, parental stress management, and family communication and problem solving.	Five Mondays 10:00am-11:30am	November 19 th November 26 th December 3 rd December 10 th December 17 th	Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ 07410	Parents/Caregivers with children/youth (ages 8-11)	Phone: 201-796-6209 ext 102 Fax: 201-796-1151	Free
Dads on Duty-No Moms Allowed!	Identifies and explains the value of developing and maintaining a strong father/child bond during the formative years of a child's life.	7:30 pm-9:30 pm	Tuesday, November 13 th , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Dads	familyeducation@valleyhealth.com 201-291-6151	\$40 for Dad
EPIC – Every Person Influences Children Parenting Education and Support Groups	EPIC provides 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 12 sessions	Wednesday Afternoons Sessions begin October 3 rd .	The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wells Fargo Bank)	Parents	Lannie Jaconia Children's Aid & Family Services 201-226-0300 ext. 258	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 Sessions begin on October 1 st in Paramus	Children's Aid and Family Services 240 Frisch Court Paramus, NJ	Parents	Lannie Jaconia Children's Aid & Family Services 201-226-0300 ext. 258	Nominal fee
Pets and Babies	Class teaches expectant parents methods to a happy home for all family members.	1 session 7:00 pm-9:00 pm	Thursday November 8 th , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Parents	familyeducation@valleyhealth.com 201-291-6151	\$50 per couple
Grandparents' Class	Course provides information on the most current childbirth practices, child development and childcare, and fosters a better understanding between parents and grandparents	1 Session 7:00 pm-10:00 pm	Wednesday, November 14 th , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Grandparents	familyeducation@valleyhealth.com 201-291-6151	\$45 per couple
Grandparenting Classes	A grandparents' introduction to new philosophies & new rules & regulations for child safety.		Scheduled depending on interest	Holy Name Medical Center Marian Hall Conference Center 718 Teaneck Road Teaneck, NJ	Grandparents	For more information, call Joanna Gorab 201-833-3124	
Grandparents Raising Grandchildren	Support group for grandparents raising grandchildren, providing support, resources and monthly speakers.	On-going 10-11:30 a.m.	Tuesdays	Russell C Major Liberty School 12 Tenafly Rd Englewood, NJ	Grandparents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102 lbfsohc@covad.net	None
The Happiest Baby™ on the Block	Learn how Dr. Harvey Karp's world-renowned parenting approach may help prevent breastfeeding failure, postpartum depression, exhaustion, marital stress, and even shaken baby syndrome.	1 session 7:30 pm-9:30 pm	November 14 th , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Parents	familyeducation@valleyhealth.com 201-291-6151	\$55 per couple
Infant and Child Safety	Topics covered include car seat safety, poison prevention, childproofing a home, and furniture/toy safety. Does NOT include CPR.	7:00 pm-10:00 pm	Wednesdays November 28 th , 2012 December 19 th 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Parents/Childcare providers	familyeducation@valleyhealth.com 201-291-6151	\$50 per couple

Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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 and 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	To register please call the West Bergen Mental Healthcare Center for Children and Youth Access Center 201-444-3550	Nominal Fee
Parenting Workshops 	These workshops provide weekly lessons, support and encouragement for parents of pre-school and school-age children.	11 am to noon	Tuesdays, ongoing	Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ	Parents/Caregivers of pre-school or school-age children	For more information, contact Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ 201-568-1166 Info@womensrights.org or www.womensrights.org	Free Light refreshments
Women's Mindful Parenting	Series aims to enhance your joyfulness as a parent and increase connection to your child. Class is intended to facilitate your self-awareness, mindfulness, and intentionality in responding to your child's needs-at all ages	11:30 am-1:00 pm 7:30 pm-9:30 pm	Every Tuesday 1 session class November 13 th , 2012	Held at the Destination Maternity	Pregnant women, new moms, experienced, mothers	familyeducation@valleyhealth.com 201-291-6151	\$20 per person per class

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
AACT-NOW! African American Community Takes New World 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.	For more information call Cynthia H. Miles-Small AACT-NOW Information Coordinator NAMI New Jersey 732-940-0991 www.naminj.org cynthmiles@naminj.org	
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		Please call for more information: Michelle Freedberg 201-256-3870	
Anger Management		Scheduled various times throughout the year	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Adults	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
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	2 nd and 4 th Tuesday of each month	The Holmstead School 14 Hope Street Ridgewood, NJ (behind Emmanuel Church)	Parents who children have been impacted by addiction	For more information Contact: Lauren Springer 551-427-3340 or www.caron.org 800-867-2332	
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		familyeducation@valleyhealth.com 201-291-6151	No fee
Care Plus NJ Children and Family Division OPEN ACCESS HOURS	Open Access offers a family a personalized experience with a senior intake clinician. During the free open access meeting our staff will recommend services that may be helpful to a child/parent/family and will provide a contact person before leaving.		Tuesdays 6 – 8 pm Thursdays 3 – 5 pm	Fair Lawn Mental Health Center, A Division of Care Plus 17-07 Romaine St. Fair Lawn, NJ	Parents and Guardians with their children	Fair Lawn Mental Health Center, A Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660	<i>Free*</i> Parents/Guar dians should bring their child's <u>insurance</u> <u>card</u> for insurance verification to expedite program referral


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Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	Parents	201-291-6151	\$10 per person Call to register
Expectant and New Mother's Support Groups		11:00 am 7:00 pm	First and Third Wednesdays Second and Fourth Tuesdays	Call for information And registration	Expectant Mothers New Mothers	North Jersey Maternal/Child Health Consortium www.maternalchildhealth.org Trudy Heerema 201-447-8539	Call for fee
Emotional Wellbeing During and After Pregnancy	A variety of support services for expectant and new mothers					Northern New Jersey Maternal/Child Health Consortium 201-843-7400, ext. 29 www.maternalchildhealth.org	
Families Anonymous— Parent Support Group		Weekly 7:30 p.m.	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	None
Families Anonymous— Parent Support Group		Weekly 7:30 pm	Tuesdays	Trinity Lutheran Church 430 Knickerbocker Rd. Tenafly, NJ	Parents, Grandparents & Relatives of person with addiction	Families Anonymous 1-800-736-9805	None
Families Anonymous— Parent Support Group		Weekly 7:30 pm	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	None
Families Anonymous— Parent Support Group		Online		Families Anonymous		www.familiesanonymous.org	None
Family to Family Mental Health Education Program	This education course is designed for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course is 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	Free, program on come, first served basis

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
Family to Family Mental Health Education Program	This education course is designed 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	Free, program on come, first served basis
Family to Family Mental Health Education Program	This education course is designed 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 – 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	Free on first come, first served basis
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	
Family Share Support Group		8:00 pm	Mondays	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey		The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call (201) 635-9595	
Father to Father		Monthly	Sundays	Teaneck, NJ		Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org	
Family Educational Workshops		8 weeks 7:00 pm-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	None


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
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 with children ages 5 – 17	Family Support Organization 201-796-6209 Ask for Tatiana or Stephanie lbfsobc@covad.net	None
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.	Ongoing Ongoing	Thursdays 7 – 9pm Sunday mornings 10:00 am – 12:00 pm	Care Plus, NJ 610 Valley Health Plaza Paramus, NJ Various locations Call for additional information	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251	None
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		Call for additional information Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	
Grief Recovery Outreach Program	An action oriented group to assist individuals in recovering from the pain associated with their losses	Twelve sessions	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	
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	




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
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 Monday – Friday, some evenings	Please call for more specific information	(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	
Jewish Twelve Steps / JACS	A support group that opens with spiritual message relating Jewish concepts to the 12-Steps.	Beginning 7:30 – 8:30 pm	Thursday Meets 2nd 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	
Kinship Care Services	Services for caregivers providing primary care to relative children.		Call for more information	Kinship Care Services Care Plus NJ 17-07 Romaine St. Fairlawn, NJ		To request services or get more information, please call Navigator Jamie Manganelli 201-265-0826 or call 211.	
Kinship Legal Guardian Counseling Services	An in-home program, specializing in treating children and families experiencing issues related to raising a relative's child	Custom schedule	Call for appointment	In-home	Families that have achieved KLG through DYFS	Children's Aid & Family Services /KLG Counseling Services Joan Kritsky 973-763-2041, ext. 209	Free for Bergen and Passaic County Families
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 the WARM LINE: 877-KLG-LINE (877-554-5463) or email Dana Fried at dwfried@kinkconnect.org or 973-763-2041, ext. 207	

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
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.	10-session program	Call for more information		For male survivors of sexual violence	Bergen County Rape Crisis Center, to participate, please call 201-881-1750	Free
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–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	
Mother to Mother		Bi-monthly	Tuesday evenings	Teaneck, NJ	Mothers with children ages birth – 5 yrs	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org	
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 – 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	
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 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	

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
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	
Parenting Groups		TBD	TBD	Care Plus NJ, Inc. 17-07 Romaine Street Fair Lawn, NJ 07410	Parents	Jaime de Oliveira 201-797-4501 ext. 124 jaimed@careplusnj.org	
Parent Support Group		6 – 7 pm	Wednesday	West Bergen Center for Youth and Children One Cherry Lane Ramsey, NJ	Parents of Children with ADHD/ODD/Conduct Disorder or Other Behavioral Challenges	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212	
The 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	None
Parent's Toolbox 	This experiential parent support group will discuss not only techniques to handle current questions about parenting, but will explore how our family of origin impacts the way we parent.	8-week session	Please call for information on forming groups	Locations in Wayne and Fairlawn, NJ	Parents only Groups now forming for parents of preschool to late elementary youth. Parents' of teens group may form.	Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111	\$200 for 8-week session
Partial Care Family Support Group 		6:00 pm –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	
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		Meetings the 3 rd Tuesday of month	Call 201-287-0318 for starting time and location		For more information contact PFLAG Bergen County Chapter PO Box 1330 Ridgewood, NJ www.bergenpflag.org info@BergenPFLAG.org	\$30.00 annual membership 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
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	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	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 973-763-2041, ext. 203 lduff@cafsnj.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– 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 – 2 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	
Second Generation Group	A monthly discussion group for children of Holocaust Survivors. A new topic each meeting.	7:15 – 8:15 pm	Wednesdays, once a month	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Survivors or relatives of the Holocaust	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	

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
Sharing the Journey Bereavement Support Group	This group will provide compassionate support and education to those who have suffered the loss of a loved one. Many who experience loss find comfort in sharing their feelings with one another.	8-week session	Monday evenings 6:30 – 8 pm OR Thursday afternoons 1 – 2:30 pm Call for new session start dates.	Holy Name Medical Center Teaneck, NJ	Adults who have lost a loved one.	Registration required: Call Ask-a-Nurse at Holy Name Medical Center 1-877-HOLY NAME (1-877-465-9626)	Free \$5.00 parking fee may apply
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	
Stepmom's Support Group		7 pm – 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 llowson@live.com or call 201-444-3686	
Strengthening Families	14 week program for parents/caregivers and their youth 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!	14 sessions 6:00-8:30 pm	September 20 th , 2012– December 17 th , 2012	Jackson Ave School 421 Jackson Ave. Hackensack, NJ	Entire Family	Samantha Harries 201-488-8680	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 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
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 Molchealth@yahoo.com	YCM or CMO referrals or sliding scale
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.ifsbergen.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

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
Adoption Support for Pre-Teens	A support group for adopted pre-teens to participate in discussions and activities around adoption related topics	2 nd Tuesday of the Month	2 nd Tuesday of each month, beginning October 9 th , 2012	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Adopted youth between ages of 9 - 13	Children's Aid and Family Services 148 Prospect ST. Ridgewood, NJ 201-445-7015	Free
Adoption Support for Teens	A support group for adopted teens to participate in discussions and activities around adoption related topics.	2 nd Tuesday of the Month	2 nd Tuesday of each month, beginning October 9 th , 2012	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Adopted you Between ages 13- 17	Children's Aid and Family Services 148 Prospect St. Ridgewood, NJ 201-445-7015	Free
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		Youth 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, combating boredom, setting limits, working on your dreams, hanging out with the real winners, self esteem building, saying, "No", and natural highs.	Tuesday and Thursday 5:45pm - 7:15pm	TBA	Bergen Regional Medical Center	Adolescents 13 – 17	Bergen Regional Medical Center 201-967-4000, x 4260 Michael Mariano	
A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education & Support)	An LGBTQ wellness and support group for youth 13 -17. ALLIES creates a safe space to empower LGBTQ youth, while providing self-help support strategies, peer connectedness, education, and creating an environment to promote well-being.		Call for more information	CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ	Youth 13 – 17 who identify as LGBTQ or are questioning	CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ For more information, call 201-797-2660	


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
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.
Babysitters' Preparation	Class provides girls and boys, ages 10-16, with the information they need to safely care for a child. Topics include changing diapers, feeding, holding a baby, infant safety issues, and how to contact emergency personnel.	1 Session 4:30 pm-6:30 pm	Wednesday, November 28 th , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Adolescents ages 10-16yrs	familyeducation@valleyhealth.com 201-291-6151	\$35 per person
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	
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.
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	


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
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	Free
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 6:00–7:00 pm or 7:00 – 8:00 PM Depending on age	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
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
Marijuana Cessation Group for Boys	The goal of the group is to educate teen boys about the negative consequences of using marijuana and exploring ways to positively deal with stressful life circumstances.	6:00 pm	Thursdays	West Bergen Center for Children and Youth Ridgewood Office	High School aged boys experimenting or using marijuana	For more information, please call Stephanie Blanchflower at 201-444-3550	


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
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	None
“Mommy & Me” English/Spanish		Weekly	Tuesdays & Thursdays 10:30 – 11:30 a.m.	Family Success Center @ 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	None
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.		Services Available: Monday – Friday 8 am – 8 pm	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 201-465-8111	
Outpatient Counseling Services for Children and Teens 	Counseling for children and teens that have suffered trauma, have attachment issues, and family work when child/teen has behavior issues.		Call to schedule appointment	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Children/Teen who receive Medicaid	Children’s Aid and Family Services 148 Prospect St. Ridgewood, NJ 201-445-7015 Debbie Capalbo	
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
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 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Brigid Caffrey	None

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
Sibling Class	Class activities for big brothers and big sisters are age specific and encourage positive feelings about the older sibling's place in the family and the new baby.	1 Session 10-11:30 am	November 3 rd , 2012 December 1 st , 2012	The Center for Women, Children, and Family Education The Valley Hospital 15 Essex Road Suite 202 Paramus, NJ	Children ages 3-7yrs	familyeducation@valleyhealth.com 201-291-6151	\$40 for one child \$20 each additional child
Social Anxiety Teen Group	Youngsters learn how to change behavior through desensitization, relaxation, incremental exposure and breathing exercises. Therapy focuses on thoughts, assumptions, and beliefs.	7:00 pm 20 sessions	Tuesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ	Teens	Lillie Coleman or Alan Koenig West Bergen Center 1 Cherry Lane Ramsey, NJ 201-934-1160	Sliding Scale
Substance Abuse Group for Teen Girls		3:30 – 4:30 pm	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
Social Skills Program Ages 5-18 A parent group is offered concurrently.	A psycho-educational group, divided into developmentally appropriate subgroups. Interactive approaches to help youth learn skills to navigate their social world.	Weeknight 6:00 pm - 7:30 pm 10 sessions	Start date of next cycle: Contact Joan Walpole 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 5-18 and caregivers	Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Joan Walpole, LAC 201-797-2660 ext. 144 joanw@careplusnj.org	\$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group
Support Group for Socially Vulnerable 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
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.	6:30 – 8:30 pm	Thursdays 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 alex.interstatefacts@gmail.com 201-488-5188 Parent and student must register before attending session	Free

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
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 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.	8 week sessions 5 – 6 pm	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
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 Girls Depression Group	We address many issues that include but are not limited to depression, body image, intimate relationships, parent-child relationships, anger, anxiety, and autonomy.	Weekly 6 – 7pm	Wednesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Now Accepting Referrals Teen Girls ages 14- 17	For questions or to discuss referrals contact Helena Fotopoulos, 201-934-1160, ext. 7204 or Lillie Coleman, ext. 7227 If you would like to set up an intake, call Access Dept. at 201-934-1160	Sliding Scale
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	


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
Young Adult Partial Program		2– 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		Call for more information on dates and times	Youth in one group sessions, parents in concurrent session	Care Plus Innovations 17-07 Romaine Street Fairlawn, NJ	Youth 12 - 18	For more information, call Linda DelTufo Care Plus Innovations 17-07 Romaine St. Fairlawn, NJ 201-797-2660, x 110	\$900 for 10-week 20/session (sliding scale available)
Youth Resource Center	A positive, safe, professionally staffed and supportive environment; offering arts, crafts, acting, music studio, yoga, film making, dance, cooking, games, homework assistance, groups, sports, and trips.	3-7pm Mondays, Wednesdays, and Fridays	Year Round- Summer hours differ	Conklin Youth Center 125 Essex Street Hackensack, NJ 07601	Youth 13-18	For further information or to schedule an intake appointment, contact Bonnie Berkowitz at 201-646-2769	Free for Bergen County Residents

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
ADHD/Social Skills Groups		Weekly 5:00-6:00 PM or 6:00-7:00 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
Art is for Everyone! Utilizing Art for Children on the Spectrum	Art therapists address psychological needs, facilitate achievement of treatment goals by selecting appropriate materials and directives, and interpret individuals' work.	3 Sessions 11am: 6-9 year olds 1pm: 10-13 year olds	November 17 th , 2012	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	6-9 year olds and 10-13 year olds	West Bergen Center for Children and Youth 201- 444-3550 ext 7144 pdecker@westbergen.org	
Yearlong Program for 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 begins January 9 and 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.	



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 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
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.	3:45 – 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 – 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 Upcoming: November 17 th , 2012	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 – Sibling and Cousin Workshop 	This workshop will cover 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 201-857-080 www.westbergen.org	\$175.00 first child, \$50.00 each additional child
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 - 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	

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
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
Our Time	1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents	1 hour class	Classes begin on every 2 month cycles Wed. 1 -2 pm Thurs. 9:30 -10:30 am Thurs. 11 am to noon	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-6:00 pm	Mondays - November 5 th 2012	120 Chestnut Street Ridgewood, NJ	Students with Asperger's syndrome, NVLD, HFA, and PDD-NOS	Kelly Doyle 201-857-0080	\$50/ session
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 school system.	Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ	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	
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
ASPEN Father's Support Group	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication and interpersonal skills.		Fourth Monday of the Month, except for Holiday conflicts	Bergen County Special Services CAPE Center Community Services Building, Room 212 327 E Ridgewood Ave. Paramus, NJ	Fathers of children on Asperger's Spectrum or related conditions	For more information, check the website http://www.aspennj.org/chapters.asp	

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>
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	Thursday, November 15 th , 2012	The Center for Alcohol and Drug Resources 241 Main Street Suite 600 Hackensack, NJ	Parents, divorced or separated with children of any age	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org	None
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, November 19 th , 2012	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ	Parents, divorced or separated with children of any age	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org	None
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	
Moving on Life Center, Inc.	A licensed multi-faceted therapeutic counseling network of diverse healthcare providers that are 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 Parent or Divorce Related Programs and Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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
Single Parent Group		7:00 pm-8:30 pm	Every 2 nd and 4 th Tuesday of the month	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	Parents	Children's Aid & Family Services Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 201-445-7015	Vary

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	Bergen One-Stop Center 60 State St, 2nd 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			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	Bridges to Employment Program Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926	None
Connections: A GED program with components of job readiness and computer skills			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	Connections Program Division of Family Guidance 304 Valley Blvd. 2 nd floor Wood-Ridge, NJ phibea@verizon.net Philip Beamer 201-460-2260	None

Employment /Education Opportunities

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	Free
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
Family Educational Workshops	Workshops for families who have an adult relative diagnosed with a serious and persistent mental illness.	8 weeks 7pm-9pm	Tuesdays - November 13 th , 2012	Bergen Regional Medical Center Behavioral Health Pavilion, Room E218 230 E. Ridgewood Ave. Paramus, NJ 07652	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 – 8 pm 10 am – 4 pm	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	
Network Your Way to Your Next Job	Networking with human resources specialists, employers and other job seekers to share information about new career fields and potential employment opportunities.	11:00 am	Every Friday	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Unemployed women and family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	Free
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	Free
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	



THE CENTER
FOR ALCOHOL AND DRUG RESOURCES
A Program of Children's Aid and Family Services

November 6, 2012

Dear Service Provider:

Welcome to the new edition of the “**Parenting and Family Guide**” for November 2012.

Please review the information for your agency, if there are changes, deletions, or additions you feel necessary; please email this information to kscheiner@cafsnj.org or call 201-488-8680 ext. 100. If you feel your program would be a better fit in another category, changes can be implemented and will appear in next month's edition of Parenting and Family Guide.

If we are part of a bulk email announcing your events, please submit all listings to Kathy Scheiner, kscheiner@cafsnj.org.

The Parenting and Family Guide is a listing of **Parenting and Family Education Programs** available in Bergen County. The purpose of The Parenting Grid is to encourage **referrals to these programs** based on the needs of your clients.

Our goal is to promote an on-going use of these valuable programs by county residents. Your distribution of this grid to staff and clients is genuinely appreciated. We welcome information about other parenting and family education providers and their programs to be added to the grid.

The next issue of The Parenting Grid for December 2012 will go out at the end of November.

Thank you for your partnership in referring clients to these programs and in the distribution of this important information.

Kathy ☺

Kathy Scheiner
The Center for Alcohol and Drug Resources
A Program of Children's Aid and Family Services