

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

## June 2013

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](http://www.njspeakup.gov)

**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.

**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](http://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=eskZVAg7v0o>

**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](http://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

**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**

**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**

**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. **(855-654-67350)**

## Parenting Classes

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>All Families Flourishing Energizing Positivity Seminar</b>		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
<b>EPIC – Every Person Influences Children</b>  <b>Parenting Education and Support Groups</b>	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  7:00PM to 9:00PM  12 sessions	Wednesday Afternoon  Wednesday Evening  Session began June 5, 2013.	The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wells Fargo Bank)	Parents	Children's Aid & Family Services Lannie Jaconia Lannie Jaconia 201-226-0300 ext. 258	Nominal fee
<b>EPIC – Every Person Influences Children</b>  <b>Parenting Education and Support Groups</b>	EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	7:00 pm – 9:00 pm  12 sessions	Thursday Evenings  Sessions began on June 6, 2013 in Paramus	Children's Aid and Family Services 240 Frisch Court Paramus, NJ	Parents	Children's Aid & Family Services Lannie Jaconia 201-226-0300 ext. 258	Nominal fee
<b>Grandparenting Classes</b>	A grandparents' introduction to new philosophies & new rules & regulations for child safety.	Saturday classes starting in March	Scheduled depending on interest	Holy Name Medical Center Marian Hall Conference Center 718 Teaneck Road Teaneck, NJ	Grandparents	For more information, call Holy Name Medical Center Joanna Gorab 201-833-3124	\$150.00
<b>Parenting with "Common Sense" Program- Evidence Based Parenting Education Group</b>	This evidence based program teaches positive discipline skills using roll-play, videos and homework	8 week sessions  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 <a href="mailto:SabrinaR@careplusnj.org">SabrinaR@careplusnj.org</a>	\$200
<b>Parent Education and Support Group</b>	Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone. This parenting group will use 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	West Bergen Mental Healthcare Center for Children and Youth Access Center 201-444-3550	Nominal Fee

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<b>Parenting with "Common Sense" Program- Evidence Based Parenting Education Group</b>	This evidence based program teaches positive discipline skills using roll-play, videos and homework	8 week sessions 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 <a href="mailto:SabrinaR@careplusnj.org">SabrinaR@careplusnj.org</a>	\$200

## Support Groups or Services for Families and Adults

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>AACT-NOW! African American Outreach</b>	This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness.	6:30 pm – 8:30 pm	Every 2nd Tuesday of the month	Northern Region 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 <a href="http://www.naminj.org">www.naminj.org</a> cynthmiles@naminj.org	No Fee
<b>Adjustment to Motherhood Support Group</b>	Share with others who are new mothers on the adjustment to motherhood and parenting.		Call for days and times	Women's Wellness 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
<b>Bereavement Group</b>	This bereavement group is for parents who have lost children.	Weekly 2:00PM	Tuesdays	D'Acerno and Associates 1182 Teaneck Road Teaneck, NJ	Parents	D'Acerno and Associates Samantha D'Auria 201-589-0552 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	Sliding Scale
<b>Bergen County Parent Support Group by the Caron Foundation</b>	These meetings are designed to offer parents whose children have been impacted by addiction, a place to find support and encouragement.	7:30 pm	Tuesdays	The Holmstead School 14 Hope Street Ridgewood, NJ (behind Emmanuel Church)	Parents whose children have been impacted by addiction	Caron Foundation Lauren Springer 551-427-3340 or <a href="http://www.caron.org">www.caron.org</a> 800-867-2332	No Fee

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<b>Breastfeeding Support Group</b>	Discussion centers on issues concerning postpartum depression: when love and support are not enough, or when symptoms last longer than 2 weeks or affect a woman's ability to enjoy her daily life.	1 session  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	<a href="mailto:familyeducation@valleyhealth.com">familyeducation@valleyhealth.com</a> 201-291-6151	No Fee
<b>College age support Group</b>	Support group for college age students	Weekly 1:00PM	Wednesdays	D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	College age youth	D'Acerno and Associates Samantha D'Auria 201-357-2715 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	\$75.00 Also Sliding Scale or out of network ins.
<b>Cord Blood Banking</b>	Class discusses cord blood banking, which is the collection and storage of the stem cells found in your newborn's umbilical cord.	6:00 pm-7:00 pm	2 <sup>nd</sup> Wednesday of every month	Held at Destination Maternity 65 Route 4 West Paramus, NJ	Parents	Valley Hospital 201-291-6151	\$10 per person Call to register
<b>Are You a Dumbdad?</b>	A roundtable of conversations on: Does being a dad feel overwhelming? Is being present good enough? Rules and relationships and more.	7:30PM to 9:00PM	First and third Tuesdays from February to July 2013	Civic Center 159 Park Street Ridgefield Park, NJ	Dad's	Ricardo L. Salcedo <a href="mailto:rsalcedo@gmail.com">rsalcedo@gmail.com</a> <a href="http://www.dumbdad.com">www.dumbdad.com</a>	No Fee
<b>Postpartum Mother's Support Groups</b>	A support group for new moms at risk of postpartum depression	11:00 am  7:00 pm	First and Third Wednesdays  Second and Fourth Tuesdays  Call for further information	Call for information And registration	Expectant Mothers New Mothers	North Jersey Maternal/Child Health Consortium <a href="http://www.maternalchildhealth.org">www.maternalchildhealth.org</a> Trudy Heerema 201-447-8539	No Fee
<b>Families Anonymous— Parent Support Group</b>	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 <a href="mailto:famahwah@verizon.net">famahwah@verizon.net</a> 201-327-0748 Richard or Barbara	No Fee
<b>Families Anonymous— Parent Support Group</b>	12-step program for families dealing with loved ones who have alcohol/drug problems	Weekly 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	No Fee

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<b>Families Anonymous— Parent Support Group</b>	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
<b>Families Anonymous— Parent Support Group</b>	12-step program for families dealing with loved ones who have alcohol/drug problems	Online	Available 24/7	Families Anonymous	Relatives & friends concerned about the use of drugs or related behavior problems	<a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>	No Fee
<b>Family to Family Mental Health Education Program</b>	An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope."	12 sessions 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
<b>Family to Family Mental Health Education Program</b>	An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope."	12 sessions 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
<b>Family to Family Mental Health Education Program</b>	An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope."	12 sessions 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	No Fee  First come, first served basis

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<b>Family Education, Counseling &amp; Workshops</b>	(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
<b>Family Share Support Group</b>	Therapists direct participants to the correct resources. A talk and listen group	8:00 pm	First Monday of every month	The Community Services Building 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
<b>Family Educational Workshops</b>		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	No Fee
<b>Family Support Organization of Bergen County Wednesday Family Support Group</b>	Through sharing experiences we can help you find options and discover approaches that may help you cope.	On-going  7-8:30 pm	Each Wednesday of the Month	Family Support Org. of Bergen County 0-108 29 <sup>th</sup> Street Fair Lawn, NJ	Parents/Caregivers	Family Support Organization Lynne Bolson 201-796-6209 ext. 102	No Fee
<b>Family Support Group</b>	When one member in a family suffers from a serious mental illness, all family members are affected. In our group, a highly regarded and respected psychotherapist offers practical guidance, support and help in coping and dealing with specific problems.	7PM to 9PM  10:00AM to 12:00PM	Thursdays  Sunday mornings	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	No Fee
<b>Grief Recovery Outreach Program</b>	An action oriented group to assist individuals in recovering from the pain associated with their losses	Six week program  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

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<b>Group for Women Affected by Intimate Partner Violence</b>	An integrated approach for counseling and employment services for domestic violence victims. Professionally facilitated and privacy preserved.	Call for more information	Every Other Wednesday Evening	Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ	Women Domestic Violence Support Group is Non-denominational	IRA-Information and Referral 201-837-9090 Email: <a href="mailto:IRA@jfsbergen.org">IRA@jfsbergen.org</a> Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit <a href="http://www.jfsbergen.org">www.jfsbergen.org</a>	No Fee
<b>HIV/AIDS Support Group</b>	Support group for those newly diagnosed with HIV or AIDS.	6- 7:30 pm	Thursdays	Bergen Family Center 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
<b>Jewish Family Services of North Jersey</b>	This agency provides individual, couples and marital, counseling, play therapy, children's groups, parenting groups, consultation to pre-schools, community and training. Non-sectarian agency.	Services available by appointment	Please call for more specific information  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
<b>Jewish Twelve Steps / JACS</b>	A support group that opens with spiritual message relating Jewish concepts to the 12-Steps.	7:30 pm to 8:30 pm	Thursday 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	No Fee
<b>Kinship Care Services</b>	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	Children	Care Plus, NJ To request services or get more information, please call Navigator Jamie Manganelli 201-265-0826 ext. 5 or call 211.	No Fee
<b>Kinship Legal Guardian Counseling Services</b>	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	No Fee



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<b>Kinship Legal Guardian Resource Clearing House</b>	Your source for information and resource services for those families who have obtained "Kinship Legal Guardianship" of children in their care.	For more information call WARM LINE				For more information call the WARM LINE: 877-KLG-LINE (877-554-5463) or email Dana Fried at <a href="mailto:dwfried@kinkonnnect.org">dwfried@kinkonnnect.org</a> or 973-763-2041, ext. 207	No Fee
<b>Marah Fellowship</b>	A Christ-centered, 12 step support group for those who have been affected by loved ones wh are addicted	7:00PM  Ongoing	Wednesdays	167 Hudson Street Hackensack, NJ	Individuals needing help and support who have been affected by loved ones who are addicted	Ebenezer Church 201-880-0965 201-618-3349	No Fee
<b>Men's Support Group</b>	A confidential support group for men who are survivors of sexual violence. Discussion will be on topics such as emotions and self-esteem, anger, coping skills, and relationships.	12-session program	Call for more information	YWCA Bergen County 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
<b>Mental Health Support Group</b>	You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times.	7:00pm to 8:30 pm	First Thursday of Each month	The Community Services Building 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
<b>New Moms Support Group</b>	A support group for new moms to discuss topics relating to motherhood and parenting.	1:30 pm	1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of each month	Holy Name Medical Center 718 Teaneck Road Teaneck, NJ	New Moms	For more information or registration, call Joanna Gorab 201-833-3124	No Fee
<b>Mom's Circle #1 Meet and Share</b>	All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering.	1:00pm to 2:30 pm	Every Wednesday	Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ	Moms –Babies welcome	Englewood Hospital 201-894-3784 Registration is encouraged	



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<b>New Mom's Group</b>		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
<b>Outpatient Counseling</b>	Counseling for children, adolescents and their families		Call to schedule appointment		Families who are Medicaid eligible	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
<b>Overcomers Outreach</b>	A Christ-centered, anonymous, 12 step support group for those working on various personal addictions offering support and encouragement	7:00pm to 8:00pm	Wednesdays	Johnson Public Library 274 Main Street Hackensack, NJ (enter via back door and go downstairs)	Individuals needing help and support in recovery from addiction(s)	Contact Jim for more information 315-382-7257	No Fee
<b>Parenting Groups</b>		TBD	TBD	Care Plus NJ, Inc. 17-07 Romaine Street Fair Lawn, NJ 07410	Parents	Care Plus NJ Jaime de Oliveira 201-797-4501 ext. 124 <a href="mailto:jaimed@careplusnj.org">jaimed@careplusnj.org</a>	
<b>The Parent Program</b>		Thursdays 7:30 pm	2 <sup>nd</sup> 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 <a href="mailto:TheParentProgram@live.com">TheParentProgram@live.com</a>	No Fee
<b>Parent's Toolbox</b>	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

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<b>Partial Care Family Support Group</b>		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	
<b>PFLAG (Parents, Families, Friends of Lesbians and Gays)</b>	Who are we: We are the families, mothers, brothers, sisters and other family members, friends of lesbians, gays, bi-sexual and transgender persons. Education, Support and Advocacy	8:00PM to 10:00PM	Meetings the 3 <sup>rd</sup> Tuesday of month (Orientations at 7:30PM before each monthly meeting)	Temple Beth Or 56 Ridgewood Road Westwood, NJ 07675	Parents, families, friends	For more information contact PFLAG Bergen County Chapter PO Box 1330 Ridgewood, NJ <a href="http://www.bergenpflag.org">www.bergenpflag.org</a> <a href="mailto:info@BergenPFLAG.org">info@BergenPFLAG.org</a>	\$30.00 annual membership fee
<b>Post Adoption Counseling (PACS)</b>	Services may include individual, family therapy/counseling, supportive and group services and educational meetings. PACS specializes in identity issues, loss and separation, curiosity about origins and feelings about differences.	Custom schedule	Call for appointment	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 <a href="mailto:lduff@cafsnj.org">lduff@cafsnj.org</a>	Free for Bergen and Passaic County Families
<b>Post Partum Depression Support Group</b>	A support group for new moms suffering from Post Partum Depression (PPD) symptoms.	11 am-12 pm  7 pm-8 pm	1 <sup>st</sup> and 3 <sup>rd</sup> Wed. of the month  2 <sup>nd</sup> and 4 <sup>th</sup> 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
<b>Postpartum Therapeutic Support Group</b>	Mothers who may be experiencing symptoms of postpartum depression are encouraged to attend this weekly therapeutic group. Learn coping skills and receive help and treatment in a supportive environment.	1– 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

## Support Groups or Services for Families and Adults

<i><b>Program Name</b></i>	<i><b>Program Description</b></i>	<i><b># and Time of Sessions</b></i>	<i><b>Dates</b></i>	<i><b>Location</b></i>	<i><b>Parents/ Guardians only; entire family; or children</b></i>	<i><b>Agency Contact Information</b></i>	<i><b>Costs</b></i>
<b>PSTD and Sexual Abuse Support Group</b>		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	
<b>Second Generation Group</b>	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 survivors of the Holocaust	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
<b>Sharing the Journey Bereavement Support Group</b>	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 n sharing their feelings with one another.	6:30 – 8 pm  1 – 2:30 pm  8-week session	Monday evenings  Thursday afternoons  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
<b>Signs of Sobriety</b>  (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 <a href="mailto:communication@signsofsobriety.org">communication@signsofsobriety.org</a> Voice 609-8832-7677 TTY: 609-882-7177	
<b>S.O.A.R. Group Survivors of Abuse and Rape</b>	Therapy group for survivors of sexual violence, including child sexual abuse, sexual assault, incest and rape	Weekly	Call for dates	Ridgewood	Females	HealingSpace 201-881-1733	No Fee

## Support Groups or Services for Families and Adults

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Stepmom's Support Group</b>		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 <a href="mailto:lloson@live.com">lloson@live.com</a> or call 201-444-3686	
<b>Support for Survivors of Military Sexual Trauma</b>	A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County.		Call for new session start dates.	YWCA of Bergen County Rape Crisis Center 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	
<b>Strengthening Families</b>	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	Starting June  Call for dates and registration	Garfield Public Housing Authority	Entire Family and their children ages 7 to 14	Jaclyn Auriemma 201-488-8680	Free
<b>TAMAR Together Against Molestation and Rape Group</b>	TAMAR is a program that helps victims of molestation or rape. Victims become less incapacitated by allowing expression in a safe non-judgmental environment and healing space.		Call for more information	Moving on Life Center, Inc. 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
<b>Therapy for Adolescents and Adults</b>	Individual therapy sessions with adolescents and adults to work through a range of emotional and social difficulties.	Call for appointment	Call for Date	121 Rea Avenue 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

## Support Groups or Services for Families and Adults

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Wellness Wednesdays for Moms</b>	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	
<b>W.I.S.E. Women, Independent, Strong, Enriched</b>	An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved.	9:30 am – 10:30 am  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 <a href="http://www.jfsbergen.org">www.jfsbergen.org</a> Pre-registration required	
<b>Women's Health Yoga</b>	Class addresses the specific needs of a woman's physiology and can promote your physical, mental, and spiritual health.	5 week series Or 10 week series 7:30 pm-8:30 pm	Wednesdays	Held at Destination Maternity	Non-pregnant women	<a href="mailto:familyeducation@valleyhealth.com">familyeducation@valleyhealth.com</a> 201-291-6151	\$100 per person/5 week series  \$180 per person/10 week series
<b>Women's Wellness Support Group</b>		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

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Adolescent Medical Detox/Addiction Recovery</b>	In-patient treatment with primary diagnosis of substance abuse and have some co-occurring disorder. Medically supervised detox and 12-step recovery program.	Acute Short term	Open 7days a week/24 hours		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
<b>Adolescent Substance Abuse Outpatient Group</b>	A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication and more	Tuesday and Thursday 5:45pm - 7:15pm	Tuesdays and Thursdays	Bergen Regional Medical Center	Adolescents 13 – 17	Bergen Regional Medical Center 201-967-4000, x 4260 Michael Mariano	

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education &amp; Support)</b>	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	
<b>Anger Management Program Ages 12-18</b>	Evidenced based psycho-educational group for youth. Interactive supportive approaches to help youth learn skills needed to effectively manage their emotions in order to strengthen conflict resolution skills.	Weekly in the evenings for 10 weeks.	Start date of next cycle: Contact Laura Del Tufo for more information	Fair Lawn Mental Health Center a Division of Care Plus NJ 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.
<b>Art Therapy Group</b>	Art therapy for ages 3-18	TBA	TBA	D'Acierno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	Ages 3 – 18 years old	D'Acierno and Associates Samantha D'Auria 201-357-2715 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	\$75.00 Also Sliding Scale or out of network ins.
<b>Bergen County Juvenile Fire Prevention</b>	Provide fire safety education, counseling sessions, fire evaluations and categorize the risk of future fire setting using self-report inventories	9:00AM to 8:00PM	Monday thru Friday Ongoing classes	Children and Family Services 17-07 Romaine Street Fair Lawn, NJ	Youth up to age 17	Care Plus NJ Children and Family Services 17-07 Romaine Street Fair Lawn, NJ	No Fee
<b>Bergen County Office of Alcohol and Drug Dependency (BCOADD)</b>	The BCOADD offers adolescent substance abuse evaluations, early intervention, in-patient detoxification and short-term residential services to uninsured and underinsured Bergen County residents.			Proof of residence required, Admission criteria, and Income Eligibility Screen	Males and Females up to age 17 (age 18 if still in High School)	For information and referrals, please contact: Bergen county Department of Health Services Office of Alcohol and Drug Dependency 327 E. Ridgewood Avenue, room 210 201-634-2740	

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Camp Excel Social Skills</b>	In addition to learning social skills, trained staff provides guidance in using those skills during activities giving children the opportunity to experience in the moment learning that stays with them.		Call for new session start dates.		For children, ages 5 – 17, with ADHD, Asperger's and others with Social Skills Challenges	For more information call Kathleen Cable, Director 732-281-0275 Kcable23@aol.com	
<b>Child Anxiety Disorders Clinic</b>	Farleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills.	Ongoing Weekly	10 weekly group sessions, Call for dates and times	FDU Child Anxiety Disorders Clinic 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.
<b>Children's After School Treatment Services (C.A.T.S.)</b>	C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities.	Appointment must be scheduled		C.A.T.S. One Bergen County Plaza, 2 <sup>nd</sup> 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 <sup>nd</sup> Floor Hackensack, NJ  For more information, call 201-336-7358	No Fee
<b>Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services</b>	A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder.	9:00 am – 5:00 pm	Monday – Friday	Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ		Appointment only, call for information or appointment 1-800-730-2762	
<b>Divorce Groups for Children</b>		Weekly 6:00–7:00 pm or 7:00 – 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



## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Helping Children Deal With Loss (Educational Study Group for Parents)</b>	Provides parents with valuable information and tools to assist their children in dealing with the losses they have suffered.	6 week 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
<b>LEGO Social Skills Groups for age 5 -7 and 8 - 10</b>	This group is designed for children with a diagnosis (ADHD, Autism, etc.) that creates difficulty in social situations. Participants will learn to work together and speak effectively while creating a LEGO project.	8-week 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
<b>Marijuana Cessation Group for Boys</b>	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	
<b>Mentoring</b>		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 <a href="http://www.ridgewoodymca.org">www.ridgewoodymca.org</a>	No Fee
<b>“Mommy &amp; Me” English/Spanish</b>		11:00am to 12:00pm	Tuesdays & Thursdays	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	No Fee
<b>NYU Child Study Center Psychiatric Evaluation and Treatment Services</b>	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 to 8:00pm	Services Available: Monday – Friday	411 Hackensack Avenue 7 <sup>th</sup> floor Hackensack, NJ	Children who need evaluation for school, emotional or behavioral problems	NYC Child Study Center New Jersey 411 Hackensack Ave. 7 <sup>th</sup> floor Hackensack, NJ  For additional information or to schedule an appointment, please call 201-465-8111	

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Outpatient Counseling Services for Children and Teens</b>	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 Debbie Capalbo 201-445-7015	
<b>Play Therapy (3yrs. And Up)</b>	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
<b>Play Therapy Group</b>	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 Samantha D'Auria 201-357-2715 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	\$75.00 Also Sliding Scale or out of network ins.
<b>Rainbow (Dealing with Grief)</b>		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
<b>Social Anxiety Teen Group</b>	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
<b>Social Skills</b>		TBA	TBA	D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	5-21 year olds.	D'Acerno and Associates Samantha D'Auria 201-357-2715 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	\$75.00 Also Sliding Scale or out of network ins.
<b>Substance Abuse Group for Teen Girls</b>		3:30pm to 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

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Social Skills Program Ages 5-18</b>  <b>A parent group is offered concurrently.</b>	A psycho-educational group, divided into developmentally appropriate subgroups. Interactive approaches to help youth learn skills to navigate their social world.	6:00 pm to 7:30 pm  10 sessions	For 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 <a href="mailto:joanw@careplusnj.org">joanw@careplusnj.org</a>	\$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group
<b>Support Group for Socially Vulnerable Children 8 - 12</b>	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
<b>Teen Anti-Bullying Support Group</b>	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 <a href="mailto:donna.interstatefacts@gmail.com">donna.interstatefacts@gmail.com</a> or <a href="mailto:interstatefacts@gmail.com">interstatefacts@gmail.com</a> 201-488-5188 Parent and student must register before attending session	No Fee
<b>Teen Equine Empowerment Program</b>	Horse play is provided at an indoor arena and facilitated by equine specialist and licensed clinical social worker.	10:00 am – 2:00 pm	Tuesdays: Tweens 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 <a href="http://www.ponypowernj.org">www.ponypowernj.org</a>	\$150.00 per day
<b>Teen Boys Group</b>		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
<b>Teen Girls Educational Empowerment Group</b>	Group sessions with emphasis on substance abuse and other related issues that adolescent girls are currently struggling with during this difficult developmental stage.	5:00pm to 6:00 pm  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

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Teen Girls support Group</b>	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 Samantha D'Auria 201-357-2715 <a href="mailto:Srdauria.lcsw@gmail.com">Srdauria.lcsw@gmail.com</a>	\$75.00 Also Sliding Scale or out of network ins.
<b>Teen Girls Group for Substance Abuse and Mental Health Counseling</b>	The goal of the group is to help educate teen girls about harmful substances and behaviors and provide a safe space for them to share & process feelings.	6:00 pm	Tuesdays	West Bergen Center for Children and Youth Ridgewood	Teen girls with substance abuse or mental health issues	For More Information, please contact Stephanie Blanchflower at 201-444-3550	
<b>Teen Girls Depression Group</b>	We address many issues that include but are not limited to depression, body image, intimate relationships, parent-child relationships, anger, anxiety, and autonomy.	Weekly 6:00pm to 7:00pm	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
<b>Teen Marijuana Cessation Group for Teens 14 - 17</b>	Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users.	Call for appointment	Phase I: 5 weekly 75-minute sessions  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 <sup>rd</sup> 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	
<b>Teen Track: Recovery for Adolescents</b>	A program for teens struggling with abstinence, this could be the program for them to begin again, drug free.		Call for program time and admission details	Bergen Regional Medical Center 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	
<b>Young Adult Partial Program</b>		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	
<b>Youth Anger Management</b>		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)

## Programs or Support Groups for Youth

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Youth Resource Center</b>	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.	3:00pm to 7:00pm	Mondays, Wednesdays, and Fridays	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

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>ACCESS St. Joseph's Regional Medical Center</b>	A statewide provider of mental health services for individuals who are deaf or hard of hearing. Staff is fluent in American Sign Language.		Available 24/7 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	
<b>ADHD/Social Skills Groups</b>		5:00pm to 6:00 PM or 6:00pm to 7:00 PM depends on age	Mondays and Tuesdays 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
<b>Asperger's Related Services – Therapeutic Social Skills Groups</b>	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills.	Weekly Multiple Times depending on age	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	All ages	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
<b>Asperger's Social Skills Training at William Paterson University</b>	Residents with Asperger's syndrome may apply to participate in a 10-hour a week social skills training program conducted in group sessions at William Paterson University.		Program 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.	

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<b>Asperger's Related Services – Playgroup Workshop</b>	For children who need improvement in play skills with peers. This workshop will focus on practicing sharing, cooperation, comprising, sportsmanship, and conversation skills.	3:45pm to 5:00 pm	Fridays	West Bergen Center for Children and Youth 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
<b>Asperger's Related Services – Saturday Art Workshops</b>	Increase social interaction; sensory regulation; increase imagination, perspective, conceptual processing and motor coordination. Provide an alternate means of self-expression and learn leisure skills that can grow for a lifetime or lead to employment.	Youth 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
<b>Asperger's Related Services – Sibling and Cousin Workshop</b>	This workshop covers a range of topics such as tolerance, coping strategies, focusing on your sibling's or cousin's strengths, disclosure, fairness, creating quality time and finding common ground.	4:00 pm – 5:00 pm	Call for new dates		For Siblings and Cousins of Youth with Asperger's or related conditions 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
<b>Bergen County Community Mental Health Law Project</b>	A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill.	Office Hours: 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	
<b>Child Anxiety Disorder Clinic</b>	The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills.		Call for group times	Child Anxiety Disorder Clinic at Farleigh Dickinson University 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

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<b>Dad's Support Group</b>	Support and guidance for fathers of children with special needs	7:30pm to 9:00pm	Wednesday June 26 <sup>th</sup>	Jewish Family Service of MetroWest NJ 256 Columbia Turnpike Suite 105 Florham ark	Fathers	Jewish Family Service of MetroWest NJ Rebecca Wanatic 973-929-3129 <a href="mailto:rwanatic@ifedgmw.org">rwanatic@ifedgmw.org</a>	No Fee
<b>Let's Talk: Planning the Journey Through the Teen Years</b>	Parent-to-Parent Exchange Meetings for Parents of students with disabilities age 14 and older	7:00PM	Wednesday	Community Services Building First Floor Auditorium 327 East Ridgewood Ave. Paramus, NJ	Parents	The Cape Center Connie 201-343-6000 ext. 4076 <a href="mailto:compel@bergen.org">compel@bergen.org</a>	No Fee
<b>Mom's Support Group</b>	Support and guidance for mothers of children with special needs	7:30pm to 9:00pm	Wednesday June 12 <sup>th</sup>	JCC MetroWest EC Parent Place 760 Northfield Avenue West Orane, NJ	Fathers	Jewish Family Service of MetroWest NJ Rebecca Wanatic 973-929-3129 <a href="mailto:rwanatic@ifedgmw.org">rwanatic@ifedgmw.org</a>	No Fee
<b>Our Time</b>	1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents	1:00 -2:00pm  9:30 - 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
<b>The Process of Selecting a College</b>	Workshop for students with Asperger's syndrome, NVLD, HFA, and PDD-NOS to introduce steps and process of selecting, applying and interviewing for college.	4 workshops  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



## Single Parent or Divorce Related Programs and Support Groups

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Adult Divorce Group</b>		Weekly	Call for more information	West Bergen Center for Children and Youth 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
<b>ASPEN Father's Support Group</b>	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 <a href="http://www.aspennj.org/chapters.asp">http://www.aspennj.org/chapters.asp</a>	
<b>Children in Between</b>  <b>NOTE: New Name, formerly Children in the Middle</b>	Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce.	12:30 pm – 4:30 pm	Monday June 17 <sup>th</sup>	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 Kathy Scheiner 201-488-8680	No Fee
<b>Children in Between</b>  <b>NOTE: New Name, formerly Children in the Middle</b>	Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce.	5:30 pm – 9:30 pm	Thursday June 13 <sup>th</sup>	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 Kathy Scheiner 201-488-8680	No Fee
<b>Legal Consultation For Divorce, Custody or Visitation issues</b>	Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues	6:00 pm – 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 <a href="mailto:info@womensrights.org">info@womensrights.org</a>	

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<b>Moving on Life Center, Inc.</b>	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
<b>New Beginnings</b>	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	
<b>Single Parents Support Community</b>		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
<b>Single Parent Group</b>		7:00 pm to 8:30 pm	Every 2 <sup>nd</sup> and 4 <sup>th</sup> 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
<b>Bergen County Displaced Homemaker Program</b>	A center that helps women become economically and personally self-sufficient after losing their primary means of financial support due to military deployment of spouses, death, disability or unemployment of spouse or significant other.	Call for hours of services	Call for days of services	Bergen One-Stop Center 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	
<b>Venture-Out Programs</b>	A new, innovative program that brings together proven life skills curriculum with an intensive therapeutic component to assist students as they work toward independent living.		Call for more information— Referrals are through 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 <a href="http://www.bergen.org/venture">http://www.bergen.org/venture</a>	

## Employment /Education Opportunities

<b>Program Name</b>	<b>Program Description</b>	<b># and Time of Sessions</b>	<b>Dates</b>	<b>Location</b>	<b>Parents/ Guardians only; entire family; or children</b>	<b>Agency Contact Information</b>	<b>Costs</b>
<b>Bridges to Employment: Career Exploration and Development</b>	Participants learn how to prepare for employment: punctuality, resume writing, job interviewing skills, budgeting, conflict resolution and more	Individualized Schedule	Year Round Call for more specific information	Bridges to Employment Program 1 Bergen County Plaza 2 <sup>nd</sup> . Floor Hackensack, NJ 07601	Bergen County Youth 16 -21	Bergen County Division of Family Guidance One Bergen Plaza, 2 <sup>nd</sup> floor Hackensack, NJ <a href="mailto:psharif@co.bergen.nj.us">psharif@co.bergen.nj.us</a> Pari Sharif 201-336-6926	No Fee
<b>Citizenship (Cuidadania)</b>	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 <a href="mailto:lgaleano@womensrights.org">lgaleano@womensrights.org</a>	\$75.00
<b>Connections/ A GED program</b>	Participants receive individualized preparation for the high school equivalency examination, assistance in developing a career plan, placement assistance in college or training programs	9:00AM to 3:00PM	Year Round Monday thru Friday	Bergen Community College 1280 Wall Street West 3 <sup>rd</sup> . Floor Lyndhurst, NJ 07071	Bergen County Youth 16 -21	Bergen County Division of Family Guidance 304 Valley Blvd. 2 <sup>nd</sup> floor Wood-Ridge, NJ <a href="mailto:phibea@verizon.net">phibea@verizon.net</a> Philip Beamer 201-460-2260	No Fee
<b>Computer Training</b>	Fulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered.	Varied	Varied	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women and family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 <a href="http://www.womensrights.org">www.womensrights.org</a> <a href="mailto:info@womensrights.org">info@womensrights.org</a>	No Fee
<b>DIR Floortime Training Courses</b>	Training courses for parents, teachers, therapists, healthcare workers, and others.	Varied	Varied	Online	Adults	The Interdisciplinary Council on Developmental & Learning Disorders 4938 Hampden Lane, Suite 800, Bethesda, Maryland 20814 301-656-2667	Varied
<b>English As A Second Language</b>	Evening classes in three levels to learn English and improve reading, writing, listening and speaking skills	10 Week Sessions  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 <a href="mailto:lgaleano@womensrights.org">lgaleano@womensrights.org</a>	\$75.00

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<b>Family Educational Workshops</b>	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 07652	Families with adult relatives with mental illness	Comprehensive Behavioral Healthcare Inc. (201) 646-0333 ext. 251	
<b>HOPE Re-Entry Programs and Family Services</b>		10 am – 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	
<b>New Job Seekers Orientation</b>	An introductory session to learn about programs and services for re-employment, including career counseling, confidence building, resume development, interviewing, online job search, computer training skills and job leads.	1:00 pm	Every Other Friday 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 <a href="http://www.womensrights.org">www.womensrights.org</a> info@womensrights.org	No Fee
<b>Transitional Employment and Mentoring Services Workshops and Seminars</b>		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 <a href="mailto:Hopereentry259@erizon.net">Hopereentry259@erizon.net</a>	