

“Parenting and Family Guide” for Programs in Bergen County






The programs listed are accepting participants for programs running during the month of



JUNE, 2010

The “Parenting and Family Guide” is brought to you as a courtesy of The Center for Alcohol and Drug Resources,

201-488-8680

A Program of Children's Aid and Family Services

<i>Program Name & Ages of Children of Participants</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>Additional Services*</i>	<i>Costs</i>
Making the Connection: Trauma, Substance Abuse and Mental Health Conference 	8:30 registration (advanced registration required) Conference 9:00 am – 3:00 pm	Thursday June 10, 2010	Bergen Community College, Technology Center 400 Paramus Road Paramus, NJ	Professionals or Volunteers in mental health or substance abuse prevention or treatment	The Center for Alcohol and Drug Resources A Program of Children's Aid and Family Services 241 Main Street, Suite 600 Hackensack, NJ 07601 201-488-8680 kscheiner@cfsnj.org	PDH, CADC, CPS recert CEU's	\$35.00 Lunch included in fee
Children in the Middle for divorced or separated parents with all ages of children	10:30 am – 2:30 pm	Monday June 7, 2010	Children's Aid and Family Services MGW Law Offices 240 Frisch Court Paramus, NJ 	Parents	Caryn Loffman The Center for Alcohol and Drug Resources 201-488-8680 x101	L Free Parking in lot.	None
Children in the Middle for divorced or separated parents with all ages of children	5:30 - 9:30 p.m.	Wednesday June 30, 2010	The Center for Alcohol and Drug Resources 241 Main Street Hackensack, NJ 07601	Parents	Caryn Loffman The Center for Alcohol and Drug Resources 201-488-8680 x101	L Free Parking in back of building.	None
Strengthening Bergen Families 6 - 11	6:00 – 8:30 14 sessions	New sessions will begin in Fall, 2010 Please call to be added to the waiting list	To be determined	Parents/Guardians and children ages 6 - 11	Kathi Viola The Center for Alcohol and Drug Resources 201-488-8680 x104	C, M Free Parking	None
Families United (formerly Parents United) 	2 nd and 4 th Wednesday each month 6:30 – 7:30	June 9 2010 June 23, 2010 	The Center for Alcohol and Drug Resources (Wachovia Bldg.) 241 Main St. Suite 600 Hackensack, NJ	Parents	The Center for Alcohol and Drug Resources 241 Main St., Suite 6000 Hackensack, NJ 201-488-8680	Free parking in lot behind building; meters on street	None
EPIC – Parenting Education and Support Groups	Begins July 12, 2010 Weekly for 12 sessions	Wednesdays 7 – 9 pm	Children's Aid & Family Services 240 Frisch, Ste. 100 Paramus, NJ 07652	Parents	Lannie Jaconia Children's Aid & Family Services 201-882-3733 or 201-226-0300 x228		Nominal fee
EPIC – Parenting Education and Support Groups	Begins July 8, 2010 Weekly for 12 sessions	Thursdays 12:15 – 2:15 pm	The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wachovia Bank Bldg.) 	Parents	Lannie Jaconia Children's Aid & Family Services 201-882-3733 or 201-226-0300 x228	Free parking in lot behind building; meters on street	Nominal fee

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EPIC – Parenting Education and Support Groups	Begins July 8, 2010 Weekly for 12 sessions	Thursdays 7 – 9 pm	The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wachovia Bank Bldg.) 	Parents	Lannie Jaconia Children's Aid & Family Services 201-882-3733 or 201-226-0300 x228	Free parking in lot behind building; meters on street	Nominal fee
Family Education	Various	Various	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	Families	Children's Aid & Family Services Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 201-445-7015		Vary
Single Parent Group	7-8:30 p.m.	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
Social Skills Program Ages 4 1/2 - 12	Sessions will be held twice a week Call for more information on specific dates	Month of July	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	Children Ages 4 ½ - 12	Children's Aid & Family Services Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 x222		Call for more information
Post Adoption Counseling	Call for more information	Call for more information	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	Families with legally adopted child(ren) under age 18	Children's Aid & Family Services Pre/Post Adoption Counseling Services (PACS) Kathleen Russo 973-763-2041, ext. 203 krusso@cafsnj.org		Free for Bergen and Passaic County Families
KLG Counseling Services	Call for more information	Call for more information	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
Family Educational Workshops: Series of 8 individually titled workshops 	Tuesday 7 – 9 pm June series	<i>June 8 "How to Support an Elderly Relative with Mental Illness"</i> <i>June 15 "Police Involvement in a Mental Health Crisis"</i> <i>June 22 "A Hearts and Minds Presentation"</i> <i>June 29 "Recovery is Possible"</i>	Bergen Regional Medical Center: Behavioral Health Pavilion, E218 230 E. Ridgewood Ave Paramus, NJ	Families who have an adult relative diagnosed with serious and persistent mental illness	Intensive Family Support Services of Bergen County For more Information, program titles or registration call Lara Zucker 201-646-0333		None




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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
Get the “Social” Back into Social Skills 	7:00 pm	Wednesday June 2, 2010	Luther Lee Emerson School, Media Room 10 Columbus Road Demarest, NJ	Parents	Sponsored by the D-PAC Demarest Parent Advisory Council		free
Generalization of Behavior Interventions into the Natural Environment 	10:00 – 11:30 Workshop I Parents of younger children 7:00 – 8:30 pm Workshop II Parents of Adolescents	Wednesday June 2, 2010	The CAPE Resource Center Community Services Bldg. 327 E. Ridgewood Ave. Suite 212 Paramus, NJ	Parents, Family Members, Caregivers	The CAPE Resource Center Community Services Bldg. 327 E. Ridgewood Ave. Suite 212 Paramus, NJ To RSVP, contact Connie 201-343-6000, ext. 4076 compel@bergen.org		free
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
Paralympic Sport Club Adaptive Archery Clinic 	1:00 – 4:00 pm	Saturday July 10, 2010	Oak Ridge Archery Range in Oak Ridge Park on Oak Ridge Road Clark, NJ	People with disabilities interested in learning archery	Sponsored by North Jersey Navigators Registration or info contact Jimmy Guevas jceuvass1969@comcast.net		free
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
Stepmom’s Support Group	7:00 – 9:30 pm	Every other Thurs.	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 lowson@live.com or call 201-444-3686		
Art and Communication	Call for more information		Family Success Center 351 Englewood Avenue Englewood, NJ 07631		Alana Alleyne/Natalia Arias (p) 201-568-3421 (f) 201-568-3422		None
Creating Agreement and Conflict Resolution 	7:00 – 8:30 pm	Monday June 7, 2010	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents/Caregivers	Family Support Organization Lynne Bolson 201-796-6209 ext. 102 lbfsobc@covad.net		None
FSOBC Support Group Age 5 – 17	On-going 7:00 – 8:30 p.m.	Held weekly on Wednesdays	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents/Caregivers	Family Support Organization Lynne Bolson 201-796-6209 ext. 102 lbfsobc@covad.net	C L = Every 3 rd Wednesday	None

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Grandparents Raising Grandchildren	On-going 10-11:30 a.m.	Meets monthly, every 4 th Tuesday,	Englewood Call for more information	Grandparents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102		None
Bi-Lingual Spanish/English Support Group	7:00 – 8:30 pm	Thursdays June 17	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents	Family Support Organization To register call: Tatiana 201-796-6209 ext. 107		None
Helping Children Deal With Loss (Educational Study Group for Parents)		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		None
Transition to Pre-School Workshop 	10:00 am – 12:00 noon	Tuesday, June 8, 2010	Helpful Hands 65 Willowbrook Blvd. Suite 206 Wayne, NJ	Parents/Guardians with children in early intervention and siblings to age 4	Helpful Hands and NREIC & Pediatric Rehabilitation of North Jersey Michelle@ 973-256-8484 michelle@nreic.org		None
Bridges to Employment: Career Exploration and Development		Call for more specific information	Hackensack	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	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
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
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
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
Parents Support Group	Online		Families Anonymous		www.familiesanonymous.org		None
The Parent Program 	2 nd Thursday of each month 7:30 pm	June 10, 2010	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

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Rainbow (Dealing with Grief)	Weekly 7 – 8 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
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		
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
Parenting Education Classes	Various		Kraft Center 15 Essex Road Paramus, NJ	Parents	Valley Department of Parent Education 201-291-6151 www.valleyhealth.com/familyeducation		
Social Skills Group Ages 10-15 (Separate group available for teens)	Weekly 10 weeks	Mondays 4:30 – 6:30 p.m.	Care Plus NJ, Inc. 17-07 Romaine Street Fairlawn, NJ 07410	Children 10 - 15 (includes parent group sessions)	Joan Walpole 17-07 Romaine Street Fair Lawn, NJ 07410 201-797-2660 x144		\$350 plus \$25 intake fee
Family Success Center of Englewood & Teaneck “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	Alana Alleyne/Natalia Arias 201-568-0817 Alana Alleyne, ext. 13 Natalia Arias, ext. 15		None
Comprehensive Behavioral Healthcare, Inc. Family Educational Workshops	8 weeks 7-9 p.m.	Tuesdays	Bergen Regional Medical Center Behavioral Health Plaza Room E218 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
Comprehensive Behavioral Healthcare, Inc. Family Support Group	Ongoing	Thursdays 7 – 9 pm	Care Plus, NJ 610 Valley Health Plaza Paramus, NJ	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251		
Comprehensive Behavioral Healthcare, Inc. Family Support Group	Ongoing	Sunday mornings 10:00 – 12:00	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		
Family Education, Counseling & Workshops (Korean and limited English)	Call for more information	Call for more information	Family In Touch 240 Grand Avenue, #6 Leonía, NJ 07605	Family	Family In Touch 240 Grand Avenue, #6 Leonía, NJ 07605 201-242-4422		

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Social Phobia Teen Group	7:00pm 20 sessions	Tuesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ	Teens	Lillie or Alan Koenig West Bergen Center 1 Cherry Lane Ramsey, NJ 201-934-1160		
Adult Divorce Group	Weekly To be determined	To be determined	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Parents	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144		Sliding Scale
Adolescent Girls Depression Group	Weekly 6:00 – 7:00 PM	Wednesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Teen Girls ages 14-17	Access Department West Bergen Center for Children and Youth 201-444-3550 ext 7144		Sliding Scale
Asperger's Related Services – Therapeutic Social Skills Groups	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
ADHD/Social Skills Groups	Weekly 5:00-6:00 PM or 6:00-7:00 PM depends on age	Wednesdays and Thursdays	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		Sliding Scale
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
Divorce Groups for Children	Weekly 6:00– 7:00/ 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
Anger Management	Scheduled various times through 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
Chrysalis Program	4:00 – 5:30 Ongoing	Mondays	St Elizabeth's Episcopal Church, Ridgewood, NJ	Open to teen moms to age 21	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212		
Adoption Support	10:15 – 11:15	Saturday	West Bergen Center for Youth and Children One Cherry Lane Ramsey, NJ	Girls 11 - 14	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212		
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		

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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/ Behavioral Challenges	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212		
Expectant and New Mother's Support Groups	1:30 pm	First and Third Thursdays Each Month	Call for information And registration	Expectant Mothers New Mothers	North Jersey Maternal/Child Health Consortium www.maternalchildhealth.org Johann Gorab 201-833-3124		Call for fee
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
Food Addicts Anonymous	7:15 pm	Wednesdays	Jewish Family Services 1485 Teaneck Road Teaneck, NJ	All who wish to recover from food addiction	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ Yael 347-210-8124		
Jewish Twelve Steps/ JACS	Beginning 7:30 – 8:30 pm	Thursdays June 3, 2010 First Thurs of each 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		
Second Generation Group	7:00 pm	Thursday May 13, 2010	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Children of Holocaust Survivors	201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ		\$5.00 suggested donation
Women's Abuse Support Group	7:15 – 8:30 pm 6 weeks	Every other Wednesday	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Domestic Violence Support Group is Non-denominational	201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ		\$5.00
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		
Father to Father	Monthly	Sundays	Teaneck, NJ	Fathers	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org		

Summer Sessions		Summer Fun		Summer Sessions		Summer Fun	
Summer Stars for Girls Camp 	Monday through Friday 10:30 – 2:30	August 2 – August 13	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ	Girls, ages 10 – 13	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ 201-342-2989 Cmde1962@aol.com	Performance August 12 1:00 pm	Free to those who qualify
Summer Stars for Boys Camp 	Monday through Friday 10:30 – 2:30	August 16 – August 27	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ	Boys, ages 10 – 13	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ 201-342-2989 Cmde1962@aol.com	Performance August 26 1:00 pm	Free to those who qualify
Summer Moves for Teens 	Monday through Thursday 5:00 – 7:00pm	August 2 – August 26	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ	Co-ed, Open to boys and girls, ages 13 - 19	Center for Modern Dance Education 8 Euclid Avenue Hackensack, NJ 201-342-2989 Cmde1962@aol.com	Performance August 25 & 26 6:00 pm	Free to those who qualify
The SOAR Experience Social Skills, Outdoor Fun, Arts and Crafts, and Relationships	July 5 – 13 July 5 – 23 July 26 – Aug 13	9 am – 3 pm	West Bergen Center for Youth and Children 1 Cherry Lane Ramsey, NJ	Children with Asperger's Syndrome or related disorders	For information call Phyllis Strohmeyer at 201-934-1160, ext. 7203 application call, Kelly Doyle, ext/ 7231		\$2000 - \$3800 depending on program

M = Meal provided C = Childcare provided T = Transportation L = Light refreshments served

updated 5/27/2010

THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

May 27, 2010

Dear Service Provider:

Welcome to the “**Parenting and Family Guide.**”

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 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 add to the grid. These recommendations can be forwarded to kviola@cafsnj.org. I can also be reached at 201-488-8680.

Please read the section pertaining to your organization and verify that all information is correct and complete. If you require edits, additions, or deletions please email me or fax me at 201-488-8724 with necessary changes. Your help in this matter is greatly appreciated. The next issue of The Parenting Grid will go out about July 1, 2010.

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

Sincerely,
Kathi ☺

Kathi Viola
Prevention Specialist
The Center for Alcohol and Drug Resources
A Program of Children’s Aid and Family Services