"Parenting and Family Guide" for Programs in Bergen County

May, 2012

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

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

Hotline Numbers of Interest

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

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

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

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

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

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

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

Muslim Youth Confidential Youth Help Line 201-647-7229

National Medicare Training Program Educational Video in American Sign Language: http://www.youtube.com/watch?v=eskZVAg7v0o
To download: http://downloads.cms.gov/media/video/ASLOverview..wmv

NEW **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

NEW **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.

Upcoming Special Event (chronological order)

Program Name	*Program Description*	*# and Time of Sessions*	*Dates*	*Location*	*Parents/ Guardians only; entire family; or children*	*Agency Contact Information*	*Costs*
Underage Drinking A Workshop Series Presented by The Bergen County Prevention Coalition NEW	Learn about underage drinking and its impact on the family and community. See an improvisation by youth about a party gone too far. Explore solutions for parents and the community as a whole.	6:30 – 8:30 pm	Tuesday May1, 2012	One Bergen County Plaza 1st floor multipurpose room Hackensack	Youth, families, community members, professionals	For more information Call Kathy Scheiner at 201-488-8680 or kscheiner@cafsnj.org	free

Upcoming Special Event (chronological order)

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
SOAR Experience and the SOAR CIT Program NEW	Come and learn about the SOAR Experience-a therapeutic social skills program in a day-camp like environment for children and teens with Asperger's and related disorders. Learn about the fun-filled summer days rich in socialization.	7- 7:40 for SOAR experience program 7:45 – 8:30 to SOAR CIT program	Tuesday May1, 2012	West Bergen Asperger's Center 615 Franklin Turnpike 2nd floor Ridgewood, NJ	Youth on Asperger's Spectrum	West Bergen Asperger's Related Services To register or get additional information Call Kelly Doyle 201-857-0080, ext. 7500	Orientation is free
Bullying and Dating Violence Recent Changes for K -12 and Higher Educations NEW	Featuring David Nash, Director of Legal Education, Foundation for Educational Administration. Hear student leaders, interact with a panel of law enforcement, mental health and education experts.	8:30 am - noon	Tuesday May1, 2012	Trustees Pavillion Ramapo College Mahwah, NJ	School Administrators, SACs, Guidance Counselors and other professionals who deal with bullying.	Register online: www.njpsa.org under FEA Programs and Workshops or call 609--860-1200	$99. Per person
The Hoopla About Pelvic Health NEW	Learn what you can do to improve pelvic health at any age. You will learn: facts on fibroids, pelvic pain, understanding heavy periods and peri-menopause, the perils of a weak pelvis, increasing sexual response and effective treatment for urinary incontinence	6:00 – 9:00 pm Dinner and panel presentation begin at 7:00pm	Tuesday May 1, 2012	Seasons 644 Pascack Road Washington Twp.	Mothers, sisters, friends	Pre-registration is required To register, call Valley Health Systems 201-291-6118	$20.00
The Ins and Outs of Living with Diabetes NEW	Offering you the knowledge and tools to better manage your diabetes.	7:00 pm	Wednesday May 2, 2012	Paramus Life Safety Building Carlough Drive Paramus, NJ	Public	Reservations Recommended Call 201-444-0337 or email info@diabetesfoundationinc.org	free
Traveling Around Town: Utilizing Public Transportation NEW	Learn about AccessLink and the Bergen County Transportation system so your loved one can travel independently.	7 – 8:30 pm	Wednesday May 2, 2012	Norman Bleshman School 333 E. Ridgewood Ave. Paramus, NJ	Parents Bring your questions.	To register online: www.bergen.org/registration Please contact Connie at 201-343-6000, x 4076 for questions about registration	free
Support Groups for Survivors of Sexual Assault NEW	A support group that provides a welcoming, safe environment for survivors to share their experiences, practice coping skills and help each other along the healing journey.	6:00 – 7:30 pm	Beginning Wednesday May 2, 2012	Passaic County Women's Center	This group is intended for adult female survivors of sexual assault, child sexual abuse and/or incest	Passaic County Women's Center Please call for more information or meeting address. 973-881-0725	free

Upcoming Special Event (chronological order)

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Annual Skin Cancer Screening NEW	May is National Skin Cancer Awareness Month, a good time to recognize the dangers of sun exposure without proper skin protection.	9:00 am – noon	Saturday May 5, 2012	Holy Name Medical Center 718 Teaneck Road Teaneck, NJ	public	To make your skin cancer screening today by calling 1-877-465-9626.	free
Leave Me Alone: Improving Communicating and Setting Boundaries with Your Child: Part II NEW	This is part two of a two-part workshop, so it is suggested that you complete part 1. Learn better communication skills and how to set appropriate boundaries that you and your child find reasonable.	10:30 am – 12 noon	Saturday May 5, 2012	COPE Center in Montclair 104 Bloomfield Avenue Montclair, NJ	Ideal for parents raising children between ages 8 and 19.	To register, call 973-783-6655 COPE Center 104 Bloomfield Ave Montclair, NJ	$5.00 suggested donation
A Strength Based Approach to Better Parenting.	Parents are confronted by great challenges and stress. The overload we experience doesn't' leave much time for attaining balance, let alone developing our strengths. This workshop will help to find practical and simple measures that will help us fulfill our potential one day at a time.	8:00 pm	Monday May 7, 2012	Valley Hospital 223 North Van Dien Ave. Ridgewood, NJ	Parents/Guardians	To register or get additional information, please call 201-447-8000	free
Town Hall Meeting: "How Safe is Your Medicine Cabinet?" NEW	Learn about the dangers of prescription drug misuse and abuse. Every 19 minutes someone in the US dies of prescription drug abuse, learn what is happening in Bergen County and how you can keep loved ones safe.	6:30 – 8:30 pm	Tuesday May 8, 2012	Ciccone Theater Bergen Community College 400 Paramus Road Paramus, NJ	All citizens of Bergen County; youth welcome!	Provided by the Bergen County Prevention Coalition For more information please email: bcpcnj@cafsnj.org	Free
Transition from School to Adult Life NEW	This presentation will provide information on post-secondary education options, employment opportunities and adult service systems for individuals with disabilities.	6:00 – 6:30 pm (Youth Envisioning Suc cess) 6:30 – 8:30 SPAN Workshop Presentation	Tuesday May 8, 2012	Ciarco Learning Center Rooms 102 and 103 355 Main Street Hackensack, NJ	Parents and young adults with disabilities	Registration: www.tadbergen2012.eventbrite e.com (by May 4 at 8:00pm) For more information, please call Alanna Staton 201-996-9100, x 23 Astaton.ber@hipcil.org	Free Light supper provided

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The Secret Life of Teens: Featuring Tara Connors, former Miss Teen USA 2006 NEW	Tara seeks to raise awareness among teens by sharing with others her "secret life" and her journey of recovery by being an advocate for those whose lives have been impacted by addiction.	7:00 pm	Wednesday May 9, 2012	Pascack Hills High School 225 W. Grand Ave. Montvale, NJ	Youth, Parents, Families, anyone whose life has been touched by addiction, professionals	Sponsored by Hills Valley Coalition www.hillsvalleycoalition.org	Free
Legal Standards Related to the Practice of Alcohol and Drug Counseling in New Jersey NEW	This state mandated course is intended to provide training in the statutes and regulations that govern the practice of alcohol and drug counseling in New Jersey.	9 am to 4 pm	Thursday May 10, 2012	Straight and Narrow 380 Straight Street Paterson, NJ	CADC and LCADC of DMHAS (formerly DAS) licensed treatment facilities	For more information or registration, contact Bruce Hummer New Jersey Prevention Network 732-367-9985	free
Cultural Competency Part 2	This workshop focuses on strategies to ensure our work as clinicians takes into consideration the cultural beliefs and practices of clients and staff and allows for open expression while providing high quality services.	9:30 am to 12:30 pm	Thursday May 10, 2012	One Bergen County Plaza 4th floor, room 460 Hackensack, NJ	Registrants must have completed Cultural Competency Part 1	For more information or to register, contact Gina Meyers 201-336-7455	$35.00 per person
Open Anniversary Meeting for Families Anonymous (FA) NEW	Come join us at this open meeting and celebrate the 22 year partnership between EHMC and FA. Speakers are usually FA members and their recovering addicts.	7:30 pm	Friday May 11, 2012	Englewood Hospital and Medical Center 350 Engle Street Englewood, NJ Medical Learning Center Rooms A and B on First Floor	All interested in learning more about Families Anonymous	Families Anonymous 201-585-8091 or Geri @ 917-836-3672	Free Light Refreshments
On the Same Page: Parenting as a Team NEW	Enjoy this workshop and learn about setting common parenting goals.	10:30 am to 12 noon	Saturday May 12, 2012	COPE Center in Montclair 104 Bloomfield Avenue Montclair, NJ	Parents and caregivers of children of all ages	To register, call 973-783-6655 COPE Center 104 Bloomfield Ave Montclair, NJ	$5.00 suggested donation
The Relationship Between Ethically and Culturally-Sensitive Practices NEW	This workshop will provide valuable information on how to identify and avoid ethical violations, how to find ethical and culturally sensitive solutions to dilemmas involving culturally diverse families.	9:00 am to 4:00 pm	Tuesday May 15, 2012	60 Evergreen Place 10th floor East Orange, NJ	Infant and Preschool Mental Health Professionals	For more information or registration call 973-395-5500 institute@ycs.org	$130.00

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Dads on Duty—No Moms Allowed NEW	This one-session class will identify and explain the value of developing and maintaining a strong father/child bond during the formative years. An experienced dad will give you lots of "on-the-job" training ideas.	7:30 – 9:30 pm	Tuesday May 15, 2012	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus	Dads or soon-to-be dads	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$40.00
Inaugural Todd Ouida Children's Foundation Annual Conference NEW	Enriching the "everyday leaders" who support the mental health and well being of infants, children and families. Featuring Bob McGrath from Sesame Street and other distinguished workshop presenters.	8 am to 3:30 pm	Wednesday May 16, 2012	Montclair State University Conference Center (7th floor of University Hall)	Professionals in Mental Health and related fields	For more information, call 973-655-6685 To register, visit http://tocfconference.eventbrite.com	$40.00 includes breakfast, lunch, CEU's.
Babysitters' Preparation NEW	This one-session class provides girls and boys with information to safely care for a child. Topics include hanging diapers, feeing, holding a baby, infant safety issues, and how to contact emergency personnel.	4:30 – 6:30 pm	Wednesday May 16, 2012	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus	Boys and girls, ages 10 - 16	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	
Bergen County Celebrates Walk at Work Day (W@W)	Plan a 30-minute walking route and create a team of colleagues and you're set to go.	You pick the ideal time.	Wednesday May 16, 2012	Your place of business or nearby place to create a walk.	Employees	For more information contact Al Ferrara @201-634-2707 or aferrara@co.bergen.nj.us	Free
Alternative Treatments for Clients with Co-Occurring Disorders and an Update on Medical Marijuana NEW	Morning session: Impact of Medical Marijuana on Prevention; Treating Sexual Addictions Afternoon Session: Healing with Horses; EMDR and Sand Play Therapy	8:15 – 4:30	Thursday May 17, 2012	Holy Name Medical Center Marian Hall 718 Teaneck Road Teaneck, NJ	Professionals	Ro register and pay online, visit www.tcadr.org or email kscheiner@cafsnj.org for info on Social Work credits, call Valeska Millan 201-262-7108 valeskam@careplusnj.org	$45.00 includes breakfast and lunch.
Pets and Babies NEW	Expecting a new baby? Don't forget about your loving and loyal four-legged first baby, you r cat or dog. Expectant parents will learn methods to create a happy home for all family members.	7 – 9 pm	Thursday May 17, 2012	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus	Parents of children of all ages and parents-to-be	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$50.00 per 4-session series

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Understanding the Victim/Survivor NEW	Learn to define the emotional and behavioral impact abuse has on a victim their family and friends. Understand empowering the victim; understand why leaving the relationship is the most dangerous time; and identify essential information to help victims make informed decisions.	9:30 am to 4:00 pm	Thursday May 17, 2012	Temple Beth Or 56 Ridgewood Road Washington Twp, NJ	Professionals on the frontline of response to those in crisis.	To register, please go to http://apfc.eventbrite.com Or info@apartnershipforchange.org	125.00
Relapse and Recovery: Integrating Inner Wisdom Practices into Current Treatment Paradigms NEW	Eating disorder recovery is often a long, complicated, dynamic process of transformation and growth. This seminar provides a unique opportunity for participants to delve into eating disorder recovery by exploring emerging paradigms and innovative treatment approaches through both didactic and experiential methods.	8:00 registration 9:00 am to 1:15 pm	Friday May 18, 2012	Crowne Plaza Downtown 66 Hale Avenue White Plains, NY	Professionals	For more information, questions, or registrations please contact: Debbie Lucker dlucker@renfrewcenter.org 215-254-1618	$65.00
Discover Family Fun & Good Health at the Farm NEW	Join us for an afternoon of family fun at the farm. You will discover the essence of good health by being active, tasting great fresh local produce, exploring a vegetable garden and building a compost.	11:00 am to 2:-00 pm	Saturday May 19, 2012	Abma's Farm and Market 700 Lawlins Road Wyckoff, NJ	Open to the public All ages are welcome!	Abma's Farm and Market 700 Lawlins Road Wyckoff, NJ	free
6th Annual Wellness Walk for Mental Health and Autism	North Jersey Friendship House, building skills for productive lives sponsors this event.	9:30 am 10:0 am walk begins	Sunday May 20, 2012	Olsen Park 162 W. Main Street Bogota, NJ	Open to public	To pre-register Call 201-488-2121 or email rrelay@njfriendshiphouse.org	
Public Forum	If you or a loved one endure the challenges of having the disease of mental illness and/or a substance use disorder, this is a hearing you cannot afford to miss.	6:00 pm	Monday May 21, 2012	Community Services Building 327 E. Ridgewood Ave. Paramus, NJ	All members of the public are encouraged to come and share their views.	Questions: Call 201-634-2745. If you are not able to attend please call to request a survey form—we want to hear your input.	Free

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Understanding Fetal Alcohol Spectrum Disorder (FASD) NEW	FASD is believed to affect 1 in 100 people in North America. This workshop will provide an introduction to FASD and how it is diagnosed and explore what areas of development and functioning are affected. Participants will learn strategies to build life skills supports and social supports for this population.	9 am to 12 noon	Monday May 21, 2012	Care Plus Innovations 610 Valley Health Plaza Paramus, NJ	Professionals	Lindsay Rivera 201-265-8200, ext. 211 Care Plus NJ 610 Valley Health Plaza Paramus, NJ	$30.00
Crisis Intervention NEW	Crisis intervention is used to address behavior that may escalate into disruptive or even violent incidents. This will address the issue in a way which provides for the care, welfare, safety and security of all persons involved. Learn the early warning signs that a situation may escalate.	9:30 am to 12:30 pm	Tuesday May 22, 2012	One Bergen County Plaza 4th floor, room 460 Hackensack, NJ	Registrants must have completed Cultural Competency Part 1	For more information or to register, contact Gina Meyers 201-336-7455	$35.00 per person
One Person Show with Dr. Michael Fowlin Actor, Psychologist, Poet NEW	Experience his gripping, fast paced 75-minute performance of nine characters, both male and female, who "share their stories". . . mental health challenges facing our children/youth today.	6 - 9 pm	Tuesday May 22, 2012	River Dell Middle School 230 Woodland Avenue River Edge, NJ	Families with school age children, middle or high school students, teachers, administrators, community members.	Register by May 17, 2012 www.northjersey.com/mentalhealth 973-569-7562 The Record or Family Support Organization of Bergen County 201-796-6209	Free
Phoenix Center Open House NEW	The Phoenix Center id a private non-profit school for students with disabilities. Come see the many programs that are available.	9:45 – 11:45 am	Tuesday May 22, 2012	The Phoenix Center 16 Monsignor Owens Place Nutley, NJ	Families of youth with disabilities	Please RSVP by 5/7/12 to: Diane Hays 973-542-0743, ext. 303 or email: dhayes@phoenixcenterinc.com directions available at: www.phoenixcenterinc.com	free

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Internet Safety: Keeping our Families and Students Safe in the World of Online Gaming and Social Networking NEW	This workshop will cover topics including: Identifying the dangers in social networking; online predators; understanding online lingo; online gaming—including ratings, content and social dangers plus current resources	8:30 to 1:00 pm	Wednesday May 23, 2012	Bergen County Hazmat Building 327 E. Ridgewood Ave. Paramus, NJ	Parents and Professionals	To register online: www.bergen.org/registration Please contact Connie at 201-343-6000, x 4076 for questions about registration	free
Government Programs: the Basics of SSI, SSDI, Health Benefits, and Work Incentives for Adults and Disabilities NEW	At this introductory workshop, we will discuss government benefit programs as they relate to adults, 18 years and older, with developmental and other disabilities.	7 – 8:30 pm	Wednesday May 23, 2012	Bergen County Hazmat Building 327 E. Ridgewood Ave. Paramus, NJ	Parents	To register online: www.bergen.org/registration Please contact Connie at 201-343-6000, x 4076 for questions about registration	free
Infant and Child Safety NEW	Being aware of potential hazards to infants and children helps parents provide a safe environment for their child. Topics included: car seat safety, poison prevention, childproofing a home, and furniture and product safety.	7 – 9:30 pm	Wednesday May 30, 2012	Valley Hospital Dorothy B. Kraft Center 15 Essex Rd Paramus Conference Room 1	Parents of children of all ages and parents-to-be	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$50.00 per couple
Art of Positive Parenting NEW	Whether you are a parent or expecting to be one, this course will provide you with positive communication strategies, effective discipline tools, problem-solving techniques and a new outlook on the parent child connection.	6 – 8 pm 3 sessions	Wednesdays May 30, June 6, 13	Dorothy B. Kraft Center 15 Essex Rd Paramus	Parents of children of all ages and parents-to-be	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$125.00 per person

Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
All Families Flourishing Energizing Positivity Seminar		10:00 am – 4:00 pm	First Saturday of each month	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ	Parents/Caregivers raising a challenging child	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ 973-746-0333	$90.00 each $150.00 co-parents
EPIC – Every Person Influences Children **Parenting Education and Support Groups**	EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	7 – 9 pm 12 sessions	Thursday Evenings Current session began April 5	Children's Aid and Family Services 240 Frisch Court Paramus, NJ	Parents	Lannie Jaconia Children's Aid & Family Services 201-882-3733 or 201-226-0300 x228	Nominal fee
EPIC – Every Person Influences Children **Parenting Education and Support Groups**	EPIC provides with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	12:15 – 2:15 pm 12 sessions adults.	Wednesday Afternoons Current session began April 4	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	Nominal fee
EPIC – Every Person Influences Children **Parenting Education and Support Groups**	EPIC provides with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	7 – 9 pm 12 sessions	Wednesday Evenings Current session began April 4	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	Nominal fee
Grandparenting Classes	Providing information on the latest ideas in childbirth practices and child development. It will encourage a better understanding between parents and grandparents concerning decisions involved in childcare.	7 – 10 pm	March 8 to May 10 Call for additional dates	Dorothy B. Kraft Center 15 Essex Rd Paramus	Expectant or new Grandparents	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$45.00 per couple
Grandparenting Classes	A grandparents' introduction to new philosophies and new rules & regulations for child safety.		Scheduled depending on interest	Holy Name Medical Center Marian Hall Conference Center 718 Teaneck Road Teaneck, NJ	Grandparents	For more information, cal Joanna Gorab 201-833-3124	
Grandparents Class NEW	Learn the most current childbirth practices, child development and childcare and foster a better understanding between parents and grandparents.	7 – 10 pm	Thursday May 10, 2012	Valley Hospital Dorothy B. Kraft Center 15 Essex Rd Paramus Conference Room 1	New Grandparents and Grandparents-to-be	The Valley Hospital Family Education 15 W Essex Rd. Suite 202 Paramus 201-291-6151	$45.00 per couple

Parenting Classes

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Grandparents Raising Grandchildren	Support group for grandparents raising grandchildren, providing support, resources and monthly speakers.	On-going 10-11:30 a.m.	Tuesday May 22	Russell C Major Liberty School 12 Tenafly Rd Englewood, NJ	Grandparents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102 lbfsobc@covad.net	None
Parent Education and Support Group	Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone. This parenting group will use and evidence-based parent education program developed to create a positive parenting.	11:15 am to 1:00 pm	Group will meet every other Monday Call for date of next session	West Bergen Mental Healthcare Center for Children and Youth One Cherry Lane Ramsey, NJ	Parents with children of ADHD, Oppositional Defiant Disorder, Conduct Disorder and other Behavioral Challenges	To register please call the West Bergen Mental Healthcare Center for Children and Youth Access Center 201-444-3550	Nominal Fee
Parenting with Love and Limits NEW	Parents and caregivers of teens will learn proven strategies that will help you understand how your teen pushes your buttons to control Situations; to respond differently to your teen; to learn how to contract with your teen for desired behavior changes; to learn how to establish a more positive pattern of interaction.	6 sessions 7- 9 pm	Tuesdays May 1, 8, 15, 29 June 5,12, 2012	Family Support Organization of Bergen County 0-108 29th Street Fairlawn, NJ	Parents/caregivers with pre-teens and teenagers ages 11 – 16.	For more information call FSOBC at 201-796-6209, ext. 102	Adult supervision for children provided
Parenting Workshops NEW	These workshops provide weekly lessons, support and encouragement for parents of pre-school and school-age children.	11 am to noon	Tuesdays, ongoing	Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ	Parents/Caregivers of pre-school or school-age children	For more information, contact Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ 201-568-1166 Info@womensrights.org or www.womensrights.org	Free Light refreshments
Strengthening Families for Military Families with children 10 - 14 NEW	The Strengthening Families Program is a parent, youth, and family skills-building curriculum designed to prevent teen substance abuse and other behavior problems, strengthen parenting skills and build family strengths and sense of togetherness.	6:00 – 8:30 pm	Tuesdays May 15, 22, 29 June 5, 12, 19, 26	Steen School Corner of River Road and Main Street Bogota, NJ	Families related to active or retired military personnel with children, ages 10 - 14	For more information, call The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ 201-488-8680 or csprague@cafsnj.org	Free, program includes dinner

Support Groups or Services for Families and Adults

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
AACT-NOW! African American Community Takes New World Outreach	This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness.	6:30 – 8:30 pm	Every 2nd Tuesday of the month	Northern Region Willing Heart Community Center 555 Martin Luther King Boulevard Newark, NJ	Family member who has a loved one with a mental illness.	For more information call Cynthia H. Miles-Small AACT-NOW Information Coordinator NAMI New Jersey 732-940-0991 www.naminj.org cynthmiles@naminj.org	
Adjustment to Motherhood Support Group	Share with others who are new mothers on the adjustment to motherhood and parenting.		Call for days and times	Women's Wellness Center of Bergen County 71 Franklin Turnpike Suite 1 -2 Waldwick, NJ		Please call for more information: Michelle Freedberg 201-256-3870	
Anger Management		Scheduled various times 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
Bergen County Parent Support Group by the Caron Foundation NEW	These meetings are designed to offer parents whose children have been impacted by addiction, a place to find support and encouragement.	7:30 pm	2nd and 4th Tuesday of each month	The Holmstead School 14 Hope Street Ridgewood, NJ (behind Emmanuel Church)	Parents who children have been impacted by addiction	For more information Contact: Lauren Springer 551-427-3340 or www.caron.org 800-867-2332	
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
Care Plus NJ Children and Family Division OPEN ACCESS HOURS NEW	Open Access Offers a family a personalized experience with a senior intake clinician. During the free open access meeting our staff will recommend services that may be helpful to a child/parent/family and will provide a contact person before leaving.		Tuesdays 6 – 8 pm Thursdays 3 – 5 pm	Fair Lawn Mental Health Center, A Division of Care Plus 17-07 Romaine St. Fair Lawn, NJ	Parents and Guardians with their children	Fair Lawn Mental Health Center, A Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660	*Free** Parents/Guardians should bring their child's insurance card for insurance verification to expedite program referral

Support Groups or Services for Families and Adults

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Emotional Wellbeing During and After Pregnancy	A variety of support services for expectant and new mothers					Northern New Jersey Materna;/Child Health Consortium 201-843-7400, ext. 29 www.maternalchildhealth.org	
Families Anonymous—Parent Support Group		Weekly 7:30 p.m.	Wednesdays	Church of the Immaculate Conception 900 Darlington Avenue Mahwah, NJ -Follow parish office signs	Parents, Grandparents & Relatives of person with addiction	Families Anonymous famahwah@verizon.net 201-327-0748 Richard or Barbara	None
Families Anonymous—Parent Support Group		Weekly 7:30 pm	Tuesdays	Trinity Lutheran Church 430 Knickerbocker Rd. Tenafly, NJ	Parents, Grandparents & Relatives of person with addiction	Families Anonymous 1-800-736-9805	None
Families Anonymous—Parent Support Group		Weekly 7:30 pm	Fridays	Englewood Hospital and Medical Center 350 Engle Street Englewood, NJ	Parents, Grandparents & Relatives of person with addiction	Families Anonymous 201-585-8091 or Geri @ 917-836-3672	None
Families Anonymous—Parent Support Group		Online		Families Anonymous		www.familiesanonymous.org	None
Family to Family Mental Health Education Program	This education course is designed for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course is described as a "journey of hope."	12 sessions 7 – 9:30 pm	Thursdays Call for new session dates	Bergen Regional Medical Center 230 E. Ridgewood Ave Paramus, NJ	Families with a member living with serious mental illness	NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076	Free, program on come, first served basis
Family to Family Mental Health Education Program	This education course is designed for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope."	12 sessions 7 – 9:30 pm	Mondays	Church of the Presentation 271 W. Saddle River Rd. Upper Saddle River, NJ	Families with a member living with serious mental illness	NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076	Free, program on come, first served basis

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Family to Family Mental Health Education Program	This education course is designed for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a "journey of hope."	12 sessions 7 – 9:30 pm	Tuesdays	First Presbyterian Church 190 Valley Blvd. Wood Ridge, NJ	Families with a member living with serious mental illness	NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076	Free on first come, first served basis
Family Education, Counseling & Workshops	(Korean and limited English)	Call for more information	Call for more information	Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605	Family	Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605 201-242-4422	
Family Share Support Group		8:00 pm	Mondays	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey		The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call (201) 635-9595	
Father to Father		Monthly	Sundays	Teaneck, NJ		Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org	
Family Educational Workshops		8 weeks 7-9 p.m.	Tuesdays	Bergen Regional Medical Center Behavioral Health Plaza Room E 218 230 E. Ridgewood Ave. Paramus, NJ 07652	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251	None
Family Support Organization of Bergen County Wednesday Family Support Group	Through sharing experiences we can help you find options and discover approaches that may help you cope.	On-going 7:00 – 8:30 p.m.	Each Wednesday of the Month	Family Support Org. of Bergen County 0-108 29th Street Fair Lawn, NJ	Parents/Caregivers with children ages 5 - 17	Family Support Organization 201-796-6209 Ask for Tatiana or Stephanie lbfsobc@covad.net	None

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Family Support Group	When one member in a family suffers from a serious mental illness, all family members are affected. In our group, a highly regarded and respected psychotherapist offers practical guidance, support and help in coping and dealing with specific problems.	Ongoing Ongoing	Thursdays 7 – 9 pm Sunday mornings 10:00 – 12:00	Care Plus, NJ 610 Valley Health Plaza Paramus, NJ Various locations Call for additional information	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251	None
HIV/AIDS Support Group NEW	Support group for those newly diagnosed with HIV or AIDS.	6- 7:30 pm	Thursdays	Bergen Family Center 10 Banta Place Hackensack, NJ		Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	
Group for Women Affected by Intimate Partner Violence	An integrated approach for counseling and employment services for domestic violence victims. Professionally facilitated and privacy preserved.	Call for more information	Every Other Wednesday Evening	Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ	Women Domestic Violence Support Group is Non-denominational	IRA-Information and Referral 201-837-9090 Email: IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit www.jfsbergen.org	
Jewish Family Services of North Jersey	This agency provides individual, couples and marital, counseling, play therapy, children's groups, parenting groups, consultation to pre-schools, community and training. Non-sectarian agency.	Services available by appointment Monday – Friday, some evenings	Please call for more specific information	(offices in Wayne and Fairlawn)	Parents, children and entire families seen as needed. Individual and group sessions available.	Jewish Family Services of North Jersey 1 Pike Drive , Wayne, NJ 973-595-0111	
Jewish Twelve Steps / JACS	A support group that opens with spiritual message relating Jewish concepts to the 12-Steps.	Beginning 7:30 – 8:30 pm	Thursday Meets 2nd Thursday of every month	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Jewish persons needing help for self or loved with addiction	201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info contact Ben at 201-981-1071	
Kinship Care Services	Services for caregivers providing primary care to relative children.		Call for more information	Kinship Care Services Care Plus NJ 17-07 Romaine St. Fairlawn, NJ		To request services or get more information, please call Navigator Jamie Manganelli 201-265-0826 or call 211.	

Support Groups or Services for Families and Adults

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Kinship Legal Guardian Counseling Services	An in-home program, specializing in treating children and families experiencing issues related to raising a relative's child. Individual and family therapy, supportive services are provided.	Custom schedule	Call for appointment	In-home	Families that have achieved KLG through DYFS	Children's Aid & Family Services /KLG Counseling Services Joan Kritsky 973-763-2041, ext. 209	Free for Bergen and Passaic County Families
Kinship Legal Guardian Resource Clearing House	Your source for information and resource services for those families who have obtained "Kinship Legal Guardianship" of children in their care.					For more information call the WARM LINE: 877-KLG-LINE (877-554-5463) or email Dana Fried at dwfried@kinkonnect.org or 973-763-2041, ext. 207	
Men's Support Group	A confidential support group for men who are survivors of sexual violence. Discussion will be on topics such as emotions and self-esteem, anger, coping skills, and relationships.	10-session program	Call for more information		For male survivors of sexual violence	Bergen County Rape Crisis Center, to participate, please call 201-881-1750	Free
Mental Health Support Group	You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times.	7:00 – 8:30 pm	First Thursday of Each month	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey		The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call the NAMI Bergen office at (201) 635-9595	
Mother to Mother		Bi-monthly	Tuesday evenings	Teaneck, NJ	Mothers with children ages birth – 5 yrs	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org	
Mom's Circle #1 **Meet and Share**	All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering.	1 – 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	

Support Groups or Services for Families and Adults

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
New Mom's Group		10:00 am 7:00 pm	Saturdays Thursdays	Women's Wellness Group 547 Main Street Hackensack, NJ	Moms (Babies welcome Sat) Moms only (No babies on Thursdays)	NNJM/CHC 17 Arcadian Ave. Suite 204 Paramus, NJ Registration/Information call: Kimberly Agrest 201-784-6718	Sats. Free Thurs. Nominal Fee
New Moms Support Group NEW	A support group for new moms to discuss topics relating to motherhood and parenting.	1:30 pm	1st and 3rd 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	
Outpatient Counseling	Counseling for children, adolescents and their families		Call to schedule appointment		Families who are Medicaid eligible	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
Parenting Groups		TBD	TBD	Care Plus NJ, Inc. 17-07 Romaine Street Fair Lawn, NJ 07410	Parents	Jaime de Oliveira 201-797-4501 ext. 124 jaimed@careplusnj.org	
Parent Support Group		6 – 7 pm	Wednesday	West Bergen Center for Youth and Children One Cherry Lane Ramsey, NJ	Parents of Children with ADHD/ODD/ Conduct Disorder or Other Behavioral Challenges	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212	
The Parent Program		Thursdays 7:30 pm	2nd Thursday of each month	Emerson Bible Church Recreation Room 162 Linwood Ave. Emerson, NJ	Parents Orientation for first-timers 7:15	For more information: TheParentProgram.spaces.live.com or TheParentProgram@live.com	None
Parent's Toolbox NEW	This experiential parent support group will discuss not only techniques to handle current questions about parenting, but will explore how our family of origin impacts the way we parent.	8-week session	Please call for information on forming groups	Locations in Wayne and Fairlawn, NJ	Parents only Groups now forming for parents of preschool to late elementary youth. Parents' of teens group may form.	Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111	$200 for 8-week session
Partial Care Family Support Group NEW		6:00 – 7:00 pm	Every second Thursday of the month	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ		West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information	
PFLAG (Parents, Families, Friends of Lesbians and Gays) NEW	Who are we: We are the families, mothers, brother, sisters and other family members, friends of lesbians, gays, b-isexual and transgender persons. Education, Support and Advocacy		Meetings the 3rd Tuesday of month	Call 201-287-0318 for starting time and location		For more information contact PFLAG Bergen County Chapter PO Box 1330 Ridgewood, NJ www.bergenpflag.org info@BergenPFLAG.org	$30.00 annual membership fee

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Post Adoption Counseling (PACS)	Services may include individual, family therapy/counseling, supportive and group services and educational meetings. PACS specializes in identity issues, lost and separation, curiosity about origins and feelings about differences.	Custom schedule	Call for appointment	Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450	Families with legally adopted child(ren) under age 18 who are living in Bergen, Passaic or Essex counties.	Children's Aid & Family Services Pre/Post Adoption Counseling Services (PACS) Lisa Duff 973-763-2041, ext. 203 lduff@cafsnj.org	Free for Bergen and Passaic County Families
Post Partum Depression Support Group NEW	A support group for new moms suffering from Post Partum Depression (PPD) symptoms.	2 pm 7 pm	1st and 3rd Wed. of the month 2nd and 4th 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	
Postpartum Therapeutic Support Group	Mothers who may be experiencing symptoms of postpartum depression are encouraged to attend this weekly therapeutic group. Learn coping skills and receive help and treatment in a supportive environment.	1:00 – 2:30 pm NEW	Every Wednesday	Englewood Hospital and Medical Center Berrie Conference Room 350 Engle St. Englewood, NJ	Moms	Englewood Hospital 201-894-3784 Diana Jones Registration is encouraged	Nominal fee
PSTD and Sexual Abuse Support Group NEW		120 – 2 pm	Mondays	Bergen Family Center 10 Banta Place Hackensack, NJ		Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	
Second Generation Group	A monthly discussion group for children of Holocaust Survivors. A new topic each meeting.	7:15 – 8:15 pm	Wednesdays, once a month	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Survivors or relatives of survivors of the Holocaust	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
Sharing the Journey Bereavement Support Group	This group will provide compassionate support and education to those who have suffered the loss of a loved one. Many who experience loss find comfort n sharing their feelings with one another.	8-week session	Monday evenings 6:30 – 8 pm OR Thursday afternoons 1 – 2:30 pm Call for new session start dates.	Holy Name Medical Center Teaneck, NJ	Adults who have lost a loved one.	Registration required: Call Ask-a-Nurse at Holy Name Medical Center 1-877-HOLY NAME (1-877-465-9626)	Free $5.00 parking fee may apply

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Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Signs of Sobriety NEW (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, NJJ		Contact: Lisette Weiland 609-369-1985 Or communication@signsofsobriety.org Voice 609-8832-7677 TTY: 609-882-7177	
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 llowson@live.com or call 201-444-3686	
Support for Survivors of Military Sexual Trauma	A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County.		Call for new session start dates.	YWCA of Bergen County Rape Crisis Center 2 University Plaza, Suite 208 Hackensack, NJ		Potential participants, please call the Director of the Rape Crisis Center for more information and an intake. 201-881-1750	
TAMAR Together Against Molestation and Rape Group	TAMAR is a program that helps victims of molestation or rape. Victims become less incapacitated by allowing expression in a safe non-judgmental environment and healing space.		Call for more information	Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ	Female victims of personal violence	Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 Molchealth@yahoo.com	YCM or CMO referrals or sliding scale
Wellness Wednesdays for Moms	Mom's Circles groups; call for more information	Call for times	Wednesday	Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ	Moms –Babies welcome	Englewood Hospital 201-894-3784 Registration is encouraged	
W.I.S.E. Women, Independent, Strong, Enriched	An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved.	9:30 – 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 For more info visit www.jfsbergen.org Pre-registration required	
Women's Wellness Support Group NEW		11 am to 12:30 pm	Mondays	547 Main Street Hackensack, NJ		For registration or more information call Kimberly Agresta 201-784-6718	Nominal fee

Programs or Support Groups for Youth

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Adoption Support for Pre-Teens	A support group for adopted pre-teens to participate in discussions and activities around adoption related topics	6 sessions 6:30 – 7:30 pm	3rd Tuesday of each month. Call for dates for next cycle	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Adopted youth between ages of 9 - 12	Children's Aid and Family Services 148 Prospect ST. Ridgewood, NJ 201-445-7015, ext. 236 Jacqueline Adams	Free
Adolescent Medical Detox/Addiction Recovery	In patient treatment with primary diagnosis of substance abuse and have some co-occuring 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 or609-497-3355	Most insurance and Medicaid accepted
Adolescent Substance Abuse Outpatient Group NEW	A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication, combating boredom, setting limits, working on your dreams, hanging out with the real winners, self esteem building, saying, "No", and natural highs.	Please call for an intake appointment	Bergen Regional Medical Center	Adolescents 13 – 17 who Medicaid coverage or no insurance	Bergen Regional Medical Center 201-967-4000, x 6345 Katie Mahoney or Kmahoney@bergenregional.com		
A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education & Support)	An LGBTQ wellness and support group for youth 13 -1 7. 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		
Anger Management Program Ages 12-18	Evidenced based psycho-educational group for both youth and parents. Interactive supportive approaches to help youth learn skills needed to effectively manage their emotions in order to strengthen conflict resolution skills. A parent psycho-educational group is offered concurrently.	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.

Programs or Support Groups for Youth

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Bergen County Office of Alcohol and Drug Dependency (BCOADD) NEW	The BCOADD offers adolescent substance abuse evaluations, early intervention, in patient detoxificiation and short-term residential services to uninsured and underinsured Bergen County residents.			Proof of residence required, Admission criteria, and Income Eligibility Screen	Males and Females up to age 17 (age 18 if still in High School)	For information and referrals, please contact: Bergen county Department of Health Services Office of Alcohol and Drug Dependency 327 E. Ridgewood Avenue, room 210 201-634-2740	
Child Anxiety Disorders Clinic	Fairleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills.	Ongoing Weekly	10 weekly group sessions, Call for dates and times	FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ	Socially vulnerable youth 8 – 12 years old	FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ For information, initial screening or specific requirements for participation call 201-692-2645	Groups are free, intake session $30 and social skills screening $20.
Camp Excel Social Skills	In addition to learning social skills, trained staff provides guidance in using those skills during activities giving children the opportunity to experience in the moment learning that stays with them.		Call for new session start dates.		For children, ages 5 – 17, with ADHD, Asperger's and others with Social Skills Challenges	For more information call Kathleen Cable, Director 732-281-0275 Kcable23@aol.com	
Children's After School Treatment Services (C.A.T.S.)	C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities.	Appointment must be scheduled		C.A.T.S. One Bergen County Plaza, 2nd 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, 2nd Floor Hackensack, NJ For more information, call 201-336-7358	Free
Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services	A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder.	Monday – Friday	9 am – 5 pm	Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ		Appointment only, call for information or appointment 1-800-730-2762	

Programs or Support Groups for Youth

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Divorce Groups for Children		Weekly 6:00–7:00 or 7:00 – 8:00 PM Depending on age	Mondays	West Bergen Center for Children and Youth 3 Post Road Oakland, NJ	School age children	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
Helping Children Deal With Loss (Educational Study Group for Parents)			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
LEGO Social Skills Groups for age 5 -7 and 8 - 10	This group is designed for children with a diagnosis (ADHD, Autism, etc.) that creates difficulty in social situations. Participants will learn to work together and speak effectively while creating a LEGO project.	8-week sessions	After-school hours Please call for information on forming groups.	Offices in Wayne and Fairlawn	This group is for children with social difficulty. Parents/guardians must remain on site. Age groups are 5 - 7 and 8 – 10.	Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111	$200 for 8-week session
Marijuana Cessation Group for Boys	The goal of the group is to educate teen boys about the negative consequences of using marijuana and exploring ways to positively deal with stressful life circumstances.	6:00 pm	Thursdays	West Bergen Center for Children and Youth Ridgewood Office	High School aged boys experimenting or using marijuana	For more information, please call Stephanie Blanchflower at 201-444-3550	
Mentoring		Call for schedule	Call for more information	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450	Parents and children	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Joseph Schmidt www.ridgewoodymca.org	None
"Mommy & Me" English/Spanish		Weekly	Tuesdays & Thursdays 10:30 – 11:30 a.m.	Family Success Center @ Bergen Family Center 44 Armory St. Englewood, NJ 07631	Mothers & Children	Family Success Center of Englewood & Teaneck Alana Alleyne/Natalia Arias 201-568-0817 Alana Alleyn, ext. 13 Natalia Arias, ext. 15	None
NYU Child Study Center Psychiatric Evaluation and Treatment Services	A multidisciplinary group of child psychiatrists, a pediatric neurologist, neuropsychologists and clinical psychologists that offer diagnostic evaluations, neuropsychological testing and psychiatric treatment for adults, children, and adolescents.		Services Available: Monday – Friday 8 am – 8 pm	411 Hackensack Avenue 7th floor Hackensack, NJ	Children who need evaluation for school, emotional or behavioral problems	NYC Child Study Center New Jersey 411 Hackensack Ave. 7th floor Hackensack, NJ For additional information or to schedule an appointment, please call 201-465-8111	

Programs or Support Groups for Youth

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Outpatient Counseling Services for Children and Teens NEW	Counseling for children and teens that have suffered trauma, have attachment issues, and family work when child/teen has behavior issues.		Call to schedule appointment	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Children/Teen who receive Medicaid	Children's Aid and Family Services 148 Prospect St. Ridgewood, NJ 201-445-7015 Debbie Capalbo	
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
Sibling Preparation Class NEW	Big brothers and big sisters will enjoy this class just for them. Activities encourage positive feelings about their place in the family and the new baby.	One session 10-11:30 am	Saturday March 10 May 19 June 30	The Valley Hospital Board Room Valley Hospital 223 N. Van Dien Avenue Ridgewood, NJ	Children 3 – 7 who are expecting a sibling arrival.	To register, call Valley Hospital Family Education Department 201-291-6151 or www.familyeducation@valleyhealth.com	$40 first child, $20 each additional child
Social Anxiety Teen Group	Youngsters learn how to change behavior through desensitization, relaxation, incremental exposure and breathing exercises. Therapy focuses on thoughts, assumptions, and beliefs.	7:00pm 20 sessions	Tuesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ	Teens	Lillie Coleman or Alan Koenig West Bergen Center 1 Cherry Lane Ramsey, NJ 201-934-1160	Sliding Scale
Substance Abuse Group for Teen Girls		3:30 – 4:30 pm	Every Tuesday	Vantage Health Care Systems 93 W. Palisade Ave. Englewood, NJ	Teen Girls Ages 14 - 18	Call 201-567-0059 To make an appointment	Insurance, Medicare, Medicaid accepted, sliding scale
Social Skills Program Ages 5-18 **A parent group is offered concurrently.**	A psycho-educational group, divided into developmentally appropriate subgroups. Interactive approaches to help youth learn skills to navigate their social world.	Weeknight 6:00pm - 7:30pm 10 sessions	Start date of next cycle: Contact Joan Walpole for more information	Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410	Adolescents between the ages of 5-18 and caregivers	Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Joan Walpole, LAC 201-797-2660 ext. 144 joanw@careplusnj.org	$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group
Substance Abuse Treatment for Bergen County Teens and Adults		Call for appointment	Two locations: West Bergen Counseling Group 3 Post Rd. 3rd Floor Oakland, NJ	Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood	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	As low as $5.00 Sliding scale

Programs or Support Groups for Youth

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Support Group for Socially Vulnerable Groups for Children 8 - 12	10-weeklygroup sessions for children who are withdrawn from social activities and relationships.	Call for more information on dates and times		FDU Child Anxiety Disorders Clinic Center for Psychological Services 131-139 Temple Avenue Hackensack, NJ	Youth 8 – 12 who are shy, socially anxious, withdrawn, or bullied	For more information, please call Lisa Iskander at 201-692-2645	No Cost for group, but intake fee of $30 and screening of $20
Teen Anti-Bullying Support Group NEW	What will we talk about? Standing up for others; diffusing rumors and gossip online; respectful communication; resolving conflicts; stress reduction; communication and peer relationships; trust, forgiveness and healing; and any other issues of concern to the group members.	6:30 – 8:30 pm	Thursdays New members will be accepted at any time	Interstate FACTS, LLC 15 Warren Street Hackensack, New Jersey	Any High School student I n Bergen County	How do I find out more about the group? Simply call (201) 488-5188 OR Email donna.interstatefacts@gmail.com or alex.interstatefacts@gmail.com 201-488-5188 Parent and student must register before attending session	Free
Teen Boys Group		Weekly 6:00 – 7:00 PM	Mondays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Teen Boys ages 13-16	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
Teen Equine Empowerment Program NEW	Horse play is provided at an indoor arena and facilitated by equine specialist and licensed clinical social worker.	10:00 am – 2:00 pm	Tuesdays: Tweens Thursdays: Teens	Three Sisters Farm 1170 Ramapo Valley Rd Mahwah	Tweens (Middle School Girls) Teens (High School Age Girls)	Pony Power For more information or registration www.ponypowernj.org	$150.00 per day
Teen Girls Educational Empowerment Group	Group sessions with emphasis on substance abuse and other related issues that adolescent girls are currently struggling with during this difficult developmental stage.	8 week sessions 5 – 6 pm	Wednesdays	Vantage Health System 2 Park Avenue Dumont, NJ	Girls ages 14 - 17	Questions, please call Julie Shaw, 201-385-4400, ext. 3018	8-week session $140.00 or will be $20 per session
Teen Girls Group for Substance Abuse and Mental Health Counseling	The goal of the group is to help educate teen girls about harmful substances and behaviors and provide a safe space for them to share & process feelings.	6:00 pm	Tuesdays	West Bergen Center for Children and Youth Ridgewood	Teen girls with substance abuse or mental health issues	For More Information, please contact Stephanie Blanchflower at 201-444-3550	
Teen Girls Depression Group	We address many issues that include but are not limited to depression, body image, intimate relationships, parent-child relationships, anger, anxiety, and autonomy.	Weekly 6:00 – 7:00 PM	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

Programs or Support Groups for Youth

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Teen Marijuana Cessation Group for Teens 14 - 17	Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users.	Call for appointment	Phase I: 5 weekly 75-minute sessions Phase II: 7 weekly 75-minute sessions	Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3rd Floor Oakland, NJ	Referrals now being accepted	To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444-3550, X 7148	
Teen Track: Recovery for Adolescents NEW	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 Center For more information or registration call Katie Mahoney, Teen Track Coordinator 201-967-6345	
Young Adult Partial Program		2:00 – 4:30 pm	Wednesday and Thursday	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ	Ages 18 - 35	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information	
Youth Anger Management	Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users.	Call for more information on dates and times	Youth in one group sessions, parents in concurrent session	Care Plus Innovations 17-07 Romaine Street Fairlawn, NJ	Youth 12 - 18	For more information, call Linda DelTufo Care Plus Innovations 17-07 Romaine St. Fairlawn, NJ 201-797-2660, x 110	$900 for 10-week 20/session (sliding scale available)
Youth Resource Center NEW	A positive, safe, professionally staffed and supportive environment; offering arts, crafts, acting, music, film making, dance, cooking, games, homework assistance, groups, sports and trips.	3 – 7 pm	Sept. to June Mondays, Wednesdays and Fridays (July and August have different hours)	Conklin Youth Center 125 Essex Street Hackensack, NJ	Youth—ages 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

ADHD/Social Skills Groups		Weekly 5:00-6:00 PM or 6:00-7:00 PM depends on age	Mondays and Tuesdays Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	School age children	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 For information, call Alan Koenig 201-934-1160	Sliding Scale

Special Needs Programs or Support Groups

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Yearlong Program for Asperger's Social Skills Training at William Paterson University	Residents with Asperger's syndrome may apply to participate in a 10-hour a week social skills training program conducted in group sessions at William Paterson University.		Program begins January 9 and runs year-round		Participants must be 21 years of age or older or have recently graduated from high school	Sponsored by National Institute for People with Disabilities of New Jersey Asperger's Skill Building Network. To schedule an interview, call 973-720-3762. Messages will be promptly returned.	
Asperger's Related Services – Therapeutic Social Skills Groups	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills.	Weekly Multiple Times depending on age	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	All ages	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
Asperger's Related Services – Playgroup Workshop	For children who need improvement in play skills with peers. This workshop will focus on practicing sharing, cooperation, comprising, sportsmanship, and conversation skills.	3:45 – 5:00	Fridays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Youth age 4 - 7	For more information or registration, contact Kelly Doyle 201- 934-1160 ext 7231	$175.00 for 5-week session
Asperger's Related Services – Saturday Art Workshops	Increase social interaction; sensory regulation; increase imagination, perspective, conceptual processing and motor coordination. Provide an alternate means of self-expression and learn leisure skills that can grow for a lifetime or lead to employment.	Youth Ages 6 – 9 11am – noon Ages 10 – 13 1 – 2 pm	Saturdays May 19 June 16 NEW	West Bergen Asperger's Services 615 Franklin Turnpike Ridgewood (NOTE: NEW ADDRESS)	Youth age 6-13	For more information or registration, contact Pat Decker 201-857-0080	$35.00 each session
Asperger's Related Services – Sibling and Cousin Workshop NEW	This workshop will cover a range of topics such as tolerance, coping strategies, focusing on your sibling's or cousin's strengths, disclosure, fairness, creating quality time and finding common ground.	4 – 5 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

Special Needs Programs or Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Bergen County Community Mental Health Law Project	A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill.		Office Hours: 9:00 am – 4:30 pm Monday - 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	
Child Anxiety Disorder Clinic	The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills.		Call for group times	Child Anxiety Disorder Clinic at Fairleigh Dickinson University 131 Temple Ave Hackensack, NJ	Socially vulnerable children ages 8 – 12	Space is limited, call for initial screening. Call 201-692-2645 for information, initial screening and specific requirements regarding participation	Group is free, but intake is $20 - $30
Our Time	1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents	1 hour class	Classes begin on every 2 month cycles Wed. 1 -2 pm Thurs. 9:30 -10:30 am Thurs. 11 am to noon	The Child Center 3 Post Road Oakland, NJ	Youth ages 20 – 36 months receiving intervention services	The ARC of Bergen and Passaic For more information, please call 201-644-0304	$200 for 8 weeks
Venture-Out Programs	A new, innovative program that brings together proven life skills curriculum with an intensive therapeutic component to assist students as they work toward independent living.		Call for more information—Referrals are through school system.	Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ	18 – 21 year old students diagnosed with a psychiatric disorder who may also be diagnosed on Autism Spectrum	Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ 201-343-6000, x 4560 http://www.bergen.org/venture	

Single Parent or Divorce Related Programs and Support Groups

Adult Divorce Group		Weekly	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Parents, divorced or separated	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale
ASPEN Father's Support Group	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication and interpersonal skills.		Fourth Monday of the Month, except for Holiday conflicts	Bergen County Special Services CAPE Center Community Services Building, Room 212 327 E Ridgewood Ave. Paramus, NJ	Fathers of children on Asperger's Spectrum or related conditions	For more information, check the website http://wwww.aspennj.org/chapters.asp	

Single Parent or Divorce Related Programs and Support Groups

Program Description	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***	
Children in Between NEW **NOTE: New Name, formerly Children in the Middle**	Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce.	12:30 – 4:30 NEW TIME!	Friday May 18, 2012 Thursday June 28 Wednesday July 18 Wednesday Aug 22 NEW	Ciarco Learning Center Bergen Community College Building 355 Main Street Hackensack, NJ	Parents, divorced or separated with children of any age	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org	None
Children in Between NEW **NOTE: New Name, formerly Children in the Middle**	Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce.	5:30 – 9:30 pm	Monday May 21, 2012 Thursday June 14, 2012 NEW	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ	Parents, divorced or separated with children of any age	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org	None
Legal Consultation For Divorce, Custody or Visitation issues	Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues	6:00 – 8:00 pm	Monday Evenings In Spanish Thursday per month Call for specific dates	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women dealing with separation, divorce or custody legal issues	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 info@womensrights.org	
Moving on Life Center, Inc.	A licensed multi-faceted therapeutic counseling network of diverse healthcare providers that are committed to serving couples looking for pre-marital counseling, marriages/families experiencing challenges or adults experiencing life after divorce.		Call for appointment		Adult clients in Bergen, Essex and Passaic counties	Moving on Life Center 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 molchealth@yahoo.com	Insurance and sliding scale
New Beginnings	A professionally run support group for separated or divorced persons.	7:30 pm	Tuesday evenings	Montvale Evangelical Free Church 141 W. Grand Ave. Montvale, NJ	divorced or separated persons	For more information, call Dr. Brian Cistola 845-353-1433	
Single Parents Support Community		7:00 pm 8-week session	Tuesday	Dorothy B. Kraft Center 15 Essex Road Paramus, NJ	Single parents/guardians	To register call Center for Women, Children and Family Education 201-291-6151	$35.00 per session

Single Parent or Divorce Related Programs and Support Groups

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

Employment /Education Opportunities

Bergen County Displaced Homemaker Program NEW	A center that helps women become economically and personally self-sufficient after losing their primary means of financial support due to military deployment of spouses, death, disability or unemployment of spouse or significant other.		Call for hours of services	Bergen One-Stop Center 60 State St, 2nd Floor Hackensack Hackensack, NJ		For more information please call Laura Troy, Program Coordinator at 201-329-9600 or lautro@bergen.org	
Bridges to Employment: Career Exploration and Development			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	Bridges to Employment Program Division of Family Guidance One Bergen Plaza, 2nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926	None
Connections: A GED program with components of job readiness and computer skills			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	Connections Program Division of Family Guidance 304 Valley Blvd. 2nd floor Wood-Ridge, NJ phibea@verizon.net Philip Beamer 201-460-2260	None
Computer Training	Fulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered.	Varied	Varied	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women and family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	Free
HOPE Re-Entry Programs and Family Services		10 am – 8 pm 10 am – 4 pm	Monday and Wednesday Tuesday and Thursday	H.O.P.E. 259 Passaic Street Hackensack, NJ	Ex-offenders and their families	201-646-1995 Hopereentry259@verizon.net	

Employment /Education Opportunities

Program Description	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***	
jobTIPS	A web-based program to help high school graduates with autism spectrum disorder or other disabilities develop and maintain skills needed for successful employment.		http://www.nimh.nih.gov/science-news/2011/recovery-act-funded -jobs-helps-high-school-grads-who-have-asd.shtml				
Network Your Way to Your Next Job	Networking with human resources specialists, employers and other job seekers to share information about new career fields and potential employment opportunities.	11:00 am	Every Friday	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Unemployed women and family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	Free
New Job Seekers Orientation	An introductory session to learn about programs and services for re-employment, including career counseling, confidence building, resume development, interviewing, online job search, computer training skills and job leads.	1:00 pm	Every Other Friday Call for Dates	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Unemployed women or family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	Free
Transitional Employment and Mentoring Services Workshops and Seminars		Call for more information		H.O.P.E. for Ex-Offenders, Inc. Richard Hampton Puryear Fellowship Hall 218 Passaic St. Hackensack, NJ	Ex-offenders and their families	201-646-1995 Hopereentry259@erizon.net	

Summer Programs

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
Healing Hearts Family Bereavement Retreat NEW	This weekend camping event is fun-filled activities and engaging workshops for families who have lost a loved one to cancer within the last two years.		Friday – Sunday June 8 – 10, 2012	Malibu Dude Ranch Milford, PA	Families with children or teens who have lost loved one to cancer within the last two years	Families must register : Contact Nick LaCorte 800-813-4673, x. 6310 Kathy Nugent 800-813-4673, x. 6309 CancerCare NJ Office 141 Dayton St. Ridgewood, NJ www.cancercare.org	Free

Summer Programs

Program Name	***Program Description***	***# and Time of Sessions***	***Dates***	***Location***	***Parents/ Guardians only; entire family; or children***	***Agency Contact Information***	***Costs***
The SOAR Experience Summer Day Camp NEW	A therapeutic social skills program in a summer day camp like experience for children and teens with Asperger's Syndrome and other related disorders. Camp is filed with social skills, outdoor fun, arts and crafts and relationships	Daily 9 am to 3 pm	3-week and 6-week programs available Date options are weeks between July 9 and Aug. 17, 2012	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ		For further information, call Brielle Senft 201-857-0800, ext. 7582 For an application call Kelly Doyle 201-857-0800 To see short video: www.westbergen.org	$2000.00 to $3800.00 depending on session
Summer Stars for Girls NEW	This program offers daily dance classes in a variety of styles along with arts and crafts, acting, singing and a performance by the campers.	10:30 am – 2:30 pm	Monday through Friday July 30 – August 10	Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ	Girls ages 10 – 13, including girls with disabilities No experience needed	To register, call 201-342-2989 or email cmde1962@aol.com or go to www.cmde.org	Free
Summer Stars for Boys NEW	This program offers daily classes in Hip Hop, African and Modern dance along with arts and crafts, drumming, and a performance by the campers.	10:30 – 2:30 pm	Monday through Friday August 13 – August 24	Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ	Boys ages 10 – 13, including girls with disabilities No experience needed	To register, call 201-342-2989 or email cmde1962@aol.com or go to www.cmde.org	Free
Summer Moves for Teens NEW	Teens work together on choreography, improvisation and learn a variety of dance styles culminating in an original dance concert.	5 – 7 pm	Monday through Thursday July 30-August 23	Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ	Young men and women 12 -21, including girls with disabilities Experience is helpful, but strong desire to dance is more important.	To register, call 201-342-2989 or email cmde1962@aol.com or go to www.cmde.org	Free

Updated 5/2/2012

THE CENTER
FOR ALCOHOL AND DRUG RESOURCES

May 2, 2012

Dear Service Provider:

Welcome to the new edition of the **"Parenting and Family Guide"** for the May, 2012.

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

If we are part of a bulk email announcing your events, please submit all future listings to Kathy Scheiner, kscheiner@cafsnj.org, as I will no longer be your contact.

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

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

The next issue of The Parenting Grid for June 2012 will go out at the end of May.

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

Kathi ☺

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