

“Parenting and Family Guide” for Programs in Bergen County

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

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 224 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.

VETS4WARRIORS 1-855-VET-TALK For Fort Hood soldiers, family members and veterans have a unique support system 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-VETS NJ4 (1-866-838-7654) The NJ Vet2Vet program provides New Jersey soldiers, veterans and their families with a highly accessible means to address their behavioral health care service needs. This hotline provides telephone support services, referrals to the Military and Veterans Affairs PTSD provider network, veterans centers, Veterans Affairs services, and military behavioral healthcare providers. Case management and internet-based resources for military personnel and their families.






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

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




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
College and Accommodations for Youth with Disabilities 	This workshop presents postsecondary options that are available for youth with disabilities, including 2-year and 4-year colleges, vocational schools/programs, and certificate programs. We will also discuss the supports and accommodations offered by colleges and vocational programs these institutions to ensure success for students with special needs.	7 – 8:30 pm	Monday January 9, 2012	CAPE Center 1 st floor 327 E. Ridgewood Ave. Paramus, NJ		Register online: www.bergen.org/registration or call Connie at 201-343-6000, x 4076	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
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.	
Understanding Domestic Violence Early Warning Signs of Domestic Violence 	This workshop provides an overview of domestic violence as it exists in homes, perhaps outside the view of law enforcement and others. Attendees will learn how to identify, assess and treat a victim, as well as review commonly associated diagnosis. Attendees will also gain an understanding of the prevalence of domestic violence, the cycle of violence, cultural dynamics and misperceptions of domestic violence and how to promote safety within the home.	9:00 – 11:00 am	Tuesday January 10	Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ		Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ Contact Lindsay Rivera 201-265-8200, ext. 211 Pre-registration required	\$20.00
Domestic Violence: Advocacy and Community 			Thursday January 12, 2012				
Crisis Management Training 		8:30 am to 5:00 pm	Friday January 13, 2012	Children's Aid and Family Services 200 Robin Road Paramus, NJ	Professionals And FEI Field Responders (FARs)	To register: http://www.feinet.com/crisis-management-trainings-2012	\$75.00
ADHD, Oppositional and Conduct Disorder: A Clear Understanding and Effective Parent Responses 	Presenter: Joan Catheryne Badin, PhD, Bergen County Department of Human Services	7 – 8:30 pm	Monday January 23, 2012	Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ	Adults	For more information or registration, call Lynne Bolson, 201-796-6209, x 102 lbfsobc@covad.net	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
Bergen County Project Homeless Connect 	Information, assistance and refreshments for people who are homeless. Info on: food, clothing, legal services, health screening and testing, hair cuts, mental health, employment, Veteran's services, Social Security	9:30 am to 4:00 pm	Wednesday January 25, 2012	Project Homeless Connect Site at Bergen County Health and Human Services Center 120 South River Street Hackensack, NJ	Homeless, those at risk of becoming homeless and their supporters	Bergen County Health and Human Services Center 120 South River Street Hackensack, NJ For more information, call 201-36-7454	Free
Domestic Violence 101 	After attending this workshop, participants will be able to: Understand the dynamics of domestic violence including power and control; provide safe and effective intervention to victims and their families; identify myths and facts, cultural issues and legal issues; identify resources for information & support.	9:30 AM to 4:00 PM	Thursday January 26, 2012	Temple Beth Or 56 Ridgewood Road Washington Township, NJ 07676	Professionals in schools, community behavioral health, day-care staff, residential care	Community Learning Partners www.clp.eventbrite.com 201-925-2022 For more information or if you have any questions, contact Scott Cohen at scohen@communitylearningpartners.org	\$125.00 Including breakfast and lunch (5.5 CEU's for Nurses & Social Workers) IPVA Certification & DVS credits available
At Wit's End: When You and Your Child are Out of Control 	This two-part parenting workshop is about parenting challenges. Ideal for those raising children between the ages of 5 and 15.	10:30am to noon	Part one: Saturday, Jan. 28 Part two: Saturday, Feb. 4	COPE Center 104 Bloomfield Ave. Montclair, NJ	Parents with children 5 – 15	COPE Center 104 Bloomfield Ave. Montclair, NJ To register, call 973-783-655	\$5.00 suggested donation




Parenting Classes

All Families Flourishing Energizing Positivity Seminar		10:00 am – 4:00 pm	First Saturday of each month	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ	Parents/Caregivers raising a challenging child	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ 973-746-0333	\$90.00 each \$150.00 co-parents
Coping Power Program	Strengthen your parenting skills. Learn proved strategies that will help set clear rules and expectations; learn appropriate discipline practices; parental stress management; family communication and problem solving.	6-week sessions 10:00 – 11:30 am	Mondays February 6, 13, 27 March 5, 12, 19, 2012	Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ	Parents	For more information call FSOBC at 201-796-6209, ext. 102	Adult supervision for children provided

Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
EPIC – Every Person Influences Children Parenting Education and Support Groups	Providing 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 New session begins January 5, 2012 	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	Providing parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	12:15 – 2:15 pm 12 sessions	Wednesday Afternoons New session begins January 4, 2012 	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	Providing 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	Wednesday Evenings New session begins January 4, 2012 	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
Parent Education and Support Group 	Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone. This parenting group will use an evidence-based parent education program developed to make parenting a positive experience.	11:15 am to 1:00 pm	Starting January 23, 2012 Group will meet every other Monday	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 "Common Sense" Program	Evidenced based parenting education group. Interactive, skill based approach to help parents learn practical and effective ways to discipline children and adolescents to increase positive behaviors and decrease the negative.	Friday 10 am - 12 pm 8 SESSIONS	Weekly on Friday for 8 weeks. *Evening date is TBD- Session will be held from: 5:30 pm – 7:30 pm	Fair Lawn Mental Health Center a Division of Care Plus NJ-- 17-07 Romaine Street, Fair Lawn, NJ 07410	Parents/Guardians or Grandparents who have a teen or young adult with substance abuse or alcohol issues	Fair Lawn Mental Health Center a Division of Care Plus NJ-- 17-07 Romaine Street, Fair Lawn, NJ 07410 Sabrina Coppola, LCSW 201-797-2660 ext. 150 SabrinaR@careplusnj.org	\$200 to be paid in full for 8 week evidenced based parenting education group.


Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/Guardians only; entire family; or children	Agency Contact Information	
Strengthening Bergen Families	This 14-week program will give families the skills and tools to create family harmony. The interactive sessions provide skills in conflict resolution, day-to-day communication, and skills to increase your sense of family togetherness and decrease time spent in tension filled or angry situations.	6:00 – 8:30 pm 14-week program	Tuesdays Beginning Jan. 10, 2012 	Next session to begin January, 2012 Fannie Hillers School Hackensack, NJ 	Families with children ages 6 – 11	Please call for more information or to reserve a spot for your family. The Center for Alcohol and Drug Resources 201-488-8680	Free. Dinner provided for family as part of program. Babysitting provided for children under age 6
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	



Support Groups for Families and Adults

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
Bi-Lingual Spanish/English Support Group		7:00 – 8:30 pm	Third Thursday of each month	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents	Family Support Organization of Bergen County To register call: Tatiana 201-796-6209 ext. 107 or Maritza, ext. 110	None
Expectant and New Mother's Support Groups		1:30 pm	First and Third Thursdays Each Month	Call for information or registration	Expectant Mothers New Mothers	North Jersey Maternal/Child Health Consortium www.maternalchildhealth.org Johann Gorab 201-833-3124	Call for fee



Support Groups for Families and Adults

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	
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 	Open Access Offers a family a personalized experience with a senior intake clinician. During the free open access meeting our staff will recommend services that may be helpful to a child/parent/family and will provide a contact person before leaving.		Tuesdays 6 – 8 pm Thursdays 3 – 5 pm	Fair Lawn Mental Health Center, A Division of Care Plus 17-07 Romaine St. Fair Lawn, NJ	Parents and Guardians with their children	Fair Lawn Mental Health Center, A Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660	<i>Free*</i> *Parents/Guardians should bring their <u>child's insurance card</u> for insurance verification to expedite program referral
Family to Family Mental Health Education Program	This education course is designed for family members of someone living with a serious mental illness. The course fosters learning, healing and empowerment family.	12 sessions 7 – 9:30 pm	Wednesdays Call for next session dates	Community Services Bldg. 327 E. Ridgewood Ave/ Paramus, NJ 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 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 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 Share Support Group		8:00 pm	Monday November 7 and December 5.	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	

Support Groups for Families and Adults

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Family 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 Share Support Group		8:00 pm	Monday November 7 and December 5.	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 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
FSOBC 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 29 th Street Fair Lawn, NJ	Parents/Caregivers with children ages 5 - 17	Family Support Organization 201-796-6209 Ask for Tatiana or Stephanie lbfsobc@covad.net	None
Grandparents Raising Grandchildren	Support group for grandparents raising grandchildren, providing support, resources and monthly speakers.	On-going 10-11:30 a.m.	Tuesday January 24, February 28, March 27, April 24 	Call to confirm specific program location in Englewood, NJ	Grandparents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102	None
HIV/AIDS Support Group 	Support group for those newly diagnosed with HIV or AIDS.	6- 7:30 pm	Thursdays	Bergen Family Center 10 Banta Place Hackensack, NJ		Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	




Support Groups 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
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 (offices in Wayne and Fairlawn) 	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		Parents, children and entire families seen as needed. Individual and group sessions available.	Jewish Family Services of North Jersey 1 Pike Drive , Wayne, NJ	
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 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 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.	
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


Support Groups for Families and Adults

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Mother to Mother		Bi-monthly	Tuesday evenings	Teaneck, NJ	Mothers with children ages birth – 5 yrs	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org	
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 Dec. 1 January 5	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	
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	
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
Outpatient Counseling	Counseling for children, adolescents and their families		Call to schedule appointment		Families who are Medicaid eligible	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
Parent Support Group- Families Anonymous		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-Families Anonymous		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
Parent Support Group-Families Anonymous		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
Parents Support Group-Families Anonymous		Online		Families Anonymous		www.familiesanonymous.org	None


Support Groups for Families and Adults

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/Guardians only; entire family; or children	Agency Contact Information	Costs
Parenting Groups		TBD	TBD	Care Plus NJ, Inc. 17-07 Romaine Street Fair Lawn, NJ 07410	Parents	Jaime de Oliveira 201-797-4501 ext. 124 jaimed@careplusnj.org	
Parent Support Group		6 – 7 pm	Wednesday	West Bergen Center for Youth and Children One Cherry Lane Ramsey, NJ	Parents of Children with ADHD/ODD/Conduct Disorder or Other Behavioral Challenges	Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212	
The Parent Program		Thursdays 7:30 pm	2 nd Thursday of each month	Emerson Bible Church Recreation Room 162 Linwood Ave. Emerson, NJ	Parents Orientation for first-timers 7:15	For more information: TheParentProgram.spaces.live.com or TheParentProgram@live.com	None
Parent's Toolbox 	This experiential parent support group will discuss not only techniques to handle current questions about parenting, but will explore how our family of origin impacts the way we parent.	8-week session	Please call for information on forming groups	Locations in Wayne and Fairlawn, NJ	Parents only Groups now forming for parents of preschool to late elementary youth. Parents' of teens group may form.	Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111	\$200 for 8-week session
Partial Care Family Support Group 		6:00 – 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	
Post Adoption Counseling		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	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
PSTD and Sexual Abuse Support Group 		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	


Support Groups for Families and Adults

Program Name	Program Name	Program Name	Program Name	Program Name	Program Name	Program Name	Program Name
Postpartum Therapeutic 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.	3:00 – 4:30	Every Wednesday	Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ	Moms	Englewood Hospital 201-894-3784 Registration is encouraged	
Second Generation Group	A monthly discussion group for children of Holocaust Survivors. A new topic each mtg.	7:15 – 8:15 pm	Wednesdays, once a month	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ			
Sharing the Journey Bereavement Support Group 	This group will provide compassionate support and education to those who have suffered the loss of a loved one. Many who experience loss find comfort in sharing their feelings with one another.	8-week session	Monday evenings 6:30 – 8 pm Or Thursday afternoons 1 – 2:30 pm Call for new session start dates.	Holy Name Medical Center Teaneck, NJ			
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

Support Groups for Families and Adults

Program Name	Program Name	Program Name	Program Name	Program Name	Program Name	Program Name	Program Name
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	
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	


Programs or Support Groups for Youth

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	3 rd 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. 239 Christie Sutera	Free
Adolescent Medical Detox/Addiction Recovery	In patient treatment (IOP) with primary diagnosis of substance abuse and have some co-occurring disorder. Medically supervised detox and 12-step recovery program.	Acute Short term	Open 7 days a week/24 hours		Youth ages 13 – 18, if still attending high school	Princeton Behavioral Health 905 Herrontown Road, Princeton, NJ Admissions: 800-242-2550 or 609-497-3355	Most insurance and Medicaid accepted
Adolescent Substance Abuse Outpatient Group 	A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication, , combating boredom, setting limits, working on your dreams, hanging out with the real winners, self esteem building, saying, "No", and natural highs.		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	


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
A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education & Support)	An LGBTQ wellness and support group for youth 13 -17. ALLIES creates a safe space to empower LGBTQ youth, while providing self-help support strategies, peer connectedness, education, and creating an environment to promote well-being.		Call for more information	CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ	Youth 13 – 17 who identify as LGBTQ or are questioning	CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ For more information, call 201-797-2660	
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.
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	


Programs or Support Groups for Youth

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Children's After School Treatment Services (C.A.T.S.)	C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities.	Appointment must be scheduled		C.A.T.S. One Bergen County Plaza, 2 nd floor Hackensack, NJ Or C.A.T.S. 321 E. Ridgewood Ave. Paramus, NJ	Elementary and middle school age children	County of Bergen Department of Human Services Division of Family Guidance One Bergen Plaza, 2 nd Floor Hackensack, NJ For more information, call 201-336-7358	Free
Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services	A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder.	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	
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


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
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 7 th floor Hackensack, NJ	Children who need evaluation for school, emotional or behavioral problems	NYC Child Study Center New Jersey 411 Hackensack Ave. 7 th floor Hackensack, NJ For additional information or to schedule an appointment, please call 201-465-8111	
Outpatient Counseling Services for Children and Teens 	Counseling for children and teens that have suffered trauma, have attachment issues, and family work when child/teen has behavior issues.		Call to schedule appointment	Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ	Children/Teen who receive Medicaid	Children’s Aid and Family Services 148 Prospect St. Ridgewood, NJ 201-445-7015 Debbie Capalbo	
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

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	
Sibling Preparation Class 	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 July 9	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 Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3 rd Floor Oakland, NJ	Referrals now being accepted	To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444-3550, X 7148	As low as \$5.00 Sliding scale
Support Group for Socially Vulnerable Groups for Children 8 - 12	10-weekly group sessions for children who are withdrawn from social activities and relationships.	Call for more information on dates and times		FDU Child Anxiety Disorders Clinic Center for Psychological Services 131-139 Temple Avenue Hackensack, NJ	Youth 8 – 12 who are shy, socially anxious, withdrawn, or bullied	For more information, please call Lisa Iskander at 201-692-2645	No Cost for group, but intake fee of \$30 and screening of \$20


Programs or Support Groups for Youth

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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 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
Teen Marijuana Cessation Group for Teens 14 - 17	Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users.	Call for appointment	Phase I: 5 weekly 75- minute sessions Phase II: 7 weekly 75-minute sessions	Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3 rd Floor Oakland, NJ	Referrals now being accepted	To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444- 3550, X 7148	
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 DeTufo Care Plus Innovations 17-07 Romaine St. Fairlawn, NJ 201-797-2660, x 110	\$900 for 10- week 20/session (sliding scale available)


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
Asperger's Related Services – Therapeutic Social Skills Groups	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills.	Weekly Multiple Times depending on age	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	All ages	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144	Sliding Scale


Special Needs Programs or Support Groups

Asperger's Related Services – Playgroup Workshop	For children who need improvement in play skills with peers. This workshop will focus on practicing sharing, cooperation, sportsmanship, and conversation skills.	3:45 – 5:00	Call for new dates	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
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



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
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	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 with an Autistic Spectrum Disorder or Low Cognitive Functioning	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://www.aspennj.org/chapters.asp	
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.	10:30 am to 2:30 pm	Wednesday January 18 (tentative, please call to confirm date) 	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




Single Parent or Divorce Related Programs and Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	Thursday January 12, 2012 Monday February 13, 2012 	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ	Parents, divorced or separated with children of any age	The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org	None
Legal Consultation For Divorce, Custody or Visitation issues 	Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues	6:00 – 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 201-568-16 www.womensrights.org info@womensrights.org	
New Beginnings	A professionally run support group for separated or divorced persons.	7:30 pm	Tuesday evenings	Montvale Evangelical Free Church 141 W. Grand Ave. Montvale, NJ	divorced or separated persons	For more information, call Dr. Brian Cistola 845-353-1433	
Single Parent 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
Single Parents Support Community		7:00 pm 8-week session	Tuesday	Dorothy B. Kraft Center 15 Essex Road Paramus, NJ	Single parents/guardians	To register call Center for Women, Children and Family Education 201-291-6151	\$35.00 per session



Employment /Education Opportunities

Become a Certified Security Officer in Three Days 	This three-day course covers Homeland Security, theft prevention, street gang awareness and use of force. Graduates will receive Security Officers Registration Act (SORA) Certification	3-days 9:00 am to 5:00 pm	Wed, Thurs, Fri. December 7 – 9, 2011	BCC at the Meadowlands 1280 Wall Street West Lyndhurst, NJ Room 321		Bergen Community College School of Continuing Education Information or registration, call 201-447-1249	\$245.00 (for scholarship information, call Diane at 201-301-1249.)
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Employment /Education Opportunities

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Are You an Entrepreneur? 	A two-our workshop to learn about what it takes to become an entrepreneur, the availability of grants and loans, marketing and public relations and more.	10:0 am to 1:00 pm	Monday January 9, 2012	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	women or family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-16 www.womensrights.org info@womensrights.org	Free
Bridges to Employment: Career Exploration and Development			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	Bridges to Employment Program Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926	None
Connections: A GED program with components of job readiness and computer skills			Call for more specific information	Hackensack Area	Youth 16 -22 seeking employment	 Connections Program Division of Family Guidance 304 Valley Blvd. 2 nd floor Wood-Ridge, NJ phibea@verizon.net Philip Beamer 201-460-2260	None
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	
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 January 6, 13, 20, 27, 2012	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 201-568-16 www.womensrights.org info@womensrights.org	

Employment /Education Opportunities

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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 Jan. 6 or 20 2012	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 201-568-16 www.womensrights.org info@womensrights.org	
Start Right Business Plan Basics 	12-hour in-depth seminar for new entrepreneurs which address the legal, marketing, accounting and financial issues necessary for developing a business plan.	10:0 am to 1:00 pm	Mondays January 3, 30, February 6, 13	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women or family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-16 www.womensrights.org info@womensrights.org	
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	

Updated 01/04/2012

THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

January 4, 2012

Dear Service Provider:

Welcome to the new edition of the “**Parenting and Family Guide**” for the New Year. There are several new programs and providers in this issue.

Please review the information for your agency, if there are changes, deletions, or additions you feel necessary; please email this information to kviola@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.

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 February 2012 will go out about January 30, 2012.

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