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

***November 2021***

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

22-08 Route 208 South

Fair Lawn, NJ 07410

201-740-7069



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| **Hotline Numbers of Interest** | | | | | | | | | |
| **262-HELP, a program of Care Plus NJ, Inc. 201-262-HELP(4357) is Bergen County’s Designated Psychiatric Emergency Screening Program. The purpose of 262-HELP is to provide mental health evaluations, crisis intervention counseling, and support to individuals to assess for the most clinically appropriate intervention. We are available 24 hours a day, 365 days a year to those in need. When 262-HELP services are requested for a minor, parent/guardian consent is required.** | | | | | | | | | |
| **24-Hour Sexual Violence Hotline (201-487-2227**). This hotline is for anyone with questions or concerns regarding sexual violence. Trained advocates provide support, information, referral, and crisis interventions to survivors, their loved ones, and the community. This is a free and confidential 24/7 hotline. | | | | | | | | | |
| **Report Child Abuse or Neglect in New Jersey by calling 1-877-NJ ABUSE (1-877-652-2873)**  **For additional information on Department of Children and Families, visit** [**www.state.nj.gov/dcf**](http://www.state.nj.gov/dcf) | | | | | | | | | |
| **Bergen County Addiction Services 201-634-2740:** Is committed to the prevention and treatment of substance use disorders, offering information and referrals for assessments, outpatient services, intensive outpatient services, detoxification services, residential treatment, halfway house services and self-help groups. Funding is available for treatment for Bergen County residents who are uninsured or underinsured. | | | | | | | | | |
| **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. | | | | | | | | | |
| **Center for Hope and Safety: 201-944-9600.** [**www.hopeandsafetynj.org**](http://www.hopeandsafetynj.org)  **We offer supportive services to all victims of DV, including emergency shelter for battered women and children.** | | | | | | | | | |
| Delphi Behavioral Group: Serenity at Summit: **Located in Union, NJ this** substance use and behavioral health treatment offers detox, residential, partial hospitalization and intensive outpatient levels of care. Contact : 443-610-6029. For more information see full description listed under Support Groups or Services for Families and Adults. | | | | | | | | | |
| **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 | | | | | | | | | |
| **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. | | | | | | | | | |
| **Muslim Youth Confidential Youth Help Line 201-647-7229** | | | | | | | | | |
| **NJVET2VET 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. | | | | | | | | | |
| **NJHOPELINE** is a backup to the National Suicide Prevention Lifeline network during times of excess call volume or after the Lifeline Crisis Centers operating hours. **(855-654-6735)** | | | | | | | | | |
| **National Medicare Training Program Educational Video in American Sign Language:** [**http://www.youtube.com/watch?v=eskZVAg7v0o**](http://www.youtube.com/watch?v=eskZVAg7v0o)  **To download:** [**http://downloads.cms.gov/media/video/ASLOverview..wmv**](http://downloads.cms.gov/media/video/ASLOverview..wmv) | | | | | | | | | |
| **New Jersey Postpartum Depression Helpline “Speak Up When Your Down”: 1-800-328-3838** a 24/7 hotline:[www.njspeakup.gov](http://www.njspeakup.gov) | | | | | | | | | |
| **New Jersey Coalition Against Sexual Assault (NJCASA) Hotline. A collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey.** 24 hours a day/7 days a week 800-601-7200 | | | | | | | | | |
| **New Jersey Domestic Violence Hotline** provides confidential access for victims of domestic violence. 24 hours a day/7 days a week 800-572-7233 | | | | | | | | | |
| **Parents Anonymous – Parents Support Group:** professionally facilitated self-help groups to help each other develop coping methods for stress and learn alternative methods of discipline.  1-800-THE KIDS (843-5437) or http://paofnj.org/about-us/ | | | | | | | | | |
| **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). | | | | | | | | | |
| **St. Joseph’s/ACCESS Deaf Mental Health Services-** Psychiatric emergency services 24/7 for people who are Deaf or Hard of Hearing. Call 973-345-7357 | | | | | | | | | |
| **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. | | | | | | | | | |
| **The Wellness and Support Center** provides rapid access to short-term and recovery oriented interventions for adults experiencing a mental health crisis. 201-957-1100  569 Broadway, Westwood, NJ 07675 Program Hours: Monday – Friday 8am to 8pm Saturday & Sunday 9am -5pm. | | | | | | | | | |
| **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**.** | | | | | | | | | |
| **Women’s Referral Central Hotline. This Hotline provides comprehensive information, referrals, active listening and crisis response for issues confronting New Jersey residents.** 24 hours a day/7 days a week 800-322-8092 | | | | | | | | | |
| **Parenting Classes** | | | | | | | | | |
| ***Program***  ***Name*** | ***Program***  ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Aim Positive Behavior Consultation and Training** | Workshops for parent groups, social skill groups, in-home parent training, in-home and community behavior support, functional behavior assessments | 9:00 am – 9:00 pm | Daily | Call for more information | Ages 3-21 | | Aim Positive Behavior Counseling  Scott Rossig, M.Ed, BCBA  201-819-3869  [scott@aim-positive.com](mailto:scott@aim-positive.com)  Zach Ikkanda, M.A., BCBA  718-825-7768  [zach@aim-positive.com](mailto:zach@aim-positive.com) | | Call for more information |
| **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. | 12:15 pm – 2:15 pm 7:00PM to 9:00PM12 sessions | WednesdayAfternoon Wednesday  Evening  **Call for More Information** | Hackensack YMCA  360 Main Street  Hackensack, NJ 07601 | Parents | | Children’s Aid & Family Services  Lannie Jaconia  201-740 -7110 | | Nominal fee |
| **EPIC – Every Person Influences Children**  **Parenting Education and Support Groups** | EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults | 7:00 pm – 9:00 pm 12 sessions | Monday Evenings **Call for More Information** | Children’s Aid & Family Services  22-08 Route 208 South  Fair Lawn, NJ 07410 | Parents | | Children’s Aid & Family Services  Lannie Jaconia  201-740-7110 | | Nominal fee |
| ***Program***  ***Name*** | ***Program***  ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Financial and Legal Planning for Individuals with Special Needs** | How to care and prepare for your loved one’s future – Virtual Session | *1 session* 7:00pm-8:30pm | September 29, 2021 | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_YAyOggxmRSaPBlyJnIlncg) | Parents | | Bergen County Special Services School District | | Free |
| **Helping Other Parents Endure**  **Chapter NJ11243A** |  | 6:00pm to **8:00pm** | Mondays ***Group information changes monthly, please call or consult the website.*** | 135 First Street  Hackensack High School  Room 161  Hackensack, NJ 07601 | Parents and Guardians | | Mark Johnson or Jennifer J  201-805-6041  jjohnson@hackensackschools.org | |  |
| **Parenting with “Common Sense” Program- Evidence Based Parenting Education Group** | This evidence based program teaches positive discipline skills using roll-play, videos and homework | 8 week sessions  6:00 pm- 8:00 pm on Mondays in **English**  Or  6:00 pm- 8:00 pm Fridays in Spanish | Mondays  Fridays  \*call to inquire about dates\* | Fair Lawn Mental Health Center  A division of Care Plus NJ  17-07 Romaine Street  Fair Lawn, NJ 07410 | Parents  Guardians  Grandparents  Caretakers | | Fair Lawn Mental Health Ctr.  Division of Care Plus NJ  Lauren Walsh  201-797-2660 ext. 5675 | | $200 |
| **Parenting Wisely**  **On-line Program**  **English and Spanish versions available** | This program teaches parents and caregivers how to effectively raise their preteens and teens. | On-line 24/7 at [www.parentingwisely.com](http://www.parentingwisely.com) | Available 24/7 |  | Parents and guardians | |  | | $79.95 |
| **Raising Thriving Children ©® 2016 Rose Celia Rosato, MA, LPC** | An original workshop designed to guide parents to understand their children and implement strategies to enrich their children’s quality of life or resolve specific issues. | 14 week program | By Appointment Only – Group or Individual Sessions, Each Session 1 & ½ hours | Balance & Thrive Counseling & Psychoeducation Center  666 Godwin Avenue  Suite 300  Midland Park, NJ 07432  [www.balanceandthrivecounseling.com](http://www.balanceandthrivecounseling.com) | Parents | | Balance & Thrive Counseling & Psychoeducation Center  666 Godwin Avenue  Suite 300  Midland Park, NJ 07432  Rose Rosato  201-444-8110  [Balanceandthrive@hushmail.com](mailto:Balanceandthrive@hushmail.com)  [www.balanceandthrivecounseling.com](http://www.balanceandthrivecounseling.com) | | May be covered by insurance  Call for Cost & More Information |
| 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 Outreach** | This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness. | 6:30 pm – 8:30 pm | Every 2nd Tuesday of the month | Northern Region  Willing Heart Community Center  555 Martin Luther King Boulevard  Newark, NJ | Family member who has a loved one with a mental illness. | | NAMI New Jersey  Lisa Powell  AACT-NOW Information Coordinator  acctnow@naminj.org | | No Fee |
| **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 | Mothers | | Women’s Wellness Center of Bergen County  Michelle Freedberg  201-256-3870 | | No Fee |
| ***Program***  ***Name*** | ***Program***  ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Alternatives to Domestic Violence** | Victim Legal Advocacy for restraining orders, short term crisis stabilization and group counseling | **Victim’s Group Counseling offered for 26 weeks** | **Ongoing weekly groups** | **One Bergen County Plaza, Hackensack, NJ 07601** | **Adults, childcare is not currently available** | | **ADV Hotline 201-336-7575** | | **No Cost** |
| **Bergen County Parent Support Group by the Caron Foundation** | These meetings are designed to offer parents whose children have been impacted by addiction, a place to find support and encouragement. | 7:30 pm | Tuesdays Virtual meeting via ZOOM  <https://us02web.zoom.us/j/81543999849>  No password required | The Holmstead School  14 Hope Street  Ridgewood, NJ  (behind Emmanuel Church) | Parents whose children have been impacted by addiction | | Caron Foundation  Lauren Springer  551-427-3340 or  lspringer@turnbridge.com | | No Fee |
| **Birth Parent Support Group** | Members provide support to one another and discuss the impact of this decision upon their lives. They educate themselves and others on all aspects of adoption. | 7:30PM to 9:00PM | **Attendance Notification Required** | Children’s Aid & family Services  22-08 Route 208 South  Suite 7  Fair Law, NJ | Open to anyone who has placed a child or is considering placing a child for adoption. | | Children’s Aid and Family Services  Marcia Fisher  201-740-7038 | | No Fee |
| **Breastfeeding Support Group** | Discussion centers on issues concerning postpartum depression: when love and support are not enough, or when symptoms last longer than 2 weeks or affect a woman’s ability to enjoy her daily life | 1 session  12:00 pm-1:00 pm | Every Thursday | The Center for Women, Children, and Family Education  The Valley Hospital  140 E. Ridgewood Avenue  Paramus, NJ  Held at the Kraft Center | Mothers | | [familyeducation@valleyhealth.com](mailto:familyeducation@valleyhealth.com)  201-291-6151 | | No Fee |
| Center for Hope & Safety’s Legal Program | Free legal representation and advice to survivors of domestic violence, in the matters of TRO, FROs, family law, custody and immigration | Varies | Varies | Rochelle Park, New Jersey | Survivors over 18 | | 201.527.6275  [Legal@hopeandsafetynj.org](mailto:Legal@hopeandsafetynj.org)  Center for Hope and Safety  12 Overlook Ave, Suite A  Rochelle Park, NJ 07662 | | Free |
| **Center for Hope & Safety’s**  **Community Housing Services** | For survivors of domestic violence/interpersonal violence.  The housing counselor provides full housing coordination and placement assistance to individuals and families with Center for Hope and Safety. Counselor provides each client information and guidance on the housing process, including conducting educational workshops, financial literacy, providing knowledge of tenant/landlord rights.  Following up with clients to assist on their housing journey including accompaniment to apartment viewing and/or leasing signings, creating budget plans to help manage rent and utility payments, and provide information on different community resources that can assist with housing needs | Sessions will occur at least once a week depending on level of client need, may occur more than once in a week. Time of session various based on counselor and client availability. | Any day of the week Via Zoom, FaceTime, Phone call and emails | Via Zoom, FaceTime, Phone call, and emails  Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | Adults | | Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | | Free |
| **Center for Hope & Safety’s**  **Community Professional Career Counselor Services** | Free Career and Vocational counseling services for survivors of domestic violence.  Career Counselor provides counseling services to on career goal setting, individual and group career/job-readiness training, career workshops, resume and cover letter writing, and job search assistance. Career will work with clients on a comprehensive level, evaluating their skills sets and job performance skills, working with clients to enhance and/or develop new skills sets. Career Counselor will have developed relationships with employers/agencies in the community to connect clients and be up to date with job/career openings that match client experience and skills set | Sessions will occur at least once a week depending on level of client need, may occur more than once in a week. Time of session various based on counselor and client availability. during the course of the week | Any day of the week Via Zoom, FaceTime, Phone call, and emails | Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | 18 + survivors | | Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | | Free |
| **Center for Hope & Safety’s**  **Community Women’s Weekly Support Group (English and Spanish)** | CHS Women’s Group supports women who desire to heal and connect with other survivors of domestic violence. The support group provides a safe and intimate environment to have open discussions on current issues on all levels surrounded on the topic of domestic violence and interpersonal violence. Women benefit from increasing awareness and education on various topics surrounding inter-partner and family violence. Women also regain their self-esteem, establish bonding relationships, and promote emotional healing.  The group is facilitated by licensed clinicians and case management staff. | Sessions occur weekly  6:00pm for 1.5- 2 hours | Thursdays Currently via Zoom | Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | 18 and over | | Argelis Hernandez, Community Supervisor  Phone: 201-983-8251  Email: [argelis@hopeandsafetynj.org](mailto:argelis@hopeandsafetynj.org) | | Free |
| **College Age Support Group** | Support group for college age students | Call for schedule | Call for additional information Free intakes are being accepted | D’ Acierno and Associates  1182 Teaneck Road  Suite 206  Teaneck, NJ | College age youth Parents w/ children and virtual learning  Parents with special needs children and virtual learning | | D’ Acierno and Associates  201-357-2715 | | Sliding Scale or out of network ins.  accepted |
| **Community Reinforcement Approach and Family Training**  **(CRAFT)** | Emphasized learning new skills to cope with old problems related to your loved ones substance use behavior | Every Thursday 7:00pm via Zoom |  | Via Zoom  <https://zoom.us/j/91204631723?pwd=ZVM0WEV1dU9kNlprVXRGS1xTzRLQT09>  or  Meeting ID 912-0463-1723  Passcode: 060597 One Tap Mobile – 3126266799,,91204631723# US (Chicago)  6465588656,,91204631723# US(New York) |  | | Please contact Brittanya Douglas at 908-884-5774 | |  |
| **CRAFT**  **Family Support Group for Women Only**  **VIRTUAL MEETINGS on ZOOM** | Our support group philosophies and course materials are based on the Community Reinforcement and Family Training (CRAFT) Model. | 6:00pm to 8:00pm | Call for more information  **Registration Required** | Meetings are held VIRTUALLY on ZOOM  Meeting ID #  890 110 693 | Women **Only** | | Then Center for Alcohol and Drug Resources  22-08 RT 208 South  Fair Lawn, J 07410  [thecenter@cafsnj.org](mailto:thecenter@cafsnj.org)  201-740-7030 | | Free |
| ***Program***  ***Name*** | ***Program***  ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Delphi Behavioral Health Group: Serenity at Summit** | Substance use and behavioral health treatment offering detox, residential, partial hospitalization and intensive outpatient levels of care | 24/7 detox and residential 9-3 Partial Hospitalization offering telehealth and in person Morning and evening Intensive outpatients offering telehealth and in person | Call for more information | Union, NJ | Parents/guardians, entire family, children: Adult Detox and residential treatment Adult Partial Hospital and Intensive outpatient Adolescent Intensive outpatient and Outpatient | | Kelli Crist C: 443-610-6029 E: [Kcrist@delphihealthgroup.com](mailto:Kcrist@delphihealthgroup.com) | | Call for more information |
| **Early Childhood Developmental Screenings** | Offers developmental screenings by Early Childhood Specialists for ages 0-5, assessing all areas ie; cognitive, social emotional, motor, speech. | Call for appointment | Call for appointment | In home visit available as needed. | Parent with young children | | Samantha R. D’Auria, MS, LCSW  201-589-0552  [srdauria.lcsw@gmail.com](mailto:srdauria.lcsw@gmail.com) | | Sliding scale, Out of Network Benefits |
| **Families Anonymous—Parent Support Group** | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly7:30 p.m. to 9:00PM | Wednesdays | Church of the Immaculate Conception  900 Darlington Avenue  Mahwah, NJ  -Follow parish office signs | Parents, Grandparents & Relatives of person with addiction | | Families Anonymous  Cathy R., Andrea D., Secretaries at [famhwah2021@gmail.com](mailto:famhwah2021@gmail.com) or Margaret O., Spokesperson @ 201-615-2428 | | No Fee |
| **Families Anonymous—Parent Support Group** | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly 7:30 pm to 9:00PM | Tuesdays | Trinity Lutheran Church  430 Knickerbocker Rd.  Tenafly, NJ | Parents, Grandparents & Relatives of person with addiction | | Families Anonymous  1-800-736-9805  [www.familiesanonymous.org](http://www.familiesanonymous.org) | | No Fee |
| **Families Anonymous—Parent Support Group** | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly 7:30 pm to 9:00PM | Fridays | Englewood Health  350 Engle Street  Englewood, NJ | Parents, Grandparents & Relatives of person with addiction | | Families Anonymous  201-585-8091 or  Geri @ 917-836-3672 | | No Fee |
| **Families Anonymous—Parent Support Group** | 12-step program for families dealing with loved ones who have alcohol/drug problems | Online | Available 24/7 | Families Anonymous | Relatives & friends concerned about the use of drugs or related behavior problems | | [www.familiesanonymous.org](http://www.familiesanonymous.org) | | No Fee |
| **Family Counseling Center** | Children’s Aid and family Services, in collaboration with Valley Hospital Mental Health Services, offers outpatient counseling to children and their families | Call for an appointment |  | Children’s Aid and Family Services  22-08 Route 208 South  Fair Lawn, NJ 07410 | Children ages 4-17 | | Children’s Aid and Family Services  22-08 Route 208 South  Fair Lawn, NJ 07410  201-261-2800  [www.familycounselingcenterfairlawn.com](http://www.familycounselingcenterfairlawn.com) | | Call for more info |
| **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 | | No Fee |
| **Family Educational Workshops** | These workshops are for families who have an adult relative with a mental illness. Family Education is an 8 week program. | 8 weeks7:00 pm to9:00 pm | Tuesdays | Bergen New Bridge Medical Center  Behavioral Health Plaza  Room E218  230 E. Ridgewood Ave.  Paramus, NJ 07652 | Families with an ADULT relative diagnosed with a serious and persistent mental illness | | Comprehensive Behavioral Healthcare, Inc.  Intensive Family Support Services  201-646-0333 | | No Fee |
| **Family to Family**  **Mental Health Education Program** | An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a “journey of hope.” | 12 sessions  7:00 pm – 9:30 pm | Mondays – March 2-May18, 2020  7:00pm – 9:30pm  Or  Wednesdays – March 4 – May 20, 2020 | CBH Care  Hackensack, NJ 07601  Or  Church of the Presentation,  Upper Saddle River, NJ | Families with a member living with serious mental illness | | CBH Care  Hackensack, NJ 07601  646-529-9146  Or  Church of the Presentation,  Upper Saddle River, NJ  201-785-9076 | | No Fee  Program on first come, first served basis |
| **Family to Family**  **Mental Health Education Program** | An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a “journey of hope.” | 12 sessions  7:00 pm – 9:30 pm | Mondays | Church of the Presentation  271 W. Saddle River Rd.  Upper Saddle River, NJ | Families with a member living with serious mental illness | | NAMI of Bergen County  304 Valley Boulevard  Wood-Ridge, NJ  201-635-9595  To register:  Call Peggy Whelahan at  201-785-9076 | | No Fee  Program on come, first served basis |
| **Family Share Support Group** | Therapists direct participants to the correct resources. A talk and listen group | 8:00 pm | First Monday of every month | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey | Caregivers | | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey  For more information, call (201) 635-9595 | | No Fee |
| **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. | 7PM to 9PM | Thursdays | Care Plus, NJ  610 Valley Health Plaza  Paramus, NJ | Families with an ADULT relative diagnosed with a serious and persistent mental illness | | Comprehensive Behavioral Healthcare, Inc.  Lara Zucker  201-646-0333, ext. 251 | | No Fee |
| Support Groups or Services for Families and Adults | | | | | | | | | |
| ***Program***  ***Name*** | ***Program***  ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Family Support Group** | This support group will be held virtually on Thursday August 26, 2021 | 7:00pm to 8:00pm | Thursday, August 26, 2021 | Zoom meeting information:  Join Zoom Meeting  [https://zoom.us/j/91204631723?pwd=ZVM0WEVldU9kNlprVXRGS1dxTzRLQT09](https://protect-us.mimecast.com/s/-OIXC9rNnPTk6pXio85pw?domain=zoom.us)  Meeting ID: 912 0463 1723  Passcode: 060597  One tap mobile  +13126266799,,91204631723# US (Chicago)  +16465588656,,91204631723# US (New York) | Families | | ***Giovanna Diaz***  Family Support Coordinator  Prevention Links, Inc.  121-125 Chestnut St.  Roselle, NJ 07203  Cell: 201-892-9626 | |  |
| **Grandparent Raising Grandchildren Support Group** | This is a great way to get information you need! Through sharing experiences, collectively we can help you find options, discover approaches that will help in coping with the challenges you are facing, validate your successes and maybe you’ll make a new friend or two. | 12:45pmTo2:15pm | Every 4th Tuesday | Bergen Family Center/ Family Success Center  44 Armory Street  2nd Floor  Englewood, 07631 | Caregivers | | Family Support Organization  0-108 29th Street  Fair Lawn, NJ 07410  201-796-6209 x102  [ls@fsobergen.org](mailto:ls@fsobergen.org)  [www.fsobergen.org](http://www.fsobergen.org) | |  |
| **Grief Recovery Outreach Program** | An action oriented group to assist individuals in recovering from the pain associated with their losses | Six week program  Twelve week program | Call for Appointments | 121 Rea Avenue  Hawthorne, NJ 07507 | Individuals who have experienced a loss due to death or divorce | | Diane Sardanopoli, LPC  PO Box 280  121 Rea Avenue  Hawthorne, NJ 07507  201-873-6496 | | $240.00  $500.00 |
| **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](mailto:IRA@jfsbergen.org)  Jewish Family Services of Northern New Jersey  1185 Teaneck Rd  Teaneck, NJ  For more info visit [www.jfsbergen.org](http://webmail.cafsnj.org/owa/redir.aspx?C=e29696ff1a4941959293c2b07bb07512&URL=http%3a%2f%2fwww.jfsbergen.org%2f) | | No Fee |
| **Hearts and Crafts Counseling** | Counseling for children, teens and adults | Call for more information | Call for more information | 330 B Broadway  Hillsdale, NJ 07642 | Open to all | | Hearts & Crafts  330 B. Broadway  Hillsdale, NJ 07652  201-818-9399  [www.bergencountygriefcounseling.com](http://www.heartsandcradtfscounseling.org) | | **Please call for costs** |
| **Help & Hope** | 87BA free and anonymous support and education for families with addiction. | 88B7pm to 8pm | 89B3rd Monday of each month | West Bergen Counseling Office  860 Wyckoff Ave  2nd Floor  Mahwah, NJ 07430 | Family | | West Bergen Counseling Office  860 Wyckoff Ave  2nd Floor  Mahwah, NJ 07430  Heather Wilke  201-444-3550 x 7312  [hwilke@westbergen.org](mailto:hwilke@westbergen.org) | |  |
| ***Program***  ***Name*** | 90B***Program***  ***Description*** | 91B***# and Time of Sessions*** | 92B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Hope and Healing Bereavement Group** | A support group for those who have lost a loved one to the disease of addiction. | 94B7:30pm to 9:30pm | 95BEvery 1st and 3rd Wednesday | Calvary Lutheran Church 1  65 West Crescent Ave.  Allendale, NJ 07401 | Entire Family | | Gail Cole  201-960-4146 or  Patty Trava  201-394-5287 or  Lani Bonifacic LCSW  201-786-8572 | |  |
| **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 | Open to all | | Call for additional information  Sarah Del Vecchio 201-342-9200, x 29 or  Paula Tenebruso, 201-342-9200, x 20 | | Call for cost |
| **Inspire Wellness** | Psychological, Educational, ABA and Performance Services. Individual, couples & family therapy. Performance programs for individuals, teams & coaches. Neuropsychological and psychological evaluations/ assessments. Tutoring for adolescents and teens. | Call to schedule an appointment | Call for Dates | Offering virtual sessions until offices reopen in 2021 | Children, teens and adults | | Inspire Wellness  201-564-7331 or visit inspirewellness.com | | Call for fees |
| **Jewish Family and Children's Services** | Bereavement support groups  Parenting support groups  Senior Services Case Management  Re-Launch Career Guidance | Call for schedule | Call for dates | Jewish Family and Children Services  1485 Teaneck Road  Teaneck, NJ 07666 | Adults, children and teens | | Jewish Family and Children Services  1485 Teaneck Road  Teaneck, NJ 07666  201-837-9090 | |  |
| **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 | Please call for more specific information  Monday – Friday, some evenings | (offices in Wayne and Fairlawn) | Parents, children and entire families seen as needed. Individual and group sessions available. | | Jewish Family Services of North Jersey  1 Pike Drive , Wayne, NJ  973-595-0111 | | Accepts most insurance  Sliding scale available |
| ***Program***  ***Name*** | 96B***Program***  ***Description*** | 97B***# and Time of Sessions*** | 98B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Jewish Twelve Steps / JACS** | A support group that opens with spiritual message relating Jewish concepts to the 12-Steps. | 7:30 pm to 8:30 pm | Thursday  Meets 2nd Thursday of every month | Jewish Family Services  of Bergen and North Hudson  1185 Teaneck Rd  Teaneck, NJ | Jewish persons needing help for self or loved with addiction | | 201-837-9090 IRA [IRA@jfsbergen.org](mailto:IRA@jfsbergen.org)  Jewish Family Services of Bergen and North Hudson  1185 Teaneck Rd  Teaneck, NJ  For more info contact  Ben at 201-981-1071 | | No Fee |
| **Juvenile Family Crisis Intervention Unit (JFCIU)** | Address at-risk youth, family conflict, truancy and runaways, crisis counseling stabilization. Short term counseling and referrals. Emergency shelter placement for youth 11 to 17 | Scheduled Individually.  24/7 Crisis counseling | Available 24/7 via phone. Walk-ins welcome during office hours | Bergen County Juvenile Family Crisis Intervention Unit  One Bergen County Plaza  2nd. Floor  Hackensack, NJ 07601 | Bergen County residents.  Children ages 5 to 17 and their families | | BC Division of Family Guidance  One Bergen County Plaza  2nd. Floor  Hackensack, NJ 07601  201-336-7360  Danielle Osenbruck  [dosenbruck@co.bergen.nj.us](mailto:alerner@co.bergen.nj.us)  [www.co.bergen.nj.us/familyguida](http://www.co.bergen.nj.us/familyguida) | | No Fee |
| **Kinship Care Services** | Program designed to provide wrap around and kinship legal guardianship services to no DCP&P involved relative caregivers. | By appointment | Call for more information | Care Plus NJ  17-07 Romaine St.  Fairlawn, NJ | Guardians & Caregivers | | Care Plus NJ  17-07 Romaine St.  Fairlawn, NJ  Sarah Gregor  201-398-9110 x156 | | No Fee |
| **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 WARM LINE |  |  |  | | For more information call the  WARM LINE:  877-KLG-LINE (877-554-5463) or email Dana Fried at  [dwfried@kinkonnect.org](mailto:dwfried@kinkonnect.org)  or 201-740-7129 | | No Fee |
| **Parent to Parent** | As parents/caregivers we’re accustomed to planning, preparing and focusing on events for the family. Well here’s an event just for you to meet other parents in the community that share similar experiences? | 7:00 pm - 8:30 pm | Wednesday  Weekly  **Dinner served every 3rd Wednesday** | Family Support Org. of Bergen County  0-108 29th Street  Fair Lawn, NJ | Parents/Caregivers | | Family Support Organization  Lauren Salvodon  201-796-6209 ext. 102  Email: [ls@fsobergen.org](mailto:ls@fsobergen.org)  Website: [www.fsobergen.org](http://www.fsobergen.org) | | No Fee |
| ***Program***  ***Name*** | 96B***Program***  ***Description*** | 97B***# and Time of Sessions*** | 98B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Meaningful Directions Therapeutic Services** | The diverse backgrounds of our staff counselors provide the opportunity for clients to be matched appropriately to a clinician who can meet their unique needs, promoting a successful and positive experience. | As Scheduled | Monday- Sunday | Meaningful Directions Therapeutic Services  375 Main Street  Suite 201  Hackensack, NJ 07601 | All | | Meaningful Directions Therapeutic Services  375 Main Street  Suite 201  Hackensack, NJ 07601  973-749-2009 | | $40 |
| **Meaningful Directions Therapeutic Services** | The diverse backgrounds of our staff counselors provide the opportunity for clients to be matched appropriately to a clinician who can meet their unique needs, promoting a successful and positive experience. | As Scheduled | Monday- Sunday | Meaningful Directions Therapeutic Services  375 Main Street  Suite 201  Hackensack, NJ 07601 | All | | Meaningful Directions Therapeutic Services  375 Main Street  Suite 201  Hackensack, NJ 07601  973-749-2009 | | $40 |
| **Meadowlands Family Services** | Our center focuses on planning events and programs that strengthen our families and our community. We offer a variety of classes and seminars for all ages. | Varied | Call for More Information | Meadowlands Family Success Center  100 Washington Ave  Little Ferry, NJ 07643 | All | | Meadowlands Family Success Center  100 Washington Ave  Little Ferry, NJ 07643  Michelle Di Peppa  [201.464.4714 ext. 101](tel:201.464.4714%20ext.%20102)2  [mdepippa@meadowlandsfsc.org](mailto:mdepippa@meadowlandsfsc.org).  [www.meadowlandsfsc.org](http://www.meadowlandsfsc.org) | | Free |
| **Support Groups or Services for Families and Adults** | | | | | | | | | |
| ***Program***  ***Name*** | 99B***Program***  ***Description*** | 100B***# and Time of Sessions*** | 101B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Men’s Support Group** | A confidential support group for men who are survivors of sexual violence. Discussion will be on topics such as emotions and self-esteem, anger, coping skills, and relationships. | 12-session program | Call for more information | YWCA Bergen County  2 University Plaza  Suite 208  Hackensack, NJ 07601 | For male survivors of sexual violence | | Bergen County Rape Crisis Center, to participate, please call 201-881-1750 | | No Fee |
| ***Program***  ***Name*** | 96B***Program***  ***Description*** | 97B***# and Time of Sessions*** | 98B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Mental Health Support Group** | You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times. | 7:00pm to 8:30 pm | First Thursday of Each month | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey |  | | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey  For more information, call the NAMI Bergen office at (201) 635-9595 | | No Fee |
| **Mom’s Circle #1 Meet and Share** | All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering. | 1:00pm to 2:30 pm | Every Wednesday | Englewood Health  350 Engle St.  Englewood, NJ | Moms –Babies welcome | | Englewood Hospital  201-894-3784  Registration is encouraged | |  |
| **Mom 2 Mom** | Monthly support for caregivers of children of all with special needs  **Light dinner will be given** | 7:00pm to  8:30pm | TBA  **RSVP 1-877-914-6662** | Community Choices  17-03 A Broadway  Fair Lawn, NJ 07410 | Parents/ Caregivers | | Antionette Evans  MomMMom Peer Counselor  877-914-6662 | |  |
| **Mother’s Support Groups**  **Postpartum** | 102BCounselors providing comprehensive mental health services for children, adolescents, individuals, couples and families |  | 103BCall to schedule an appointment | The COR Group  294 Harrington Avenue  Closter, New Jersey | Children, adolescents, individuals, couples and families | | The COR Group  294 Harrington Avenue  Closter, New Jersey  201-485-6181  201-638-7826  [Cor\_psych@yahoo.com](mailto:Cor_psych@yahoo.com) | |  |
| Support Groups or Services for Families and Adults | | | | | | | | | |
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| ***Program***  ***Name*** | 104B***Program***  ***Description*** | 105B***# and Time of Sessions*** | 106B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **New Moms Support Group** | 110BA support group for new moms to discuss topics relating to motherhood and parenting. | 111B1:30 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 | | No Fee |
| **New Mom’s Group** |  | 116B10:00 am 7:00 pm | 117BSaturdays 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 | | 118BSaturday Free Thurs. Nominal Fee |
| **New Mother’s Support group** | The group assists mothers with some of the new, stressful, and joyous aspects of being a parent. | 120BTBD | 121BFridays | Meaningful Directions Therapeutic Services  375 Main St., Suite 201  Hackensack, NJ 07601 | New mother’s & Children | | Meaningful Directions Therapeutic Services  375 Main St., Suite 201  Hackensack, NJ 07601  973-749-2009 | | 122B$40 |
| **New Mom’s Group** | 123BA Christ-centered, anonymous, 12 step support group for those working on various personal addictions offering support and encouragement | 124B7:30pm to 8:30pm | 125BWednesdays | 715 Linden Avenue  Apt. 306  Teaneck, NJ | Individuals needing help and support in recovery from addiction(s) | | Contact Jim for more information  315-382-7257 | | No Fee |
| Support Groups or Services for Families and Adult | | | | | | | | | |
| ***Program***  ***Name*** | 126B***Program***  ***Description*** | 127B***# and Time of Sessions*** | 128B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Outpatient Counseling** | 129BCounseling for children, adolescents and their families |  | 130BCall to schedule appointment |  | Families who are Medicaid eligible | | Jewish Family Services of Bergen and North Hudson  1485 Teaneck Road  Teaneck, NJ  201-837-9090 | | **Out-patient Counseling** |
| **Partial Care Family Support Group** |  | 6:00 PM to7:00 PM | Every second Thursday of the month | West Bergen Mental Health  120 Chestnut Street  Ridgewood, NJ |  | | West Bergen Mental Health  120 Chestnut Street  Ridgewood, NJ  201-444-3550, x 7116 for more information | |  |
| **PFLAG**  **(Parents, Families, Friends of Lesbians and Gays)** | Who are we: We are the families, mothers, brothers, sisters and other family members, friends of lesbians, gays, bi-sexual and transgender person(s).  Education, Support and Advocacy | 7:30PM to 9:30PM | Meetings the 3rd Wednesday of every month  (Orientations at 7:30PM before each monthly meeting) | Central Unitarian Church  156 Forest Avenue #1  Paramus, NJ 07652 | Parents, families, friends | | For more information contact  PFLAG  Bergen County Chapter  PO Box 1330  Ridgewood, NJ  [www.bergenpflag](http://www.bergenpflag).org  info@BergenPFLAG.org | | $30.00 annual membership fee |
| **Post Adoption Counseling (PACS)** | Services may include individual, family therapy/counseling, supportive and group services and educational meetings. PACS specializes in identity issues, loss and separation, curiosity about origins and feelings about differences. | Custom schedule | Call for appointment | 22-08 Route 208 South  Fair Lawn, NJ 07410 | Families with legally adopted child(ren) under age 18 who are living in Bergen, Passaic or Essex counties.  ***\*\*adoptees up until age 21\*\**** | | Children’s Aid & Family Services Pre/Post Adoption Counseling Services (PACS)  Lisa Duff  201-740-7124  [lduff@cafsnj.org](mailto:lduff@cafsnj.org) | | Free for Bergen and Passaic County Families |
| **Post-Partum Depression Support Group** | A support group for new moms suffering from Post-Partum Depression (PPD) symptoms. | 11 am-12 pm  7 pm-8 pm | 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 | | No fee |
| Support Groups or Services for Families and Adults | | | | | | | | | |
| ***Program***  ***Name*** | 131B***Program***  ***Description*** | 132B***# and Time of Sessions*** | 133B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Postpartum Therapeutic Support Group** | Mothers who may be experiencing symptoms of postpartum depression are encouraged to attend this therapeutic group. Learn coping skills and receive help and treatment in a supportive environment. | 11:00 am – 12 pm | 1st and 3rd Tuesdays | Englewood Health  350 Engle Street  Englewood, NJ | Moms | | Englewood Hospital  201-894-3795  Laura Hollander  Call for Registration | | No fee |
| **PSTD and Sexual Abuse Support Group** |  | 12:00pm – 2:00 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 | |  |
| **Psychotherapy (Individual and Family)** | English and Spanish Licensed Clinical Social Worker | Custom Schedule | Call for Appointment | E.L. Slater  6808 Bergenline Avenue  Suite 201  Guttenberg, NJ 07093 | Children, Adolescent and Family | | E.L. Slater  6808 Bergenline Avenue  Suite 201  Guttenberg, NJ 07093  201-840-9047 or  201-618-7354 | |  |
| **Psychotherapy:**  **Individual and Family** | Licensed Clinical Social Worker | Custom Schedule | Call for Appointment | Melinda Inzani, LLC  317 Godwin Ave.  Midland Park, NJ 07432 | Children Adolescents and Adults | | Melinda Inzani, LLC  201-704-6749  [melindainzani1@gmail.com](mailto:melindainzani1@gmail.com) | | Call for Information |
| **Second Generation Group** | A monthly discussion group for children of Holocaust Survivors. A new topic each meeting | 7:15pm – 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 | |  |
| **Signs of Sobriety**  (services for individuals who are deaf or hard of hearing seeking alcoholism and drug addiction services) | Interpreters for 12-step meetings; additional communication access; services for family members; continued care service; coordination of Communication access services for outside agencies; referral to additional resources. |  |  | Signs of Sobriety  100 Scotch Road  Second Floor  Ewing, NJ |  | | Contact:  Lisette Weiland  609-369-1985  Or [communication@signsofsobriety.org](mailto:communication@signsofsobriety.org)  Voice 609-8832-7677  TTY: 609-882-7177 | |  |
| **Support Groups or Services for Families and Adults** | | | | | | | | | |
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| ***Program***  ***Name*** | 134B***Program***  ***Description*** | 135B***# and Time of Sessions*** | 136B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **S.O.A.R. Group**  **Survivors of Abuse and Rape** | Therapy group for survivors of sexual violence, including child sexual abuse, sexual assault, incest and rape | Weekly | Call for dates | Ridgewood | Females | | HealingSpace  201-881-1733 | | No Fee |
| **Stepmom’s Support Group** |  | 7:00pm-  9:30 pm | **Every other Thursday** | Stepping Stones Counseling Center  312 Warren Ave. Suite 2  Ho Ho Kus, NJ | Stepmoms | | Stepping Stones Counseling Center  312 Warren Ave. Suite 2  Ho Ho Kus, NJ  [llowson@live.com](mailto:llowson@live.com)  or call 201-444-3686 | |  |
| **Strengthening Families**  **English & Spanish** | 7 week educational for parents/caregivers and their youth 10-14 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.  **Free Dinner!** | 6:00pm -8:30pm | **Registration required** | Clifton, Englewood, Fair Lawn, Hackensack, Garfield, Lodi and Paterson | Entire Family | | The Center for Alcohol and Drug Resources  22-08 Route 208 South  Fair Lawn, NJ  Jan Ramos – Bergen County  201-740-7081 or  [jramos@cafsnj.org](mailto:jramos@cafsnj.org)  Shyra Aultmon – Passaic County  201-740-7148 or [saultmon@cafsnj.org](mailto:saultmon@cafsnj.org) | | Free |
| **Strengthening Families**  **English & Spanish** | 14 week educational for parents/caregivers and their youth 6-11 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together.  **Free Dinner!** | 6:00pm -8:30pm | **Registration Required** | Englewood, Moonachie and Passaic City | Entire Family | | The Center for Alcohol and Drug Resources  22-08 Route 208 South  Fair Lawn, NJ  Jan Ramos – Bergen County  201-740-7081 or  [jramos@cafsnj.org](mailto:jramos@cafsnj.org)  Shyra Aultmon – Passaic County  201-740-7148 or [saultmon@cafsnj.org](mailto:saultmon@cafsnj.org) | | Free |
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| ***Program***  ***Name*** | 137B***Program***  ***Description*** | 138B***# and Time of Sessions*** | 139B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Support for Survivors of Military Sexual Trauma** | A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County. |  | Call for new session start dates. | YWCA of Bergen County Rape Crisis Center  2 University Plaza,  Suite 208  Hackensack, NJ |  | | Potential participants, please call the Director of the Rape Crisis Center for more information and an intake.  201-881-1750 | |  |
| **Support Group for Friends & Families of Substance Abusers** | To help those members of the community who are struggling with family members, friend, neighbors, co-workers, etc. who are using substances. WGUMC is hosting a peer-led support group. | Thursdays  7:45pm |  | Wyckoff Grace United Methodist Church  555 Russell Ave  Wyckoff, NJ | Open to All | | Grace United Methodist Church  555 Russell Ave  Wyckoff, NJ  Pastor Pamela  201-891-4595  [Safriends@gumc.org](mailto:Safriends@gumc.org) | |  |
| **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 |
| **Team Management 2000 Inc.** | Providing holistic educational, employment, training and placement clinical, rehabilitative, and family support services. | Call for appointment |  | 84 Main Street  Hackensack, NJ 07601  Locations also in Essex County | Entire Family | | Team Management 2000 Inc.  84 Main Street  Hackensack, NJ 07601  201-487-4700 | | Call for Information |
| **Therapy for Adolescents and Adults** | Individual therapy sessions with adolescents and adults to work through a range of emotional and social difficulties. | Call for appointment | Call for Date | 121 Rea Avenue  Hawthorne, NJ 07507 | Adults and adolescents | | Diane Sardanopoli, LPC  PO Box 289  121 Rea Avenue  Hawthorne, NJ 07507  201-873-6496 | | $120 per session  Sliding Scale |
| Turnbridge Daily Online Parent Support Group Meetings | These meetings are open to any parent of a child with substance use disorders and mental illness.  There is no program affiliation required to attend. | 7 days a week | Mondays at 4:00  Second Monday of the month at 7:00 – Meeting for parents of adolescents (up to age 18)  Tuesdays at 12:00  Wednesdays at 4:00  First and Third Wednesday of the month at 7:00  Thursdays at 1:00  First and Third Thursday of the month at 7:00  Fridays at 5:00  Saturdays at 11:00  Sundays at 11:00 | Virtual via Zoom  Zoom log in information:  <https://us02web.zoom.us/j/4639040864?pwd=Q3Fnc2dsbVEvL05WMzdWRWlzTTRPZz09>  Meeting ID: 4639040864  Password if needed: TbPSG2020 |  | | Lauren Springer, LMSW  Director of Family Relations  Turnbridge  551-427-3340  Office 203.937.2309 x116 [www.Turnbridge.com](http://www.turnbridge.com/)  *It is encouraging the newcomer to confirm meeting with Lauren Springer, LMSW*  . | |  |
| **Wellness Wednesdays for Moms** | Mom’s Circles groups; call for more information | Call for times | Wednesday | Englewood Health  350 Engle St.  Englewood, NJ | Moms –Babies welcome | | Englewood Hospital  201-894-3784  Registration is encouraged | |  |
| **W.I.S.E.**  **Women, Independent, Strong, Enriched** | An integrated approach for counseling and employment services for domestic violence victims.  Privacy preserved. | 9:30 am – 10:30 am  8 weeks  Twice per week | Meets on Mondays and Thursdays | Jewish Family Service of Bergen and North Hudson  1485 Teaneck Road  Teaneck, NJ | Female domestic violence victims; non-denominational | | Sheila Steinback  201-837-9090  Jewish Family Services of Bergen and North Hudson  1185 Teaneck Rd  Teaneck, NJ  [www.jfsbergen.org](http://webmail.cafsnj.org/owa/redir.aspx?C=e29696ff1a4941959293c2b07bb07512&URL=http%3a%2f%2fwww.jfsbergen.org%2f)  Pre-registration required | |  |
| **Women’s Health Yoga** | Class addresses the specific needs of a woman’s physiology and can promote your physical, mental, and spiritual health. | 5 week series  Or  10 week series  7:30 pm-  8:30 pm | Wednesdays | Held at Destination Maternity | Non-pregnant women | | [familyeducation@valleyhealth.com](mailto:familyeducation@valleyhealth.com)  201-291-6151 | | $100 per person/5 week series  $180 per person/10 week series |
| **Women’s Wellness Support Group** |  | 11 am to 12:30 pm | Mondays | 547 Main Street  Hackensack, NJ |  | | For registration or more information call  Kimberly Agresta  201-784-6718 | | Nominal fee |
| **Women’s Support Group** | A psychotherapeutic group for women looking for support in their day to day lives | Ongoing  1:30PM | Mondays | D’Acierno and Associates  1182 Teaneck Road  Teaneck, NJ 07666 | Women | | D’Acierno and Associates  1182 Teaneck Road  Teaneck, NJ 07666  201-357-2715 | | $75.00  Sliding scale available |
| **Women Supporting Women** | Support, Strength and Self Care for women who have children with addiction | 7:30 pm  to  9:00pm | 3rd Tuesday  of the month | Pony Power Therapies  1170 Ramapo Valley Rd  Mahwah, NJ  **GROUP LOCATION MAY CHANGE, PLEASE CONTACT, Caryl Kourgelis**  **201-819-1719** | Women | | Pony Power Therapies  1170 Ramapo Valley Road  Mahwah, NJ  Caryl Kourgelis  201-819-1719  [wsw4health@gmail.com](mailto:wsw4health@gmail.com) or www.theoctoberfoundation.org/support | | 140BNo Cost |
| **Women Supporting Women** | Support, Strength and Self Care for women who have children with addiction | Call for time | 1st Tuesday of the month | Time and location subject to change, please contact Deborah or Caryl at  Caryl Kourgelis  201-819-1719  [wsw4health@gmail.com](mailto:wsw4health@gmail.com) | Women | | Caryl Kourgelis  201-819-1719  [wsw4health@gmail.com](mailto:wsw4health@gmail.com) | | No 140BNo Cost |
| **Programs or Support Groups for Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 141B***Program***  ***Description*** | 142B***# and Time of Sessions*** | 143B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Adolescent Medical Detox/Addiction Recovery** | In-patient treatment with primary diagnosis of substance abuse and have some co-occurring disorder. Medically supervised detox and 12-step recovery program. | Acute Short term | 144BOpen 7 days a week/24 hours |  | Children 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 and more | 145BTuesday and Thursday 5:45pm -7:15pm | Tuesdays and Thursdays | Bergen Regional Medical Center  Paramus, New Jersey | Adolescents 13 – 17 | | Bergen Regional Medical Center  201-967-4000, x 4260  Michael Mariano | |  |
| **A.L.L.I.E.S.**  **LBGTQ Support Group** | Program designed to create a safe space to empower LGBTQ youth, while providing self-help support strategies, peer communication, education, and creating an environment to promote well-being. | 6:00PM to 7:00PM | Wednesday  Ongoing | CarePlus NJ  610 Valley Health Plaza  Paramus, NJ 07652 | Youth 13 – 17 who identify as LGBTQ or are questioning | | Care Plus NJ Children & Family Services  17-07 Romaine Street  Fair Lawn, NJ  Alexa Aquire, L.M.F.T  201-797-2660 x337 | | $20.00 per session |
|  |  |  |  |  |  | |  | |  |
| **Programs or Support Groups for Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 148B***Program***  ***Description*** | 149B***# and Time of Sessions*** | 150B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Bergen County Juvenile Fire Prevention Program** | Early Intervention for youth up to age 18 displaying recurring interest and/or engagement in fire setting  behavior | By appointment | By Appointment | Children and Family Services  17-07 Romaine Street  Fair Lawn, NJ | Children | | Care Plus NJ Children and Family Services  17-07 Romaine Street  Fair Lawn, NJ  201-797-2660 x 144  Teresa Martino-Woods, LAC | | No Fee  For Bergen County Residents |
| **Bergen County Office of Alcohol and Drug Dependency**  **(BCOADD)** | The BCOADD offers adolescent substance abuse evaluations, early intervention, in-patient detoxification and short-term residential services to uninsured and underinsured Bergen County residents. |  |  | Proof of residence required, Admission criteria, and Income Eligibility Screen | Males and Females up to age 17 (age 18 if still in High School) | | For information and referrals, please contact:  Bergen county Department of Health Services  Office of Alcohol and Drug Dependency  One Bergen County Plaza, 4th Fl  Hackensack, NJ  201-634-2744 | |  |
| **Camp Excel**  **Social Skills** | 151BIn 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 | | No Fee |
|  |  |  |  |  |  | |  | |  |
| ***Program***  ***Name*** | 152B***Program***  ***Description*** | 153B***# and Time of Sessions*** | 154B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Child Anxiety Disorders Clinic** | Farleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills. | Ongoing  Weekly | 10 weekly group sessions,  Call for dates and times | FDU Child Anxiety Disorders Clinic  131 Temple Ave.  Hackensack, NJ | Socially vulnerable youth 8 – 12 years old  ***Also they have social skills groups that are $550 for 10 weeks***  ***201-390-4986*** | | 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. |
| **Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services** | A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder. | 9:00 am – 5:00 pm | Monday – Friday | Bergen Regional Medical Center  230 E. Ridgewood Ave.  Paramus, NJ |  | | Appointment only, call for information or appointment  1-800-730-2762 | |  |
| **Divorce Groups for Children** |  | 155BWeekly156B6:00pm – 7:00 pm157Bor158B7:00pm – 8:00 pm | 159BMondays | 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 |
| **Empower U:**  **An Educational Support Group for Victims of Bullying** | 160BThis bi-weekly support group will aid in processing feelings associated with difficult peer interactions and provide education to enable positive coping strategies to move forward. | 161BWeekly 5:00pm | 162BFridays | Meaningful Directions Therapeutic Services  375 Main St, Suite 201  Hackensack, NJ 0761 | Children | | Meaningful Directions Therapeutic Services  375 Main St, Suite 201  Hackensack, NJ 0761  973-749-2009 | | $40 |
| **Freedom From Anxiety** | This group setting helps to promote healthy social relationships, while increasing the children’s ability to recognize signs of anxiety and strengthen their coping skills. | 5:30PM to 6:30PM | Mondays or Wednesday | Fair Lawn Mental Health Center a division of  Care Plus New Jersey  17-07 Romaine Street  Fair Lawn, NJ or  610 Valley Health Plaza  Paramus, NJ | Children | | Care Pus New Jersey Children & Family Services  17-07 Romaine Street  Fair Lawn, NJ 07410  201-797-2660 x337  Alexa Squire, L.M.F.T. | | Copay accepted with Insurance |
| **Programs or Support Groups for Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 163B***Program***  ***Description*** | 164B***# and Time of Sessions*** | 165B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Girls Circle** | This 8 week strength base program for girls that addresses topics such as anti-bullying, exclusion, intolerance and the meaning of friendship. The girls will be encouraged to explore and discuss interpersonal skill, feuding and the importance of having empathy | 5:15pm – 6:30opm  9:00am-10:15am | Thursday  Saturday | The Ethical Culture Society of Bergen County  687 Larch Ave  Teaneck, NJ 07666 | Girls  Ages 9-14 years old | | Colette Brantley  201-591-3419  [Colette.Brantley@gmail.com](mailto:Colette.Brantley@gmail.com)  Or  Dannette Coston  [DCostonLPC@gmail.com](mailto:DCostonLPC@gmail.com) | | $160  Including Materials |
| **Helping Children Deal With Loss (Educational Study Group for Parents)** | Provides parents with valuable information and tools to assist their children in dealing with the losses they have suffered. | 6 week session | Call for more information | 121 Rea Ave  Hawthorne, NJ | Adults and child  Also play therapy for 3 1/2+ years  ***Sessions also available for individuals, adolescents and adults*** | | Diane Sardanopoli, LPC  121 Rea Ave.  PO Box 280  Hawthorne, NJ 07507  201-873-6496 | | $180.00, accepts insurance, Sliding Scale |
| **LEGO Social Skills**  **Groups for age 5 -7 and 8 - 10** | 166BThis 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. | 167B8-week sessions | 168BAfter-school hours Please call for information on forming groups. | Offices in Wayne and Fairlawn | Children with social difficulty. Parents/guardians must remain on site.  Age groups are 5 -7 and 8 – 10. | | Jewish Family Services of North Jersey  1 Pike Drive  Wayne, NJ  973-595-0111 | | $200 for 8-week session |
| **LGBTQ+ Support Group** | Our weekly support group focuses on gender and sexual orientation identity development, inclusive of finding affirmation and meaning in one's identities | Thursdays at 4 pm | Call for more information | Virtual Group Sessions | Teens 14-18 who identify as LGBTQ+ or are questioning | | Inspire Wellness  201-564-7331 or visit www.inspirewellness.com | | Call for Fees |
| **Mentoring**  **CURRENTLY NOT AVAILABLE**  **\*\*Call 201-444-5600 for more information\*\*** |  | 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](http://www.ridgewoodymca.org) | | No Fee |
| **“Mommy & Me”**  **English/Spanish** |  | 11:00am - 12:00pm | Tuesdays & Thursdays | Family Success Center  at  Bergen Family Center  44 Armory St.  Englewood, NJ 07631 | Mothers & Children | | Family Success Center of Englewood & Teaneck  Alana Alleyne/Natalia Arias  201-568-0817  Natalia Arias, ext. 15 | | No Fee |
| **Programs or Support Groups for Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 169B***Program***  ***Description*** | 170B***# and Time of Sessions*** | 171B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **NYC 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. | 8:00am - 8:00pm | Services Available:  Monday – Friday  Saturdays hours are available | 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 Dana Caines  201-465-8111 | | Out of Network fee |
| **On The Mend** | Children are provided with support and taught age appropriate coping skills and techniques to assist in the difficulties hastened by parental divorce and separation. | 6:00PM to 7:00PM | Call for Dates | Care Plus New Jersey Children & Family Services  17-07 Romaine Street  Fair Lawn, NJ 07410 | Children | | Care Plus New Jersey Children & Family Services  17-07 Romaine Street  Fair Lawn, NJ 07410  Alexa Squire, L.M.F.T  201-797-2660 ext. 337 | | **$**375 includes an intake & 10 sessions |
| **Play Therapy**  **(3yrs. And Up)** | Individual Play Therapy sessions to assist children in resolving emotional, social and behavioral difficulties. Also provides parents strategies and guidance. | Call for schedule | Call for more information | 121 Rea Avenue  Hawthorne, NJ 07507 | Parents and children | | Diane Sardanopoli, LPC  PO Box 280  121 Rea Avenue  Hawthorne, NJ 07507 | | $120 per session.  Also Sliding scale |
| **Play Therapy Group** | 172BPlay group for ages 3-18 | **TBA** | 173B**TBA** | D’Acierno and Associates  1182 Teaneck Road  Suite 206  Teaneck, NJ | 3 -18 years of age | | D’Acierno and Associates  201-357-2715 | | $75.00  Also  Sliding Scale or out of network ins. |
| **Rainbow**  **(Dealing with Grief)** |  | Weekly  7:00 pm – 8:00 pm | Wednesdays | Ridgewood YMCA  112 Oak Street  Ridgewood, NJ 07450 | Parents and children | | Ridgewood YMCA  Brigid Caffrey  201-444-5600 | | No Fee |
| **Social Skills** |  | **TBA** | 174B**TBA** | D’Acierno and Associates  1182 Teaneck Road  Suite 206  Teaneck, NJ | 5-21 year olds | | D’Acierno and Associates  201-357-2715 | | $75.00  Also  Sliding Scale or out of network ins. |
| **Programs or Support Groups for Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 175B***Program***  ***Description*** | 176B***# and Time of Sessions*** | 177B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Social Skills Program**  **Ages 5-18**  **A parent group is offered concurrently.** | Program designed to enhanced a child’s social and emotional functioning by developing and practicing social skills, communication skills problem solving skills, and anger management as well as build and strengthen self-esteem | 6:00 pm to 7:30 pm  10 sessions | Call for Dates | Fair Lawn Mental Health Center a Division of Care Plus NJ  17-07  Romaine Street, Fair Lawn, NJ 07410 | Adolescents between the ages of 5-16 and caregivers | | Fair Lawn Mental Health Center a Division of  Care Plus NJ  17-07 Romaine Street,  Fair Lawn, NJ 07410  Alexa Squire, L.M.F.T.  201-797-2660 x337 | | $375 includes an intake session, 10 week social skills group, and a bi-weekly parent group |
| **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 |
| **Substance Abuse Group for Teen Girls** |  | 178B3:30pm-179B4:30pm | 180BEvery Tuesday | Vantage Health Care Systems  93 W. Palisade Ave.  Englewood, NJ | Teen Girls  Ages 14 - 18 | | Call 201-567-0059  To make an appointment | | 181BInsurance, Medicare, Medicaid accepted, sliding scale |
| **Teen Anti-Bullying Support Group** | What will we talk about?  Standing up for others; diffusing rumors, gossip online; respectful communication; resolving conflicts; stress reduction; communication & peer relationships; trust, forgiveness & healing; issues of concern to the group members. | 6:30pm to 8:30 pm | First Thursday of every month  New members will be accepted at any time | Interstate FACTS, LLC  15 Warren Street Hackensack, New Jersey | Any High School student in Bergen County | | How do I find out more about the group?  Simply call (201) 488-5188 OR Email donna.interstatefacts@gmail.com or [interstatefacts@gmail.com](mailto:interstatefacts@gmail.com)  201-488-5188  Parent and student must register before attending session | | No Fee |
| **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 |
| **Programs** or Support Groups **For Youth** | | | | | | | | | |
| ***Program***  ***Name*** | 182B***Program***  ***Description*** | 183B***# and Time of Sessions*** | 184B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Teen Equine Empowerment Program** | Horse play is provided at an indoor arena and facilitated by equine specialist and licensed clinical social worker. | 10:00 am – 2:00 pm | Tuesdays: Tweens  Thursdays: Teens | Three Sisters Farm  1170 Ramapo Valley Rd  Mahwah | Tweens (Middle School Girls)  Teens (High School Age Girls) | | Pony Power  For more information or registration  [www.ponypowernj.org](http://www.ponypowernj.org) | | $150.00 per day |
| **Teen Girls Support Group** | 185BSupport group for teenage girls | 186BWeekly 4:30PM | 187BWednesdays | D’Acierno and Associates  1182 Teaneck Road  Suite 206  Teaneck, NJ | Teen girls | | D’Acierno and Associates  201-357-2715 | | $75.00  Also  Sliding Scale or out of network ins. |
| **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. | 5:00pm to 6:00 pm  8 week sessions | Wednesdays | Vantage Health System  2 Park Avenue  Dumont, NJ | Girls ages 14 - 17 | | Questions, please call Julie Shaw, 201-385-4400, ext. 3018 | | 8-week session  $140.00 or will be $20 per session |
| **Teen Girls Group for Substance Abuse and Mental Health Counseling** | 188BThe 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. | 189B6:00 pm | 190BTuesdays | 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 Marijuana Cessation Group for Teens 14 - 17** | Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users. | 191BCall for appointment | 192BPhase 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, ext. 7148 | |  |
| **Teen Track: Recovery for Adolescents** | A program for teens struggling with abstinence, this could be the program for them to begin again, drug free. |  | 193BCall for program time and admission details | Bergen Regional Medical Center  230 E. Ridgewood Ave.  Paramus, NJ | Teens struggling with abstinence | | Bergen Regional Medical Ctr.  For more information or registration call  Katie Mahoney,  Teen Track Coordinator  201-967-6345 | |  |
| **Young Adult Partial Program** |  | 2:00pm to 4:30 pm | Wednesday and Thursday | West Bergen Mental Health  120 Chestnut Street  Ridgewood, NJ | Ages 18 - 35 | | West Bergen Mental Health  120 Chestnut Street  Ridgewood, NJ  201-444-3550, ext. 7116 for more information | |  |
| **Youth Anger Management**  **A parent group is offered concurrently.** | Program designed to improve anger management skills, reduce angry outburst, alleviate impulsive behavior, increase social skills, and improve personal relationships. | 194BCall for more information on dates and times | 195BCall for Dates | Care Plus  17-07 Romaine Street  Fairlawn, NJ | Youth 12 - 18 | | Care Plus  17-07 Romaine St.  Fairlawn, NJ  Lauren O’Connell  908-688-5072 ext. 24 | | Sliding scale fee for families |
| **Youth Partnership** | 14-21 year olds, here is a chance for you to be a part of a group the will understand you for you! Learn to lead by example and make a difference | 196BCall for more Information | 197BCall for more information | Family Support Organization  0-108 29th Street  Fair Lawn, NJ 07410 | Youth ages 1-21 | | Family Support Organization  0-108 29th Street  Fair Lawn, NJ 07410  Eldar Gainev, Youth Coordinator  201-796-6209 x 112  [yp@fsobergen.org](mailto:yp@fsobergen.org) | | No Fee |
| **Youth Resource Center** | A positive, safe professionally staffed and supportive environment offering arts, crafts, acting, music studio, yoga, martial arts, dance, cooking, games, homework assistance, groups, sports, and trips | 198B3:00pm To  7:00pm | 199BMonday, Wednesday, and Friday Year Round, Summer Hours Differ | Conklin Youth Center  125 Essex Street  Hackensack | Youth ages 13-18 | | Conklin Youth Center  125 Essex Street  Hackensack  Bonnie Berkowitz  201-336-6938 | | Free for Bergen County Residents |
| **Special Needs Programs or Support Groups** | | | | | | | | | |
| ***Program***  ***Name*** | 200B***Program***  ***Description*** | 201B***# and Time of Sessions*** | 202B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **ACCESS**  **St. Joseph’s Regional Medical Center** | Individual, Couples and family therapy provided by therapists who use ASL and are culturally sensitive to the needs of Deaf Individuals. |  | Available 24/7  By phone | ACCESS-St. Joseph’s Regional Medical Center  Various locations | Individuals who are deaf or hard of hearing | | ACCESS-St. Joseph’s Regional Medical Center  60 Hamilton Street  Paterson, NJ 07505  973-754-5590 V  973-968-6567 VP | |  |
| **ADHD/Social Skills Groups** |  | 5:00pm to 6:00 PM **or**  6:00pm to 7:00 PM  **depends on age** | Mondays and Tuesdays  Call for more information | West Bergen Center for Children and Youth  1 Cherry Lane  Ramsey, NJ 07430 | School age children | | Access Department  West Bergen Center for Children and Youth  201- 444-3550 ext. 7144  For information, call Alan Koenig 201-934-1160 | | Sliding Scale |
| **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 – 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** | | | | | | | | | |
| ***Program***  ***Name*** | 203B***Program***  ***Description*** | 204B***# and Time of Sessions*** | 205B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Asperger’s Related Services – Saturday Art Workshops** | Increase social interaction; sensory regulation; increase imagination, perspective, conceptual processing and motor coordination. Provide an alternate means of self-expression and learn leisure skills that can grow for a lifetime or lead to employment. | Youth  Ages 6 – 9  11:00 am – 12:00 pm  Ages 10 – 13  1:00 pm – 2:00 pm | One Saturday a month | 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 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 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. | |  |
| ***Program***  ***Name*** | 206B***Program***  ***Description*** | 207B***# and Time of Sessions*** | 208B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **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. | 3:45pm to 5:00 pm | Fridays | West Bergen Center for Children and Youth  1 Cherry Lane  Ramsey, NJ 07430 | Youth age 4 – 7 | | For more information or registration, contact Kelly Doyle  201- 934-1160 ext. 7231 | | $175.00 for 5-week session |
| **Special Needs Programs or Support Groups** | | | | | | | | | |
| ***Program***  ***Name*** | 209B***Program***  ***Description*** | 210B***# and Time of Sessions*** | 211B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Asperger’s Related Services – Sibling and Cousin Workshop** | This workshop covers a range of topics such as tolerance, coping strategies, focusing on your sibling’s or cousin’s strengths, disclosure, fairness, creating quality time and finding common ground. | 4:00 pm – 5:00 pm | Call for new dates |  | For Siblings and Cousins of Youth with Asperger’s or related conditions  Aged 11 – 14 | | West Bergen Mental Healthcare  615 Franklin Turnpike  Ridgewood, NJ  201-857-0080  [www.westbergen.org](http://www.westbergen.org) | | $175.00 first child, $50.00 each additional child |
| **Bergen County Community Mental Health Law Project** | A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill. | Office Hours:  9:00 am – 4:30 pm | Monday thru Friday | Community Services Building  327 Ridgewood Avenue  Paramus, NJ | Referral accepted from public and private mental health networks, Legal Services, and private attorneys. | | For more information, please call  Ernest Villa, Jr. Esq.  Project Director  201-634-2761  201-634-2762 | |  |
| **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 thru Friday | Community Services Building  327 Ridgewood Avenue  Paramus, NJ | Referral accepted from public and private mental health networks, Legal Services, and private attorneys. | | For more information, please call  Ernest Villa, Jr. Esq.  Project Director  201-634-2761  201-634-2762 | |  |
| **Be-whole Innovative Exercise and Reading program for Special Needs** | Using uplifting music to low impact exercise and streamers.  Reading Program- one on one tutoring in reading, writing & comprehension | Reading 10:00am to 11:00am  Dance  11:00am to 12:00pm | Every 1st, 2nd, & 3rd  Saturday of the month | Mount Olive Baptist Church Logan Community Center  260 Central Avenue  Hackensack, NJ 07601 | Children & Teens with disabilities | | Be- Whole, Inc.  **Web-site:** Be-whole.org  Call Lola Sims for registration  201-777-6328 | | Free |
| ***Program***  ***Name*** | 212B***Program***  ***Description*** | 213B***# and Time of Sessions*** | 214B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Creative Family Dance Class** | Family dance class for ages 2yrs and up including children with disabilities | Call for sessions | Saturdays | Center for Modern Dance Education  84 Euclid Avenue  Hackensack, NJ 07601 | Family | | Center for Modern Dance Education  84 Euclid Avenue  Hackensack, NJ 07601  201-342-2989  Elissa Machlin-Lockwood  [Cmde1962@aol.com](mailto:Cmde1962@aol.com) | | $10 suggested fee per family |
| **Child Anxiety Disorder Clinic** | The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills. |  | Call for group times | Child Anxiety Disorder Clinic at Farleigh Dickinson University  131 Temple Ave  Hackensack, NJ | Socially vulnerable children ages 8 – 12 | | Space is limited, call for initial screening.  Call 201-692-2645 for information, initial screening and specific requirements regarding participation | | Group is free, but intake is $20 - $30 |
| **Emotion Regulator Treatment Group** | Groups teach Dialectical Behavior Therapy Skills emphasizing emotion regulation, tolerating distress, being mindful and improving peer relationships | Group times will be in the evening and will vary by group | 215BOngoing groups consist of 16 weekly parent and child group sessions | Center for Psychological Services  Dickinson University  131 Temple Avenue  Hackensack, NJ | Children with temper outbursts ages 8 and up | | Call 201-692-4986 for information, initial screening and specific requirements regarding participation | | Intake is free.  Groups are $35 to $55 |
| **Emotion Regulator Treatment Group** | Groups teach Dialectical Behavior Therapy Skills emphasizing emotion regulation, tolerating distress, being mindful and improving peer relationships | Group times will be in the evening and will vary by group | 216BOngoing groups consist of 16 weekly parent and child group sessions | Center for Psychological Services  Dickinson University  131 Temple Avenue  Hackensack, NJ | Children with temper outbursts ages 8 and up | | Call 201-692-4986 for information, initial screening and specific requirements regarding participation | | Intake is free.  Groups are $35 to $55 |
| **Friendship Group Social Skills Group** | Just because we are social distancing, doesn’t mean we can’t make a new friend.  During this time, support, outside of immediate family, can be hard to find for children and adolescents who struggle socially. The impact of COVID-19 can be particularly challenging, as social opportunities may no longer be embedded in their day through school or extracurricular activities. | Mondays at 4 pm | Call for Dates | Virtual | Children and Adolescents | | Inspire Wellness  201-564-7331 or visit www.inspirewellness.com | | Call for Fees |
| ***Program***  ***Name*** | 217B***Program***  ***Description*** | 218B***# and Time of Sessions*** | 219B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Let’s talk**  **Planning the Journey Through the Teen Years** | Parent to Parent Exchange Meeting. Discussions will focus on transition services coordinating adult services and the joys and challenges of teens years | 7:00pm | 220BTBA | BCC Education Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652 | Parents/Guardians | | BCSS Education Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652  Connie 201-343-6000 x4076  [conpel@bergen.org](mailto:conpel@bergen.org) | | No Fee |
| **Let’s Talk**  **Parent-to-Parent Exchange Meetings** | Parent-to-Parent Exchange Meeting Facilitator Doreen Moran, a parent and a professional in the field of disabilities, will moderate these timely and informative meetings. | 7:00 pm | Tuesday, October 12 | Via Zoom  [Meeting Registration - Zoom](https://bergen.zoom.us/meeting/register/tZMufu6oqjgoH9QXwhYunlVifvZHCXu4kc-e) | Parents of Students under age 21 with Disabilities | | 201-343-6000 ext. 4076  [Meeting Registration - Zoom](https://bergen.zoom.us/meeting/register/tZMufu6oqjgoH9QXwhYunlVifvZHCXu4kc-e) | |  |
| **Let’s Talk**  **Parent-to-Parent Exchange Meetings** | Parent-to-Parent Exchange Meeting Facilitator Doreen Moran, a parent and a professional in the field of disabilities, will moderate these timely and informative meetings. | 7:00 pm | Thursday, October 14 | Via Zoom  [Meeting Registration - Zoom](https://bergen.zoom.us/meeting/register/tZUscuGgqDwoEtVlOTQ4SRn_xPQ0OpekOkTi) | Parents of Adult Children age 21 and over with Disabilities | | 201-343-6000 ext. 4076  [Meeting Registration - Zoom](https://bergen.zoom.us/meeting/register/tZUscuGgqDwoEtVlOTQ4SRn_xPQ0OpekOkTi) | |  |
| **Marble Jam Kids** | Authorized service provider for children and adults with special needs |  |  | Center for Creative Arts Therapy  954 Kinderkamack Rd.  Suite 1  River Edge, NJ 07661 | Children & Adults | | Center for Creative Arts Therapy  Anna F. Villa-Bager  201-497-612 ext. 101  [www.marblejamkids.org](http://www.marblejamkids.org) | |  |
| **Special Needs Programs or Support Groups** | | | | | | | | | |
| ***Program***  ***Name*** | 221B***Program***  ***Description*** | 222B***# and Time of Sessions*** | 223B***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 | 1:00PM -2:00PM  9:30AM -10:30AM  11:00AM- 12:00PM | Classes begin on every 2 month cycles  Wednesday  Thursday | The Child Center  3 Post Road  Oakland, NJ | Youth ages 20 – 36 months receiving intervention services | | The ARC of Bergen and Passaic  For more information, please call 201-644-0304 | | $200 for 8 weeks |
| **Parent-to-Parent Support Group for parents/caregivers of individuals with disabilities under 21 yrs** | Parent to Parent Support Group | 7:00pm  Virtual meeting  Meets the 2nd Tuesday of each month. Next meeting Tuesday Oct. 12th | To register [https://bergen.zoom.us/meeting/register/tZMufu6oqjgoH9QXwhYunlVifvZHCXu4kc-e](https://protect-us.mimecast.com/s/_-G3C31X7PFmWR0CgR0RZ?domain=bergen.zoom.us) | BCSS CAPE Resource Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652 | Parents/Guardians | | BCSS  CAPE Resource Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652  Linda 201-343-6000 x4076  [linpai@bergen.org](mailto:linpai@bergen.org) | | FREE but registration is required |
| **Parent-to-Parent Support Group for parents/caregivers of adults  with disabilities over 21 yrs.** | Parent to Parent Support Group | 7:00pm  Virtual meeting  Meets the 2nd Thursday of each month. Next meeting Tuesday Oct. 14th | To register [https://bergen.zoom.us/meeting/register/tZUscuGgqDwoEtVlOTQ4SRn\_xPQ0OpekOkTi](https://protect-us.mimecast.com/s/ZSg4C4x3gPsJR73Hx5joc?domain=bergen.zoom.us) | BCSS CAPE Resource Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652 | Parents/Guardians | | BCSS  CAPE Resource Center  540 Fairview Ave  2nd Floor Training Room  Paramus, NJ 07652  Linda 201-343-6000 x4076  [linpai@bergen.org](mailto:linpai@bergen.org) | | FREE but registration is required |
| **Parent/Professional Workshop**  **Getting Ready for College** | Opportunities and success for students with physical and mental health challenges, learning differences and other health conditions | 7:oo pm – 8:30 pm | Wednesday,  October 6, 2021 | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_jl302V2CRuG3pubMWQIScA) | Parent/Guardians | | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_jl302V2CRuG3pubMWQIScA) | | Free |
| **The Process of Selecting a College** | 227BWorkshop for students with Asperger’s syndrome, NVLD, HFA, and PDD-NOS to introduce steps and process of selecting, applying and interviewing for college. | 4 workshops 4:30 pm to 6:00 pm | 229BMondays | 120 Chestnut Street  Ridgewood, NJ | Students with Asperger’s syndrome, NVLD, HFA, and PDD-NOS | | Kelly Doyle  201-857-0080 | | $50/ session |
| **Sensory Bounce Therapy Room** | 230BThis goal directed, dynamic, social skills therapy program offers an intense sensory experience and is suitable for children | 231B5:00pm to 6:00pm 6:00pm to 7:00pm | 232BTuesday | Miriam Skydell & Associates, LLC  16-00 Route 208 South  Fair Lawn, NJ | Ages 3-5, 6-8, 9-11 | | Miriam Skydell & Associates,  LLC  16-00 Route 208 South  Fair Lawn, NJ  201-794-7700  [www.kidtherapycenter.com](http://www.kidtherapycenter.com) | | Call for more info |
| **Therapeutic Play Dyads** | 233BYour child is paired with a developmentally compatible peer that has similar and/or complimentary treatment goal | 234BVaried Afternoon and Saturday available | Call for dates | 22 East Quackenbush Avenue  3rd. Floor  Dumont, NJ 07628 | Autism Spectrum Disorder | | Heather Christensen  201-527-5305  [hchristensenlcsw@verizon.net](mailto:hchristensenlcsw@verizon.net) | | Some insurance accepted.  Generous sliding scale. |
| **Update on SSI and Medicaid** | What to know for your Adult Child with Intellectual and Developmental Disabilities (I/DD) | 7:00 pm – 8:30 pm | Tuesday,  October 19, 2021 | Via Zoom  [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_zAI1Aj3sQV-XVaKoEOmleg) | Parent/Guardians | | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_zAI1Aj3sQV-XVaKoEOmleg) | |  |
| **When Parents Collect Social Security** | How Parents’ Social Security Benefits Impact Adult Children with I/DD | 7:00 pm – 8:30 pm | Tuesday, October 26, 2021 | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_LcnS4sLNTOGZAIljoyrjSg) | Parents/Guardians | | [Webinar Registration - Zoom](https://bergen.zoom.us/webinar/register/WN_LcnS4sLNTOGZAIljoyrjSg) | |  |
| **Single Parent or Divorce Related Programs and Support Groups** | | | | | | | | | |
| ***Program***  ***Name*** | 235B***Program***  ***Description*** | 236B***# and Time of Sessions*** | 237B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **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 |
| **Program**  **Name** | Program  Description | # and Time of Sessions | Dates | Location | Parents/  Guardians only; entire family;  or children | | Agency  Contact Information | | Costs |
| ***Children in Between is no longer available at The Center for Alcohol and Drugs Resources.***  ***Please use the link below to The Center for Divorce Education for further details***  ***https://www.divorce-*education.com/parent/** |  |  |  |  |  | |  | |  |
| **Children in Between On-Line Program**  **English and Spanish versions available** | This is an on-line education program addressing the effects divorce has on children. | Can be done at any time normally taking 6 -8 hours to complete | Available 24/7 |  | Parents, divorced or separated. | | Center for Divorce Education  Ellen Taner  201-791-3230 | | $45.95  Per program |
| **Co-Parenting** | A 90 minute workshop which explores parenting as a team. This workshop will help you both be on the same page such as: improving communication; dealing with a co- parent who is absent or refuses involvement; setting common parenting goals. | TBD | TBA | COPE Center  104 Bloomfield Ave  Montclair | Parents and Caregivers | | COPE Center  104 Bloomfield Ave  Montclair, NJ  Contact: Mary  973-793-6655  [mlysinger@copecenter.net](mailto:mlysinger@copecenter.net) | | $5 donation  (no will be turned away in case of financial hardship) |
| **Dealing with Divorce** | This is a 6 week workshop which will give children an appropriate outlet for difficult feelings, teach coping strategies, create connections with other children and ultimately, provide opportunity to heal and move forward | 6 weeks  6:00PM | Fridays Evenings | Meaningful Directions Therapeutic Services  375 Main St., Suite 201  Hackensack, NJ 07601 | Children | | Meaningful Directions Therapeutic Services  375 Main Street, Suite 201  Hackensack, NJ 07601  973-749-2009 | | $40. |
| **Legal Consultation**  **For Divorce, Custody or Visitation issues** | Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues | 6:00 pm – 8:00 pm | Monday Evenings  In Spanish Thursday per month  Call for specific dates | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ | Women dealing with separation, divorce or custody legal issues | | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ  201-568-1166  [info@womensrights.org](mailto:info@womensrights.org) | |  |
| **Moving on Life Center, Inc.** | Multi-faceted therapeutic counseling network of healthcare providers 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](mailto: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 |
| **Bergen County Displaced Homemaker Program** | 238BA center that helps women become economically and personally self-sufficient after losing their primary means of financial support due to military deployment of spouses, death, disability or unemployment of spouse or significant other. | Call for hours of services | Call for days of services | Bergen One-Stop Center  60 State St, 2nd Floor Hackensack  Hackensack, NJ |  | For more information please call Laura Troy, Program Coordinator at 201-329-9600 or [lautro@bergen.org](mailto:lautro@bergen.org) | | |  |
| **Employment /Education Opportunities** | | | | | | | | | |
| ***Program***  ***Name*** | 239B***Program***  ***Description*** | 240B***# and Time of Sessions*** | 241B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Bridges to Employment:**  **Career Exploration and Development** | 242BParticipants learn how to prepare for employment: punctuality, resume writing, job interviewing skills, budgeting, conflict resolution and more. | 243BIndividualized244BSchedule | 245BYear Round246BCall for more specific information | Bridges to Employment Program  1 Bergen County Plaza  2nd. Floor  Hackensack, NJ 07601 | Bergen County Youth 16 -21 | | Bergen County Division  of Family Guidance  One Bergen Plaza, 2nd floor  Hackensack, NJ  Kerry Lane  [klane@co.bergen.us](mailto:klane@co.bergen.us) | | No Fee |
| **Bergen One-Stop Career Center** | 247BA Full service center for individuals seeking career and job development skills. | 248BCall for service hours | 249BYear Round | 60 State Street  Hackensack, NJ 07601 | Adults | | Bergen County Workforce Development  60 State Street, 2FL Room 200  Hackensack, NJ 07601  201-343-8830 x4093  [www.bergenwib.org](http://www.bergenwib.org) | | No Fee |
| **Building Strong Families** | 250BAt this 90-minute workshop you will learn how to “ pick your spot” state it clearly- and stick to it! Active Listening also discussed | TBD | TBA | YMCA of Montclair  25 Park Street  Montclair, NJ  \*non-members welcomed | Parents and Caregivers | | Mary at COPE (973) 793-6655  [mlysinger@copecenter.net](mailto:mlysinger@copecenter.net)  or  Carol Kearney (YMCA)  973-415-6134  [ckearney@montclairymca.org](mailto:ckearney@montclairymca.org) | | **Building Strong Families** |
| **Citizenship**  **(Cuidadania)** | 251BClasses to practice English and prepare for the INS naturalization exam with bilingual (English/Spanish Instructor) | 252B10 week sessions 6:30PM to 8:30PM | 253BTuesdays and Thursdays | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ | Adult | | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ  201-568-1166  [lgaleano@womensrights.org](mailto:lgaleano@womensrights.org) | | $75.00 |
| **Computer Training** | 254BFulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered. | 255BVaried | 256BVaried | 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](http://www.womensrights.org)  [info@womensrights.org](mailto:info@womensrights.org) | | No Fee |
| ***Program***  ***Name*** | 257B***Program***  ***Description*** | 258B***# and Time of Sessions*** | 259B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Connections/**  **A GED program** | 260BParticipants receive individualized preparation for the high school equivalency examination, assistance in developing a career plan, placement assistance in college or training programs | 261B9:00AM to 3:00PM | 262BYear Round Monday thru Friday | Connections at Bergen Community College at the Meadowlands  1280 Wall Street West  3rd. Floor  Lyndhurst, NJ 07071 | Bergen County Youth 16 -21 | | Connections at Bergen Community College at the Meadowlands  1280 Wall Street West  3rd. Floor  Lyndhurst, NJ 07071  201-937-7236  [connections@co.bergen.nj.us](mailto:connections@co.bergen.nj.us) | | No Fee |
| **English As A Second Language** | 263BEvening classes in three levels to learn English and improve reading, writing, listening and speaking skills | 264B10 Week Sessions 6:30PM to 8:30PM | 265BMondays and Wednesdays Or  Tuesdays and Thursdays | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ | Adults | | Women’s Rights Information Center  108 W. Palisade Ave.  Englewood, NJ  201-568-1166  [lgaleano@womensrights.org](mailto:lgaleano@womensrights.org) | | $75.00 |
| **DIR Floortime Training Courses** | 266BTraining courses for parents, teachers, therapists, healthcare workers, and others. | 267BVaried | 268BVaried | Online | Adults | | The Interdisciplinary Council on Developmental & Learning Disorders  4938 Hampden Lane, Suite 800, Bethesda, Maryland 20814  301-656-2667 | | Varied |
| **Family Educational Workshops** | 269BWorkshops for families who have an adult relative diagnosed with a serious and persistent mental illness. | 270B7pm-9pm271B8 weeks | 272BTuesdays | Bergen Regional Medical Center  Behavioral Health Pavilion, Room E218  230 E. Ridgewood Ave.  Paramus, NJ 0765 | Families with adult relatives with mental illness | | Comprehensive Behavioral Healthcare Inc. (201) 646-0333 ext. 251 | |  |
| **HOPE**  **Re-Entry Programs and Family Services** |  | 273B10 am – 8pm 10 am – 4pm | 274BMonday 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](mailto:Hopereentry259@verizon.net) | |  |
| **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. | 275B1:00 pm | 276BEvery 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](http://www.womensrights.org)  [info@womensrights.org](mailto:info@womensrights.org) | | No Fee |
| ***Program***  ***Name*** | 277B***Program***  ***Description*** | 278B***# and Time of Sessions*** | 279B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | ***Agency***  ***Contact Information*** | | ***Costs*** |
| **Transitional Employment and Mentoring Services**  **Workshops and Seminars** |  | 280BCall 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](mailto:Hopereentry259@erizon.net) | |  |
| **Venture-Out Programs** | 281BA new, innovative program that brings together proven life skills curriculum with an intensive therapeutic component to assist students as they work toward independent living. |  | 282BCall for more information—Referrals are through local school system. | Bergen County Special Services School District  293-295 Main Street  Hackensack, NJ 07601 | 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> | |  |
| **Other Programs/ Workshops** | | | | | | | | | |
| **Adult Partial Care** | 283BLearn about adult partial care programs and find out whether partial care would be a good fit for your loved one | 284B7:00pm to 9:00pm |  | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652 | Parents/Guardians | | | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652  Intensive Family Support Services  201-646-0333 |  |
| **Cognitive Connection:**  **Alleviating Anxiety** | 286BTherapy sessions designed to make connections | 287BServices available by appointment | 288BCall for more information | Melinda Inzani, LLC  317 Godwin Ave.  Midland Park, NJ 07432 | Families, Adolescents and Adults | | | Melinda Inzani, LLC  201-704-6749  [Melindainzani1@gmail.com](mailto:Melindainzani1@gmail.com) | Call for more Info |
| **Food, Feelings & Body Image** | 289BProgram designed to encourage young girls to find a healthy and positive balance as their minds and bodies grow and provide appropriate intervention to help prevent progression to an eating disorder. | 290B6:30pm to 7:30pm | 291BCall for Dates | Care Plus  17-07 Romaine St.  Fairlawn, NJ | Girls 12-18 | | | Care Plus  17-07 Romaine St.  Fairlawn, NJ  Alexa Squire, L.M.F.T.  201-797-2660 x337 | $375 includes intake and 8 sessions |
| **H.A.P.P.Y Week**  **(Heroin Addiction Prevents People’s Years)** | 292BThis program is geared towards the adolescent population to give them age relatable information on the Heroin Epidemic | 293BTBA | 294BCall for information | TBA | Adolescents | | | Stephanie Reifamn  201-967-1889  [Slr964@yahoo.com](mailto:Slr964@yahoo.com)  Website: happyweek.org | No Cost |
| ***Program***  ***Name*** | 295B***Program***  ***Description*** | 296B***# and Time of Sessions*** | 297B***Dates*** | ***Location*** | ***Parents/***  ***Guardians only; entire family;***  ***or children*** | | | ***Agency***  ***Contact Information*** | ***Costs*** |
| **Mental Health First Aid Training** | 298BLike CPR, it is a vital skill that improves the well-being of our community. Helps eliminate stigma with mental illness and substance abuse and promote recovery and resilience | One session **8:30am to 4:30pm** | March 31 | One Bergen County Plaza, 4th Floor Learning Center, Hackensack, NJ | Parents/Guardians | | | One Bergen County Plaza, 4th Floor Learning Center, Hackensack, NJ 07601  Haley Contino  hcontino@co.bergen.nj.us | No Cost |
| **NU-D.A.Y. Northeastern United for Drug Affected Youth** | The Nu-Day program serves youth and families in Union, Middlesex, Essex and Hudson Counties. The program offers a holistic approach to support youth, families and the community through the challenges ofsubstance use and recovery | 16 week program that gives parents the needed skills for recovery and decreases risks of children repeating the family cycles of substance use of addictions | Beginning November 1, 2021 6:00pm  Registration is required and space is limited |  | Parents and caregivers from Union, Hudson, Essex and Middlesex Counties | | | Please contact for more information  Vivan Arroyo 732-768-8516 ([varroyo@preventionlinks.org](mailto:varroyo@preventionlinks.org)  Ruby Ofori-Arthur 732-372-1621  James Weatherborn 848-248-2286  Giovanna Diaz 201-892-9626 | No cost for registration |
| **Parents Anonymous ONLINE GROUPS**  **ALL OF NJ**  ***Chapter NJ11106A and NJ11107A*** |  | Wednesdays 8:00pm Thursdays 10:00am |  | Online | Parents/Guardians | | | <http://www.pofnj.com> |  |
| **Planning for the Future** | 298BDiscussion of Psychiatric Advance Directives, Trusts, Power of Attorney, Medical Proxy and Guardianship | 299B7:00pm to 300B9:00pm |  | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652 | Parents/Guardians | | | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652  Intensive Family Support Services  201-646-0333 |  |
| **Psychotropic Medications** | 302BLearn about medications that treat mental health conditions | 303B7:00pm to 9:00pm |  | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652 | Parents/Guardians | | | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652  Intensive Family Support Services  201-646-0333 |  |
| **Recovery: From Hospitalization to Life Coaching** | 305BThis is an inspiring presentation from someone who’s had a very personal experience with mental illness. Dale conveys hope that recovery is possible | 306B7:00pm to 9:00pm |  | Bergen New Bridge Medical Center  Behavioral Health Building  Room E218  230 East Ridgewood Avenue  Paramus, NJ 07652 | Parents/Guardians | | | Bergen New Bridge Medical Center  Behavioral Health Building  Room E218  230 East Ridgewood Avenue  Paramus, NJ 07652  201-646-0333 |  |
| **The How To’s of Helping Someone with Severe Mental Illness** | 308BDiscussion of warning signs, treatment avenues, voluntary/ involuntary hospitalization, discharge planning, communication tips for dealing with treatment providers, etc. | 309B7:00pm to 310B9:00pm |  | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652 | Parents/Guardians | | | New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652  201-646-0333  (Family Support Services) |  |
| **Toolbox for Wellness** | 311BProgram designed to help girls identify ow thoughts and actions can be self-defeating, and provides a path to learn how to replace coping skills with positive actions | 312B5:30pm to 6:30pm Or  6:30pm to 7:30pm | 313BCall for Dates | Care Plus NJ  610 Valley Health Plaza  Paramus, NJ | Girls 10-17yrs old | | | Care Plus  17-07 Romaine St.  Fairlawn, NJ  Alexa Squire, L.M.F.T.  201-797-2660 x337 | Copay accepted with insurance |
| **Transition Professionals** | 314BA service provider to ex-offenders and their families. We work with anyone leaving jail and/or prison to help them returnto the community |  |  | Transition Professionals  269 Passaic Street  Hackensack, NJ 07601  201-883-9360 | Entire family | | | Transition Professionals  269 Passaic Street  Hackensack, NJ 07601  201-329-9600  TTY: 201-996-7385  [www.transitonprofessionals.org](http://www.transitonprofessionals.org) |  |
| **Victims of Crime Assistance/Stronger Together Groups** | 316BPProviding a supportive and healing environment for women who have been affected by domestic violence, harassment, stalking, exploitation and crime | 317BDay groups: Every Tuesday at 1:30pmEvening groups: Every 4th Monday at 6:30pm |  | Women’s Rights Information Center  108 W. Palisade Avenue  Englewood, NJ 07631 | **Women Only**  *Services available for men on individual basis* | | | Women’s Rights Information Center  108 W. Palisade Avenue  Englewood, NJ 07631  Lisa Maurer  Vidalia Acevedo  Kaetlynn Ayala  Yornelis Tejada  201-568-1166 |  |
| **When the Phone Won’t Stop Ringing** | 316BNavigating the journey of aging parents while maintaining an intact family | 3176 session program | 318BBy appointment only | Melinda Inzani, LLC  317 Godwin Ave.  Midland Park, NJ 07432 |  | | | Melinda Inzani, LLC  201-704-6749  [Melindainzani1@gmail.com](mailto:Melindainzani1@gmail.com) | $75.00 per session |
| **Wellness Respite Services of CSPNJ** | 319BLearn about the Wellness Respite House, intensive outreach and follow-up support for people experiencing a crisis or emotional distress | 327:00pm to 9:00 pm |  | Bergen New Bridge Medical Center  Behavioral health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652 | Parents/Guardians | | | Behavioral Health Building  Room E218  230 East Ridgewood Ave  Paramus, NJ 07652  Intensive Family Support Services  201-646-0333 |  |