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

***July 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. 201-957-1100569 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 CounselingScott Rossig, M.Ed, BCBA201-819-3869scott@aim-positive.comZach Ikkanda, M.A., BCBA718-825-7768zach@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, LLC311 Claremont Ave.Montclair, NJ | Parents/Caregivers raising a challenging child | ISIS Innovative Specialist Inspirational Services, LLC311 Claremont Ave.Montclair, NJ973-746-0333 | $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 pm7:00PM to 9:00PM12 sessions | WednesdayAfternoonWednesdayEvening**Call for More Information** | Hackensack YMCA360 Main StreetHackensack, NJ 07601 | Parents | Children’s Aid & Family Services Lannie Jaconia201-740 -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 pm12 sessions | Monday Evenings**Call for More Information** | Children’s Aid & Family Services22-08 Route 208 SouthFair Lawn, NJ 07410 | Parents | Children’s Aid & Family Services Lannie Jaconia201-740-7110 | Nominal fee |
| ***Program******Name***  | ***Program*** ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/******Guardians only; entire family;*** ***or children*** | ***Agency******Contact Information*** | ***Costs*** |
| **Helping Other Parents Endure****Chapter NJ11243A** |  | 6:00pm to **8:00pm** | Mondays***Group information changes monthly, please call or consult the website.*** | 135 First StreetHackensack High SchoolRoom 161Hackensack, NJ 07601 | Parents and Guardians | Mark Johnson or Jennifer J201-805-6041jjohnson@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 sessions6:00 pm- 8:00 pm on Mondays in **English**Or6:00 pm- 8:00 pm Fridays in Spanish | MondaysFridays\*call to inquire about dates\* | Fair Lawn Mental Health CenterA division of Care Plus NJ17-07 Romaine StreetFair Lawn, NJ 07410 | ParentsGuardiansGrandparentsCaretakers | Fair Lawn Mental Health Ctr.Division of Care Plus NJLauren Walsh201-797-2660 ext. 5675 | $200 |
| **Parent Education and Support Group***NO LONGER AVAILABLE*  | Does your child refuse to go to bed at night? Do they often lose their temper? Do they argue and refuse to listen? You are not alone. This parenting group will use and evidence-based parent education program developed to create a positive parenting. | 11:15 am to 1:00 pm | Group will meet every other MondayCall for date of next session | West Bergen Mental Healthcare Center for Children and YouthOne Cherry LaneRamsey, NJ | Parents with children of ADHD, Oppositional Defiant Disorder, Conduct Disorder and other Behavioral Challenges | West Bergen Mental Healthcare Center for Children and Youth Access Center201-444-3550 | Nominal Fee |
| **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 Center666 Godwin AvenueSuite 300Midland Park, NJ 07432[www.balanceandthrivecounseling.com](http://www.balanceandthrivecounseling.com) | Parents | Balance & Thrive Counseling & Psychoeducation Center666 Godwin AvenueSuite 300Midland Park, NJ 07432Rose Rosato201-444-8110Balanceandthrive@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 RegionWilling Heart Community Center555 Martin Luther King BoulevardNewark, NJ | Family member who has a loved one with a mental illness. | NAMI New JerseyLisa PowellAACT-NOW Information Coordinatoracctnow@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 County71 Franklin TurnpikeSuite 1 -2Waldwick, NJ | Mothers | Women’s Wellness Center of Bergen CountyMichelle Freedberg201-256-3870 | No Fee |
| ***Program******Name***  | ***Program*** ***Description*** | ***# and Time of Sessions*** | ***Dates*** | ***Location*** | ***Parents/******Guardians only; entire family;*** ***or children*** | ***Agency******Contact Information*** | ***Costs*** |
| **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 | TuesdaysVirtual meeting via ZOOM<https://us02web.zoom.us/j/81543999849>No password required | The Holmstead School14 Hope StreetRidgewood, NJ(behind Emmanuel Church) | Parents whose children have been impacted by addiction | Caron FoundationLauren Springer551-427-3340 orlspringer@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 Services22-08 Route 208 SouthSuite 7Fair Law, NJ  | Open to anyone who has placed a child or is considering placing a child for adoption. | Children’s Aid and Family ServicesMarcia Fisher201-740-7038 | 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 session12:00 pm-1:00 pm | Every Thursday | The Center for Women, Children, and Family EducationThe Valley Hospital140 E. Ridgewood AvenueParamus, NJHeld at the Kraft Center | Mothers | familyeducation@valleyhealth.com201-291-6151 | 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.orgCenter for Hope and Safety12 Overlook Ave, Suite ARochelle 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 weekVia Zoom, FaceTime, Phone call and emails | Via Zoom, FaceTime, Phone call, and emailsArgelis Hernandez, Community SupervisorPhone: 201-983-8251Email: argelis@hopeandsafetynj.org | Adults | Argelis Hernandez, Community SupervisorPhone: 201-983-8251Email: 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 weekVia Zoom, FaceTime, Phone call, and emails | Argelis Hernandez, Community SupervisorPhone: 201-983-8251Email: argelis@hopeandsafetynj.org | 18 + survivors | Argelis Hernandez, Community SupervisorPhone: 201-983-8251Email: 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 weekly6:00pm for 1.5- 2 hours | ThursdaysCurrently via Zoom | Argelis Hernandez, Community SupervisorPhone: 201-983-8251Email: argelis@hopeandsafetynj.org | 18 and over | Argelis Hernandez, Community SupervisorPhone: 201-983-8251Email: argelis@hopeandsafetynj.org | Free |
| **College Age Support Group** | Support group for college age students  | Call for schedule | Call for additional informationFree intakes are being accepted | D’ Acierno and Associates1182 Teaneck RoadSuite 206Teaneck, NJ | College age youth Parents w/ children and virtual learningParents with special needs children and virtual learning | D’ Acierno and Associates201-357-2715 | Sliding Scale or out of network ins.accepted |
| **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 ZOOMMeeting ID #890 110 693 | Women **Only**  | Then Center for Alcohol and Drug Resources 22-08 RT 208 South Fair Lawn, J 07410thecenter@cafsnj.org201-740-7030 | 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 residential9-3 Partial Hospitalization offering telehealth and in personMorning and evening Intensive outpatients offering telehealth and in person | Call for more information | Union, NJ | Parents/guardians, entire family, children:Adult Detox and residential treatmentAdult Partial Hospital and Intensive outpatientAdolescent Intensive outpatient and Outpatient | Kelli CristC: 443-610-6029E: 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, LCSW201-589-0552srdauria.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 | Weekly 7:30 p.m. to 9:00PM | Wednesdays | Church of the Immaculate Conception900 Darlington AvenueMahwah, NJ -Follow parish office signs | Parents, Grandparents & Relatives of person with addiction | Families Anonymousfamahwah@verizon.net201-327-0748Richard or Barbara | No Fee |
| **Families Anonymous—Parent Support Group** | 12-step program for families dealing with loved ones who have alcohol/drug problems | Weekly7:30 pm to 9:00PM | Tuesdays | Trinity Lutheran Church430 Knickerbocker Rd.Tenafly, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous1-800-736-9805[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 | Weekly7:30 pm to 9:00PM | Fridays | Englewood Health350 Engle StreetEnglewood, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous201-585-8091 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 Services22-08 Route 208 SouthFair Lawn, NJ 07410 | Children ages 4-17 | Children’s Aid and Family Services22-08 Route 208 SouthFair Lawn, NJ 07410201-261-2800[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 Touch240 Grand Avenue, #6Leonia, NJ 07605 | Family | Family In Touch240 Grand Avenue, #6Leonia, NJ 07605201-242-4422 | 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 weeks 7:00 pm to 9:00 pm | Tuesdays | Bergen New Bridge Medical CenterBehavioral Health PlazaRoom E218230 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 Services201-646-0333 | 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 sessions7:00 pm – 9:30 pm | Mondays – March 2-May18, 20207:00pm – 9:30pmOrWednesdays – March 4 – May 20, 2020 | CBH CareHackensack, NJ 07601OrChurch of the Presentation, Upper Saddle River, NJ | Families with a member living with serious mental illness | CBH CareHackensack, NJ 07601646-529-9146OrChurch of the Presentation, Upper Saddle River, NJ201-785-9076 | No FeeProgram 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 sessions7:00 pm – 9:30 pm | Mondays | Church of the Presentation271 W. Saddle River Rd.Upper Saddle River, NJ | Families with a member living with serious mental illness | NAMI of Bergen County304 Valley BoulevardWood-Ridge, NJ 201-635-9595To register:Call Peggy Whelahan at201-785-9076 | No FeeProgram 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 Building327 Ridgewood AvenueParamus, New Jersey | Caregivers | The Community Services Building327 Ridgewood AvenueParamus, 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, NJ610 Valley Health PlazaParamus, NJ | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc.Lara Zucker201-646-0333, 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*** |
| **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. | 12:45pm  To 2:15pm  |  Every 4th Tuesday  | Bergen Family Center/ Family Success Center44 Armory Street2nd FloorEnglewood, 07631 | Caregivers  | Family Support Organization 0-108 29th StreetFair Lawn, NJ 07410201-796-6209 x102ls@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 programTwelve week program  | Call for Appointments | 121 Rea AvenueHawthorne, NJ 07507 | Individuals who have experienced a loss due to death or divorce | Diane Sardanopoli, LPCPO Box 280121 Rea AvenueHawthorne, NJ 07507201-873-6496 | $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 Hudson1485 Teaneck RoadTeaneck, NJ | WomenDomestic Violence Support Group is Non-denominational | IRA-Information and Referral201-837-9090Email: IRA@jfsbergen.orgJewish Family Services of Northern New Jersey1185 Teaneck RdTeaneck, NJFor 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 & Crafts330 B. Broadway Hillsdale, NJ 07652201-818-9399[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 Ave2nd FloorMahwah, NJ 07430 | Family  | West Bergen Counseling Office 860 Wyckoff Ave2nd FloorMahwah, NJ 07430Heather Wilke201-444-3550 x 7312hwilke@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 165 West Crescent Ave.Allendale, NJ 07401 | Entire Family | Gail Cole 201-960-4146 or Patty Trava201-394-5287 orLani Bonifacic LCSW201-786-8572 |  |
| **HIV/AIDS Support Group** | Support group for those newly diagnosed with HIV or AIDS. | 6- 7:30 pm | Thursdays | Bergen Family Center10 Banta PlaceHackensack, NJ | Open to all | Call for additional informationSarah 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 Wellness201-564-7331 or visit inspirewellness.com | Call for fees |
| **Jewish Family and Children's Services** | Bereavement support groupsParenting support groupsSenior Services Case ManagementRe-Launch Career Guidance  | Call for schedule | Call for dates | Jewish Family and Children Services1485 Teaneck RoadTeaneck, NJ 07666 | Adults, children and teens | Jewish Family and Children Services1485 Teaneck RoadTeaneck, NJ 07666201-837-9090 |  |
| **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 informationMonday – 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 Jersey1 Pike Drive , Wayne, NJ973-595-0111 | 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 Servicesof Bergen and North Hudson1185 Teaneck RdTeaneck, NJ | Jewish persons needing help for self or loved with addiction | 201-837-9090 IRA IRA@jfsbergen.orgJewish Family Services of Bergen and North Hudson1185 Teaneck RdTeaneck, NJFor 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 UnitOne Bergen County Plaza2nd. FloorHackensack, NJ 07601 | Bergen County residents.Children ages 5 to 17 and their families | BC Division of Family GuidanceOne Bergen County Plaza2nd. FloorHackensack, NJ 07601201-336-7360Danielle Osenbruckdosenbruck@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 NJ17-07 Romaine St.Fairlawn, NJ | Guardians & Caregivers | Care Plus NJ17-07 Romaine St.Fairlawn, NJSarah 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 atdwfried@kinkonnect.orgor 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 | WednesdayWeekly **Dinner served every 3rd Wednesday** | Family Support Org. of Bergen County0-108 29th StreetFair Lawn, NJ | Parents/Caregivers | Family Support OrganizationLauren Salvodon201-796-6209 ext. 102Email: ls@fsobergen.orgWebsite: [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 Services375 Main StreetSuite 201Hackensack, NJ 07601 | All | Meaningful Directions Therapeutic Services375 Main StreetSuite 201Hackensack, NJ 07601973-749-2009 | $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 Services375 Main StreetSuite 201Hackensack, NJ 07601 | All | Meaningful Directions Therapeutic Services375 Main StreetSuite 201Hackensack, NJ 07601973-749-2009 | $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 07643Michelle Di Peppa201.464.4714 ext. 1012mdepippa@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 County2 University PlazaSuite 208Hackensack, 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 Building327 Ridgewood AvenueParamus, New Jersey |  | The Community Services Building327 Ridgewood AvenueParamus, New JerseyFor 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 Health350 Engle St.Englewood, NJ | Moms –Babies welcome | Englewood Hospital201-894-3784Registration is encouraged |  |
| **Mom 2 Mom**  | Monthly support fro 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 EvansMomMMom Peer Counselor877-914-6662 |  |
| **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 Group294 Harrington AvenueCloster, New Jersey  | Children, adolescents, individuals, couples and families | The COR Group294 Harrington AvenueCloster, New Jersey 201-485-6181201-638-7826Cor\_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 Center718 Teaneck RoadTeaneck, NJ | New Moms | For more information or registration, call Joanna Gorab201-833-3124 | No Fee |
| **New Mom’s Group** |  | 116B10:00 am7:00 pm | 117BSaturdaysThursdays | Women’s Wellness Group547 Main StreetHackensack, NJ | Moms (Babies welcome Sat)Moms only(No babies onThursdays) | NNJM/CHC17 Arcadian Ave. Suite 204Paramus, NJRegistration/Information call:Kimberly Agrest201-784-6718 | 118BSaturday FreeThurs. 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 Services375 Main St., Suite 201Hackensack, NJ 07601 | New mother’s & Children | Meaningful Directions Therapeutic Services375 Main St., Suite 201Hackensack, NJ 07601973-749-2009 | 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 AvenueApt. 306Teaneck, NJ | Individuals needing help and support in recovery from addiction(s) | Contact Jim for more information315-382-7257 | 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 Hudson1485 Teaneck RoadTeaneck, 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 Health120 Chestnut StreetRidgewood, NJ |  | West Bergen Mental Health120 Chestnut StreetRidgewood, NJ201-444-3550, 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 Church156 Forest Avenue #1Paramus, NJ 07652 | Parents, families, friends | For more information contactPFLAGBergen County ChapterPO Box 1330Ridgewood, NJ[www.bergenpflag](http://www.bergenpflag).orginfo@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 Duff201-740-7124lduff@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 pm7 pm-8 pm | 1st and 3rd Wed. of the month2nd and 4th Tuesday of the month | The Valley Hospital223 North Van Dien Ave.Ridgewood, NJ | New mothers with PPD | Call before attending any sessionTo register or additional information callTrudy 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 Health350 Engle StreetEnglewood, NJ | Moms | Englewood Hospital201-894-3795Laura HollanderCall for Registration | No fee |
| **PSTD and Sexual Abuse Support Group** |  | 12:00pm – 2:00 pm | Mondays | Bergen Family Center10 Banta PlaceHackensack, 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. Slater6808 Bergenline AvenueSuite 201Guttenberg, NJ 07093 | Children, Adolescent and Family | E.L. Slater6808 Bergenline AvenueSuite 201Guttenberg, NJ 07093201-840-9047 or201-618-7354 |  |
| **Psychotherapy:****Individual and Family** | Licensed Clinical Social Worker | Custom Schedule | Call for Appointment | Melinda Inzani, LLC317 Godwin Ave.Midland Park, NJ 07432 | Children Adolescents and Adults | Melinda Inzani, LLC201-704-6749melindainzani1@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 Hudson1185 Teaneck RdTeaneck, NJ | Survivors or relatives of survivors of the Holocaust | Jewish Family Services of Bergen and North Hudson1485 Teaneck RoadTeaneck, 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 Sobriety100 Scotch RoadSecond FloorEwing, NJ |  | Contact:Lisette Weiland609-369-1985Or communication@signsofsobriety.orgVoice 609-8832-7677TTY: 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 | HealingSpace201-881-1733 | No Fee |
| **Stepmom’s Support Group** |  | 7:00pm-9:30 pm | **Every other Thursday** | Stepping Stones Counseling Center312 Warren Ave. Suite 2Ho Ho Kus, NJ | Stepmoms | Stepping Stones Counseling Center312 Warren Ave. Suite 2Ho Ho Kus, NJllowson@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 SouthFair Lawn, NJ Jan Ramos – Bergen County201-740-7081 orjramos@cafsnj.orgShyra Aultmon – Passaic County201-740-7148 or 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 SouthFair Lawn, NJ Jan Ramos – Bergen County201-740-7081 orjramos@cafsnj.orgShyra Aultmon – Passaic County201-740-7148 or 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 Center2 University Plaza, Suite 208Hackensack, 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 Church555 Russell AveWyckoff, NJ  | Open to All | Grace United Methodist Church555 Russell AveWyckoff, NJ Pastor Pamela 201-891-4595Safriends@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 2Teaneck, NJ | Female victims of personal violence | Moving on Life Center, Inc.154 W. Englewood Ave. Suite 2Teaneck, NJ201-837-8590Molchealth@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 07601Locations also in Essex County  | Entire Family  | Team Management 2000 Inc.84 Main Street Hackensack, NJ 07601201-487-4700 | 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 AvenueHawthorne, NJ 07507 | Adults and adolescents | Diane Sardanopoli, LPCPO Box 289121 Rea AvenueHawthorne, NJ 07507201-873-6496 | $120 per sessionSliding 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 4:00Second Monday of the month at 7:00 – Meeting for parents of adolescents (up to age 18)Tuesdays at 12:00Wednesdays at 4:00First and Third Wednesday of the month at 7:00Thursdays at 1:00First and Third Thursday of the month at 7:00Fridays at 5:00Saturdays at 11:00Sundays at 11:00 | Virtual via ZoomZoom log in information:<https://us02web.zoom.us/j/4639040864?pwd=Q3Fnc2dsbVEvL05WMzdWRWlzTTRPZz09>  Meeting ID: 4639040864Password if needed: TbPSG2020 |  | Lauren Springer, LMSWDirector of Family RelationsTurnbridge551-427-3340Office 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 Health350 Engle St.Englewood, NJ | Moms –Babies welcome | Englewood Hospital201-894-3784Registration 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 am8 weeks Twice per week | Meets on Mondays and Thursdays | Jewish Family Service of Bergen and North Hudson1485 Teaneck RoadTeaneck, NJ | Female domestic violence victims; non-denominational | Sheila Steinback201-837-9090Jewish Family Services of Bergen and North Hudson1185 Teaneck RdTeaneck, 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 seriesOr10 week series7:30 pm-8:30 pm | Wednesdays | Held at Destination Maternity | Non-pregnant women | familyeducation@valleyhealth.com201-291-6151 | $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 StreetHackensack, NJ |  | For registration or more information callKimberly Agresta201-784-6718 | Nominal fee |
| **Women’s Support Group** | A psychotherapeutic group for women looking for support in their day to day lives | Ongoing1:30PM | Mondays | D’Acierno and Associates1182 Teaneck RoadTeaneck, NJ 07666 | Women | D’Acierno and Associates1182 Teaneck RoadTeaneck, NJ 07666201-357-2715 | $75.00Sliding scale available |
| **Women Supporting Women** | Support, Strength and Self Care for women who have children with addiction | 7:30 pmto9:00pm | 3rd Tuesday of the month  | Pony Power Therapies1170 Ramapo Valley RdMahwah, NJ **GROUP LOCATION MAY CHANGE, PLEASE CONTACT, Caryl Kourgelis****201-819-1719** | Women | Pony Power Therapies1170 Ramapo Valley RoadMahwah, NJ Caryl Kourgelis201-819-1719wsw4health@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 Kourgelis201-819-1719wsw4health@gmail.com | Women | Caryl Kourgelis201-819-1719wsw4health@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, NJAdmissions: 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 CenterParamus, New Jersey  | Adolescents 13 – 17  | Bergen Regional Medical Center201-967-4000, x 4260Michael 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 | WednesdayOngoing | CarePlus NJ610 Valley Health PlazaParamus, NJ 07652  | Youth 13 – 17 who identify as LGBTQ or are questioning  | Care Plus NJ Children & Family Services17-07 Romaine StreetFair Lawn, NJ Alexa Aquire, L.M.F.T201-797-2660 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 Services17-07 Romaine StreetFair Lawn, NJ | Children | Care Plus NJ Children and Family Services17-07 Romaine StreetFair Lawn, NJ201-797-2660 x 144Teresa Martino-Woods, LAC | No FeeFor 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 ServicesOffice of Alcohol and Drug DependencyOne Bergen County Plaza, 4th FlHackensack, 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, Director732-281-0275Kcable23@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 floorHackensack, NJOr C.A.T.S.321 E. Ridgewood Ave.Paramus, NJ | Elementary and middle school age children | County of BergenDepartment of Human ServicesDivision of Family GuidanceOne Bergen Plaza, 2nd FloorHackensack, NJFor more information, call201-336-7358 | No Fee |
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| ***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. | OngoingWeekly | 10 weekly group sessions,Call for dates and times | FDU Child Anxiety Disorders Clinic131 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 Clinic131 Temple Ave. Hackensack, NJFor 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 Center230 E. Ridgewood Ave.Paramus, NJ |  | Appointment only, call for information or appointment1-800-730-2762 |  |
| **Divorce Groups for Children**  |  | 155BWeekly 156B6:00pm – 7:00 pm 157Bor 158B7:00pm – 8:00 pm  | 159BMondays | West Bergen Center for Children and Youth3 Post RoadOakland, NJ  | School age children | Access DepartmentWest Bergen Center for Children and Youth201- 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 Services375 Main St, Suite 201Hackensack, NJ 0761 | Children | Meaningful Directions Therapeutic Services375 Main St, Suite 201Hackensack, NJ 0761973-749-2009 | $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 StreetFair Lawn, NJ or610 Valley Health PlazaParamus, NJ  | Children | Care Pus New Jersey Children & Family Services17-07 Romaine StreetFair Lawn, NJ 07410201-797-2660 x337Alexa 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 – 6:30opm9:00am-10:15am | ThursdaySaturday | The Ethical Culture Society of Bergen County687 Larch AveTeaneck, NJ 07666 | Girls Ages 9-14 years old | Colette Brantley201-591-3419Colette.Brantley@gmail.comOrDannette CostonDCostonLPC@gmail.com | $160Including 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 AveHawthorne, NJ  | Adults and childAlso play therapy for 3 1/2+ years***Sessions also available for individuals, adolescents and adults*** | Diane Sardanopoli, LPC121 Rea Ave.PO Box 280Hawthorne, NJ 07507201-873-6496 | $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 hoursPlease 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 Jersey1 Pike DriveWayne, NJ973-595-0111 | $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 Wellness201-564-7331 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 YMCA112 Oak StreetRidgewood, NJ 07450 | Parents and children | Ridgewood YMCA112 Oak StreetRidgewood, NJ 07450201-444-5600 Joseph Schmidt[www.ridgewoodymca.org](http://www.ridgewoodymca.org) | No Fee |
|  **“Mommy & Me”****English/Spanish** |  | 11:00am - 12:00pm | Tuesdays & Thursdays | Family Success Center  atBergen Family Center44 Armory St.Englewood, NJ 07631 | Mothers & Children | Family Success Center of Englewood & TeaneckAlana Alleyne/Natalia Arias 201-568-0817Natalia 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 – FridaySaturdays hours are available | 411 Hackensack Avenue7th floorHackensack, NJ | Children who need evaluation for school, emotional or behavioral problems | NYC Child Study Center New Jersey411 Hackensack Ave. 7th floorHackensack, 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 Services17-07 Romaine StreetFair Lawn, NJ 07410 | Children | Care Plus New Jersey Children & Family Services17-07 Romaine StreetFair Lawn, NJ 07410Alexa Squire, L.M.F.T201-797-2660 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 AvenueHawthorne, NJ 07507 | Parents and children | Diane Sardanopoli, LPCPO Box 280121 Rea AvenueHawthorne, NJ 07507 | $120 per session.Also Sliding scale  |
| **Play Therapy Group** | 172BPlay group for ages 3-18  | **TBA** | 173B**TBA** | D’Acierno and Associates1182 Teaneck RoadSuite 206Teaneck, NJ | 3 -18 years of age | D’Acierno and Associates201-357-2715 | $75.00AlsoSliding Scale or out of network ins. |
| **Rainbow****(Dealing with Grief)** |  | Weekly7:00 pm – 8:00 pm | Wednesdays | Ridgewood YMCA112 Oak StreetRidgewood, NJ 07450 | Parents and children | Ridgewood YMCABrigid Caffrey201-444-5600  | No Fee |
| **Social Skills** |  | **TBA** | 174B**TBA** | D’Acierno and Associates1182 Teaneck RoadSuite 206Teaneck, NJ | 5-21 year olds | D’Acierno and Associates201-357-2715 | $75.00AlsoSliding 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 pm10 sessions | Call for Dates  | Fair Lawn Mental Health Center a Division of Care Plus NJ17-07  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 07410Alexa 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 ClinicCenter for Psychological Services131-139 Temple AvenueHackensack, 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 Systems93 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 monthNew 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.com201-488-5188Parent and student must register before attending session | No Fee |
| **Teen Boys Group** |  | Weekly6:00 – 7:00 PM | Mondays | West Bergen Center for Children and Youth1 Cherry LaneRamsey, NJ 07430 | Teen Boys ages 13-16 | Access DepartmentWest Bergen Center for Children and Youth201- 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: TweensThursdays: Teens | Three Sisters Farm1170 Ramapo Valley RdMahwah | Tweens (Middle School Girls)Teens (High School Age Girls) | Pony PowerFor more information or registration[www.ponypowernj.org](http://www.ponypowernj.org) | $150.00 per day |
| **Teen Girls Support Group** | 185BSupport group for teenage girls | 186BWeekly4:30PM | 187BWednesdays | D’Acierno and Associates1182 Teaneck RoadSuite 206Teaneck, NJ | Teen girls | D’Acierno and Associates201-357-2715 | $75.00AlsoSliding 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 pm8 week sessions | Wednesdays | Vantage Health System2 Park AvenueDumont, 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 YouthRidgewood  | 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 sessionsPhase II: 7 weekly 75-minute sessions | Two locations:West Bergen Mental Health120 Chestnut StreetRidgewoodWest Bergen Counseling Group3 Post Rd. 3rd FloorOakland, NJ | Referrals now being accepted | To Schedule an appointment:Contact Access Department201-934-1160For 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 Center230 E. Ridgewood Ave.Paramus, NJ | Teens struggling with abstinence | Bergen Regional Medical Ctr.For more information or registration callKatie Mahoney, Teen Track Coordinator201-967-6345 |  |
| **Young Adult Partial Program** |  | 2:00pm to 4:30 pm | Wednesday and Thursday | West Bergen Mental Health120 Chestnut StreetRidgewood, NJ | Ages 18 - 35 | West Bergen Mental Health120 Chestnut StreetRidgewood, NJ201-444-3550, 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 StreetFairlawn, NJ | Youth 12 - 18 | Care Plus 17-07 Romaine St.Fairlawn, NJLauren 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 Organization0-108 29th Street Fair Lawn, NJ 07410 | Youth ages 1-21 | Family Support Organization0-108 29th Street Fair Lawn, NJ 07410Eldar Gainev, Youth Coordinator201-796-6209 x 112yp@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 FridayYear Round, Summer Hours Differ | Conklin Youth Center125 Essex StreetHackensack | Youth ages 13-18 | Conklin Youth Center125 Essex StreetHackensackBonnie Berkowitz201-336-6938 | 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 24/7By phone | ACCESS-St. Joseph’s Regional Medical CenterVarious locations | Individuals who are deaf or hard of hearing | ACCESS-St. Joseph’s Regional Medical Center60 Hamilton StreetPaterson, NJ 07505973-754-5590 V973-968-6567 VP |  |
| **ADHD/Social Skills Groups** |  | 5:00pm to 6:00 PM **or** 6:00pm to 7:00 PM **depends on age**  | Mondays and TuesdaysCall for more information | West Bergen Center for Children and Youth1 Cherry LaneRamsey, NJ 07430 | School age children | Access DepartmentWest Bergen Center for Children and Youth201- 444-3550 ext. 7144For information, call Alan Koenig 201-934-1160 | Sliding Scale  |
| **ASPEN Father’s Support Group** | The Bergen County Fathers’ Group is tailored specifically to the needs of fathers of children, young adults and adults with Asperger Syndrome. It is led by Matthew Root and Jim Hagarty | 7:30pm | 1st Monday of the month, except for Holiday conflicts | Bergen County Special Services CAPE CenterCommunity Services 540 N. Farview Avenue1st floorParamus, NJ 07652 | Fathers of children on Asperger’s Spectrum or related conditions | For more information, check the website<http://wwww.aspennj.org/chapters.asp>Matthew Root(msresq@verizon.net)Jim Hagarty  ([big2h@aol.com](http://aspennj.org/aspen-chapters/fathers-support-groups/bergen-county-fathers-support-group/big2h%40aol.com)). |  |
| **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 | WeeklyMultiple Times depending on age | Call for more information | West Bergen Center for Children and Youth1 Cherry LaneRamsey, NJ 07430 | All ages | Access DepartmentWest Bergen Center for Children and Youth201-444-3550 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 | WeeklyMultiple Times depending on age | Call for more information | West Bergen Center for Children and Youth1 Cherry LaneRamsey, NJ 07430 | All ages | Access DepartmentWest Bergen Center for Children and Youth201-444-3550 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. | YouthAges 6 – 911:00 am – 12:00 pmAges 10 – 131:00 pm – 2:00 pm | One Saturday a month | West Bergen Asperger’s Services 615 Franklin TurnpikeRidgewood(NOTE: NEW ADDRESS) | Youth age 6-13 | For more information or registration, contact Pat Decker201-857-0080  | $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 Youth1 Cherry LaneRamsey, NJ 07430 | Youth age 4 – 7 | For more information or registration, contact Kelly Doyle201- 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 conditionsAged 11 – 14 | West Bergen Mental Healthcare615 Franklin TurnpikeRidgewood, NJ201-857-0080[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 Building327 Ridgewood AvenueParamus, 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 Director201-634-2761201-634-2762 |  |
| **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 Building327 Ridgewood AvenueParamus, 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 Director201-634-2761201-634-2762 |  |
| **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 Center260 Central Avenue Hackensack, NJ 07601 | Children & Teens with disabilities | Be- Whole, Inc.**Web-site:** Be-whole.orgCall Lola Sims for registration201-777-6328 | 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 Education84 Euclid AvenueHackensack, NJ 07601 | Family | Center for Modern Dance Education84 Euclid AvenueHackensack, NJ 07601201-342-2989Elissa Machlin-LockwoodCmde1962@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 University131 Temple AveHackensack, 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 ServicesDickinson University131 Temple AvenueHackensack, 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 ServicesDickinson University131 Temple AvenueHackensack, 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 Center540 Fairview Ave2nd Floor Training RoomParamus, NJ 07652 | Parents/Guardians | BCSS Education Center540 Fairview Ave2nd Floor Training RoomParamus, NJ 07652Connie 201-343-6000 x4076conpel@bergen.org | No Fee |
| **Marble Jam Kids** | Authorized service provider for children and adults with special needs |  |  | Center for Creative Arts Therapy954 Kinderkamack Rd.Suite 1River Edge, NJ 07661 | Children & Adults | Center for Creative Arts TherapyAnna F. Villa-Bager201-497-612 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 ratioImprove communication skillsLearn socialization skillsFacilitated support groups for parents | 1:00PM -2:00PM9:30AM -10:30AM11:00AM- 12:00PM | Classes begin on every 2 month cyclesWednesdayThursday | The Child Center3 Post RoadOakland, NJ | Youth ages 20 – 36 months receiving intervention services | The ARC of Bergen and PassaicFor more information, please call 201-644-0304 | $200 for 8 weeks |
| **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 workshops4:30 pm to 6:00 pm | 229BMondays  | 120 Chestnut StreetRidgewood, NJ | Students with Asperger’s syndrome, NVLD, HFA, and PDD-NOS | Kelly Doyle201-857-0080 | $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, LLC16-00 Route 208 South Fair Lawn, NJ |  Ages 3-5, 6-8, 9-11 | Miriam Skydell & Associates, LLC16-00 Route 208 South Fair Lawn, NJ201-794-7700[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 | 234BVariedAfternoon and Saturday available | Call for dates | 22 East Quackenbush Avenue3rd. FloorDumont, NJ 07628  | Autism Spectrum Disorder | Heather Christensen201-527-5305hchristensenlcsw@verizon.net | Some insurance accepted.Generous sliding scale. |
| **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 Youth1 Cherry LaneRamsey, NJ 07430 | Parents, divorced or separated | Access DepartmentWest Bergen Center for Children and Youth201- 444-3550 ext. 7144 | Sliding Scale |
| **Program****Name**  | Program Description | # and Time of Sessions | Dates | Location | Parents/Guardians only; entire family; or children | AgencyContact 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 EducationEllen Taner201-791-3230 | $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 Center104 Bloomfield Ave Montclair | Parents and Caregivers | COPE Center104 Bloomfield Ave Montclair, NJContact: Mary973-793-6655mlysinger@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 Services375 Main St., Suite 201Hackensack, NJ 07601 | Children | Meaningful Directions Therapeutic Services375 Main Street, Suite 201Hackensack, NJ 07601973-749-2009 | $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 EveningsIn Spanish Thursday per monthCall for specific dates | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ | Women dealing with separation, divorce or custody legal issues | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ201-568-1166info@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 Center154 W. Englewood Ave.Suite 2Teaneck, NJ201-837-8590molchealth@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 Church141 W. Grand Ave.Montvale, NJ | divorced or separated persons | For more information, call Dr. Brian Cistola845-353-1433 |  |
| **Single Parents Support Community** |  | 7:00 pm 8-week session | Tuesday | Dorothy B. Kraft Center15 Essex RoadParamus, NJ | Single parents/guardians | To register callCenter for Women, Children and Family Education201-291-6151 | $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 Center60 State St, 2nd Floor HackensackHackensack, NJ |  | For more information please call Laura Troy, Program Coordinator at 201-329-9600 or 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. | 243BIndividualized 244BSchedule | 245BYear Round246BCall for more specific information | Bridges to Employment Program1 Bergen County Plaza2nd. FloorHackensack, NJ 07601 | Bergen County Youth 16 -21 | Bergen County Divisionof Family GuidanceOne Bergen Plaza, 2nd floorHackensack, NJKerry Laneklane@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 200Hackensack, NJ 07601201-343-8830 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 Montclair25 Park StreetMontclair, NJ \*non-members welcomed | Parents and Caregivers | Mary at COPE (973) 793-6655mlysinger@copecenter.netorCarol Kearney (YMCA) 973-415-6134ckearney@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 sessions6:30PM to 8:30PM | 253BTuesdays and Thursdays | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ | Adult | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ201-568-1166lgaleano@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 Center108 W. Palisade Ave.Englewood, NJ | Women and family members | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ201-568-1166[www.womensrights.org](http://www.womensrights.org)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 RoundMonday thru Friday | Connections at Bergen Community College at the Meadowlands1280 Wall Street West3rd. FloorLyndhurst, NJ 07071 | Bergen County Youth 16 -21  | Connections at Bergen Community College at the Meadowlands1280 Wall Street West3rd. FloorLyndhurst, NJ 07071201-937-7236connections@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 Sessions6:30PM to 8:30PM | 265BMondays and WednesdaysOrTuesdays and Thursdays | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ | Adults | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ201-568-1166lgaleano@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 CenterBehavioral Health Pavilion, Room E218230 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 – 8pm10 am – 4pm | 274BMonday and WednesdayTuesday and Thursday | H.O.P.E.259 Passaic StreetHackensack, NJ | Ex-offenders and their families | 201-646-1995Hopereentry259@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 FridayCall for Dates | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ | Unemployed women or family members | Women’s Rights Information Center108 W. Palisade Ave.Englewood, NJ201-568-1166[www.womensrights.org](http://www.womensrights.org)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 Hall218 Passaic St.Hackensack, NJ | Ex-offenders and their families | 201-646-1995Hopereentry259@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 District293-295 Main StreetHackensack, 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 District35 Piermont RdRockleigh, 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 CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652 | Parents/Guardians | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652Intensive Family Support Services201-646-0333 |  |
| **Cognitive Connection:****Alleviating Anxiety** | 286BTherapy sessions designed to make connections | 287BServices available by appointment | 288BCall for more information | Melinda Inzani, LLC317 Godwin Ave.Midland Park, NJ 07432 | Families, Adolescents and Adults | Melinda Inzani, LLC201-704-6749Melindainzani1@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, NJAlexa 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 Reifamn201-967-1889Slr964@yahoo.comWebsite: 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 07601Haley Continohcontino@co.bergen.nj.us | No Cost |
| **Parents Anonymous ONLINE GROUPS****ALL OF NJ*****Chapter NJ11106A and NJ11107A*** |  | Wednesdays 8:00pmThursdays 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  | 299B7:00pmto 300B9:00pm |  | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652 | Parents/Guardians | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652Intensive Family Support Services201-646-0333 |  |
| **Psychotropic Medications** | 302BLearn about medications that treat mental health conditions | 303B7:00pm to 9:00pm |  | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652 | Parents/Guardians | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652Intensive Family Support Services201-646-0333 |  |
| **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 CenterBehavioral Health BuildingRoom E218230 East Ridgewood AvenueParamus, NJ 07652 | Parents/Guardians | Bergen New Bridge Medical CenterBehavioral Health BuildingRoom E218230 East Ridgewood AvenueParamus, NJ 07652201-646-0333 |  |
| **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. | 309B7:00pmto 310B9:00pm |  | Bergen New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652 | Parents/Guardians | New Bridge Medical CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652201-646-0333(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 6:30pmOr6:30pm to 7:30pm | 313BCall for Dates  | Care Plus NJ 610 Valley Health PlazaParamus, NJ  | Girls 10-17yrs old  | Care Plus 17-07 Romaine St.Fairlawn, NJAlexa 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 Professionals269 Passaic StreetHackensack, NJ 07601201-883-9360 | Entire family  | Transition Professionals269 Passaic StreetHackensack, NJ 07601201-329-9600 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 1:30pm Evening groups: Every 4th Monday at 6:30pm  |  | Women’s Rights Information Center108 W. Palisade AvenueEnglewood, NJ 07631 | **Women Only***Services available for men on individual basis* | Women’s Rights Information Center108 W. Palisade AvenueEnglewood, NJ 07631Lisa MaurerVidalia AcevedoKaetlynn AyalaYornelis Tejada201-568-1166 |  |
| **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, LLC317 Godwin Ave.Midland Park, NJ 07432 |  | Melinda Inzani, LLC201-704-6749Melindainzani1@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 CenterBehavioral health Building Room E218230 East Ridgewood AveParamus, NJ 07652 | Parents/Guardians | Behavioral Health Building Room E218230 East Ridgewood AveParamus, NJ 07652Intensive Family Support Services201-646-0333 |  |