

“Parenting and Family Guide” for Programs in Bergen County
The programs listed are accepting participants for programs running during the month of
November, 2011

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



241 Main Street, Suite 600
 Hackensack, NJ 07601
 201-48-8680

Hotline Numbers of Interest


MOM2MOM HELPLINE: 1-877-914-MOM2 (1-877-914-6662) The MOM2MOM hotline provided mental health and peer support to mothers of special needs children. This is staffed 224 hours a day, seven days a week by moms who have been trained in peer counseling and crisis support and have special needs children themselves.

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






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

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






Upcoming Special Event (chronological order)

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|---------------------------------|-----------------------|--|--|--|--------------|
| iPad Applications for Kids with Disabilities  | Wonder which iPad apps are appropriate for your child? Join us for some fun and learn about the many iPad apps designed for students with disabilities. These apps can be used at home or on-the-go. We will explore communication, therapeutic, recreational, educational and behavioral apps. | 7 - 8:30 pm (Check- in 6:45) | Tuesday November 2 | Bergen County Special Services CAPE Resource Center 327 E. Ridgewood Ave. Paramus, NJ | Parents Bringing your personal iPad is strongly recommended. | CAPE Resource Center To register online, visit www.bergen.org/registration For questions or information, contact Connie at 201-343-6000, x 4076 or compel@bergen.org | |




Upcoming Special Event (chronological order)

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|--|---------------------------------|-------------------------|--|---|--|-----------------|
| Panel Discussion on Asperger's and Related Disorders  | Free awareness event; panelist will field questions from the audience. | 7 – 9 pm | Wednesday November 2 | Chapel of the First Presbyterian Church 65 N. Central Ave. Ramsey, NJ | Adults wanting more information about children with Asperger's and other disorders on the Autism Spectrum | Registration required. Register by calling Kelly Doyle 201-934-1160x 7231 or email kdoyle@westbergen.org RSVP by 11/2 | Free |
| Everything You Always Wanted to Ask About Special Education: Parents' and Schools' Rights and Responsibilities  | A panel discussion comprised of experienced special education attorneys. Topics to be covered include NJ anti-bullying law with regards to special education students, how to avoid disputes with school districts and review of 504 and IEP plans. | 7 – 9 pm | Thursday November 3 | New Jersey Law Center New Brunswick, NJ | Open to the public | Registration required. To register, visit the Foundation online at www.njsbf.org or call 1-800-FREE LAW or 732-937-7518. | Free |
| Parent, Heal Thyself: How Being a Better Parent Means Taking Care of Yourself  | Learn tips to take care of yourself without sacrificing yourself. | 10:30 am – noon | Saturday November 5 | COPE Center 104 Bloomfield Ave Montclair, NJ | Parents | Pre-registration required To register, call 973-783-655 | \$5.00 donation |
| Essential Components of the IEP  | This interactive workshop provides participants with a description of the essential components of an IEP. Participants will be able to read and understand an IEP document, be able to effectively participate in IEP meetings and how to address the concerns in an proactive and positive way. | 7 - 8:30 pm | Monday November 7 | River Dell High School Library 55 Pyle Street Oradell, NJ 07649 | Parents | For more information call Lynne Bolson, 201-796-6209, ext. 102 or lbfsobc@covad.net or register online at www.spannj.org/training or call Vivian DeWitt at 973-642-8100, ext. 116 | |
| Living, Learning and Earning in Adulthood What does this mean to students with disabilities?  | Parents will be provided strategies and resources to prepare their teens for successful community living as they enter the world of work or post-secondary education. | 7 - 8:30 pm (Check- in 6:45) | Monday November 7 | Bergen County Special Services CAPE Resource Center 327 E. Ridgewood Ave. Paramus, NJ | Parents Bringing your personal iPad is strongly recommended. | CAPE Resource Center To register online, visit www.bergen.org/registration For questions or information, contact Connie at 201-343-6000, x 4076 or compel@bergen.org | |




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| Take the Stress Out of Holiday Eating  | Learn tips and tricks to reduce holiday binge. The holidays are not an excuse to gain weight. Educate yourself about ways to reduce calories and carbs at this time. | 7 – 8:30pm | Wednesday November 9, 2011 | Holy Name Hospital Medical Center Diabetes Center Marian Hall Teaneck, NJ | Adults | You must call to register. Call HNMC's Ask-A-Nurse at 1-877-HOLY-NAME (1-877-45-9626) | Free, Registration a must |
| Dealing with Challenging Behaviors in Public  | | 6:00 pm | Wednesday November 9, 2011 | East Rutherford Memorial Library 243 Boiling Springs Ave. East Rutherford, NJ | | Family Resource Network 35 Beaverson Road Brick, NJ 08723 To register, call Lori 732-262-8020 | |
| Engaging the Community in Bystander Intervention  | The goal of the Violence of Intervention Prevention Center is to create a campus environment and community that is free of all forms of power based personal violence. The community is invited to learn how to demonstrate intolerance to these violent acts. | 9:00 – 3:00 pm | Thursday November 10 | Bergen Community College 400 Paramus Road Paramus, NJ Room TEC-128 | BCC Students, Faculty, Staff and Community at Large | Contact Person: Prof. Shari Franschman sfranschman@bergen.edu 201-689-7064 | Registration required |
| Health Access 102 The Road to Behavioral Health Care  | Discover free and low cost health care resources across Bergen County. | 8:30 am to 4:00 pm | Thursday November 10 | Marriott Glenpointe 100 Frank W. Burr Blvd. Teaneck, NJ | | Register online at www.bergenregional.com or call 201-967-4098 visit www.bergenregional.com for a list of speakers. Questions: email gandrade@teanecknj.gov | Breakfast and lunch will be served. |
| Borderline Personality Disorder  | Borderline patients commonly seek treatment and clinicians struggle to work with them. Clinicians will learn to recognize borderline symptoms and behaviors and make an accurate diagnosis. Learn about risk factors related to borderline tendencies and ways to manage high risk patients. | 5:00 – 7:30 pm | Thursday November 10 | Bergen Regional Medical Center Auditorium 230 E. Ridgewood Ave. Paramus, NJ | | Register online at www.bergenregional.com or call 201-967-4098 Questions, concerns about the course content, reference or content evaluation contact pbf6@hotmail.com | Free includes dinner 2.5 CEU's |





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| Pets and Babies  | Expecting a new baby? Don't forget about your loving and loyal four-legged first baby, your cat or dog. There will be adjustments to make. Learn true methods to a happy home for all family members, with a little preparation and training, everyone will be ready for your new addition to the family. | 7 - 9 pm | Thursday November 10 | Kraft Center 15 Essex Road Paramus, NJ | Expectant parents or grandparents with pet in home | Registration: www.valleyhealth.com/familyeducation and print registration, or call 201-291-6151 email questions to familyeducation@valleyhealth.com | \$50.00 per couple |
| Learning About Your Child and Yourself Workshop Series: Four Workshops  | Knowing how your children grow and learn is important to all parents. There are things about the sequence and process of development that are important in order to enhance and encourage growth. During these workshops, parents will discuss and explore their individual child's profile. Parents are invited to bring a short video of their child in order to formulate strategies to enhance interactions and play. | 7 – 9 pm | Thursday November 10 “Regulation and Sensory Processing” Thursday, November 17 “Motor Planning and Motor Development” Thursday December 1 “Communication” Thursday December 8 “Social Emotional and Play Development” | Montclair State University Ben Samuels Children's Center 1 Normal Avenue Montclair, NJ For Directions, call 973-655-777 | Adults only | To register: contact Montclair State Ben Samuels Children's Center 1 Normal Avenue, Montclair, NJ 973-655-4000 If you have questions, call Corrine G. Catalano 973-655-4358 | Free to parents of enrollees of Ben Samuels Children's Center, Others \$150.00 |
| The Process of Selecting a College  | A comprehensive look at the process of selecting, applying, and interviewing for college and details related to college life. | 4:30 – 6:00 pm | Monday evenings Choice of Nov. 14, 21 | West Bergen Mental Healthcare 120 Chestnut St Ridgewood, NJ | For students with Asperger's Syndrome, NVLD, HFA, PPD-NOS that are High School Sophomores, Juniors or Seniors. | Pre-registration required Call Kelly Doyle 201-934-1160, ext. 7231 | \$50.00 per workshop |





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| Mental Health First Aid  | Workshop participants will: *Recognize signs/symptoms of mental health disorders such as anxiety, depression, psychosis and addiction *Learn how to approach someone in a mental health crisis *Learn how to be supportive, diffuse the situation, and encourage professional help *Understand what do if someone is suicidal, harming themselves, or refusing help. | 9:00 – 300 pm each day | Monday – Tuesday November 14 - 15 | Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ | Law Enforcement, fire firefighters, first responder, teachers, school administrators, college staff, doctors, nurses, medical staff, caseworkers, social workers, HR managers and department supervisors, community center staff, faith communities, general public | Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ Contact Lindsay Rivera 201-265-6908 | \$150.00 Includes professional development certificate, MHFA manual and MHFA certification |
| Special Needs Trust  | As parents of a child with special needs have you ever asked yourself, "What will happen to my child when I am no longer able to care for him or her?" At this session many answers to this and similar questions will be provided. | 7 - 8:30 pm (Check- in 6:45) | Tuesday November 15 | Bergen County Special Services CAPE Resource Center 327 E. Ridgewood Ave. Paramus, NJ | Parents Bringing your personal iPad is strongly recommended. | CAPE Resource Center To register online, visit www.bergen.org/registration For questions or information, contact Connie at 201-343-6000, x 4076 or compel@bergen.org | |
| Bergen County Special Education Parent Leadership Round Tables  | This is an opportunity to exchange ideas around what works to enhance and sustain family engagement in schools and to improve outcomes for children with disabilities. Strategies to start and run local education parent advisory group will be discussed. | 10:00 am | Tuesday November 15 | Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ | OB/GYN, Pediatricians, Psychiatrists, Family Physicians Midwives, Advanced Practice RN's, Pediatric Nurses, Social Workers, Mental Health Professionals, Social Services Providers and other Health Care professionals working with families in the perinatal period. | To register, call or email The START project director, Myriam Alizo at malizo@spannj.org or call Lynne Bolson at 201-796-6209, x 102 or email lbfsobc@covad.net | Free |





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| Identifying Challenges and Meeting the Needs of Families during the Prenatal Period  | The goal of this conference is to discuss and explore the infant-parent behavioral health relationship and social-emotional experiences of babies and their parents during pregnancy and the postpartum period. | 7:45 am to 4:15 pm | Tuesday November 15 | Englewood Hospital and Medical Center Auditorium 350 Engle Street Englewood, NJ | Professionals | | \$65.00 Includes continental breakfast, lunch and CEU's |
| Dads on Duty-No Moms Allowed  | This class will identify and explain the value of developing and maintaining a strong father/child bond during the formative years of a child's life. Learn how and why dads should play an active role in raising their children. | 7:30 – 9:30 pm | Tuesday Nov. 15, 2011 | Kraft Center 15 Essex Road Paramus, NJ | Dad and expectant dads | Registration: www.valleyhealth.com/familyeducation and print registration, or call 201-291-6151 email questions to familyeducation@valleyhealth.com | \$40.00 for dad |
| Transition to college for Students with Asperger's Syndrome and Their Parents Why a Collaborative Partnership Works Best  | Success for college students with AS requires collaborative partnership among students, parents and program-service providers. It also demands critical yet difficult adjustments in patterns of family support and communication in order to promote optimal student interdependence, self-advocacy and self-monitoring. Come learn about the COMPASS Program. | 6:30 – 8:30 pm | Wednesday November 16 | Wilson Auditorium, Dickinson Hall Metropolitan Campus (Dickinson Hall is located close to Route 4 on University Plaza Drive, Hackensack, NJ (off Hackensack Avenue South) | High School students with Asperger's Syndrome, their parents and professionals | Register by phone: 201-692-2645, x 412 or Email beischcg@student.fdu.edu for details visit the website: www.fdu.edu/compass | Free Refreshments provided |
| Babysitter's Preparation Class  | Learn to safely care for a child. Topics include changing diapers, feeding, holding a baby, and how to contact emergency personnel. | 4:40 – 6:30 pm | Wednesday Nov. 16, 2011 | Kraft Center 15 Essex Road Paramus, NJ | Young boys and girls, ages 10 - 16 | Registration: www.valleyhealth.com/familyeducation and print registration, or call 201-291-6151 email questions to familyeducation@valleyhealth.com | \$35.00 |



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| The Effects of Domestic Violence on Children  | Participants will learn: how domestic violence affects children; to engage the child at different developmental stages; implement protocols for safe intervention; engage the non-offending parent; and identify local resources | 9:30 am – 4:00 pm | Wednesday Nov. 16, 2011 | Children's Aid and Family Services 200 Robin Road Paramus, NJ | Professionals in schools, community behavioral health, day-care staff, residential care | Community Learning Partners To register contact Scott Cohen scohen@communitylearningpartners.com or register online at http://clp.eventbrite.com/ | #125.00 includes light breakfast and lunch (5.5 CEU's for Nurses and Social Workers) |
| "Ask the Professional" L.E.A.R.N. Learning Enhancement and Resource Network  | When education is disrupted because of mental illness, going back to college can seem like an impossible challenge. With help from available supported education programs, getting a degree can be a realistic goal. Join us for answers and hands-on help. | 8:00 pm | Thursday November 17 | Community Services Building Auditorium 327 E. Ridgewood Ave. Paramus, NJ | Open to the Public | National Alliance on Mental Health (NAMI) of Bergen County 304 Valley Blvd. Wood-Ridge, NJ 201-635-9595 | Free Light refreshments |
| Infant and Child Safety  | Being aware of the many potential hazards to infants and children helps provide a safe environment for their child. Topics include car seat safety, poison prevention, childproofing a home, and furniture and toy safety. | 7 – 9:30 pm | Wednesday Nov. 30, 2011 Dec. 28, 2011 | Kraft Center 15 Essex Road Paramus, NJ | Parents/guardians | Registration: www.valleyhealth.com/familyeducation and print registration, or call 201-291-6151 email questions to familyeducation@valleyhealth.com | \$35.00 |
| Relieve Holiday Stress "Celebrate Rather Than Isolate This Holiday Season"  | 'Tis the season to be jolly, or is it? If you experience dread thinking about the upcoming holiday season, this help you determine the steps to alleviate the blues. This interactive program will help you learn strategies to embrace this holiday season with more realistic expectations. | 6:30 – 7:30 pm | Wednesday Nov. 30, 2011 | Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ | Public or Professionals | RSVP required Register online at www.bergenregional.com or call 201-967-4098 | Free Light Dinner |


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| Managing Behavior, Ander and Stress  | A presentation on managing behavior, stress and anger. | 7 – 8:30 pm | Monday December 5 | Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ | Adults | For more information or registration, call Lynne Bolson, 201-796-6209, x 102 lbfsohc@covad.net | Free |
| Coffee, Tea and You  | Caffeine is America's most popular drug by far. How much do you know about this substance? Come take the Caffeine Quiz and learn more about how caffeine can affect you. | 7:00 – 8:30 pm | Tuesday December 6 | Holy Name Medical Center Marian Hall Conference Center Teaneck, NJ | Open to the public | You must call to register. Call HNMC's Ask-A-Nurse at 1-877-HOLY-NAME (1-877-45-9626) | Free, Registration a must |
| Sticks and Stones  | Bergen County Prosecutor John Molinelli will be speaking at a parent workshop to raise awareness and increase education about the new bullying law. He will be showing the movie "Sticks and Stones". A trailer of the movie can be seen at www.chasewilson.com/sticksandstones . | 7:00 pm | Tuesday December 6 | Wood Ridge High School | Parents of HS students | For more information, call Robin Schwartz, SAC 201-939-0810, x 2236 Or email at rschwartz@woodridgeschools.org | Free |
| Domestic Violence: Understanding the Victim/Survivor  | Participants will learn: How to identify types of abuse and two theories related to domestic violence; define the emotional and behavioral impact on a victim; understand the meaning of empowerment to a victim; formulate a safety plan and find community resources. | 9:30 am – 4:00 pm | Thursday December 8, 2011 | Children's Aid and Family Services 200 Robin Road Paramus, NJ | Professionals | Community Learning Partners To register contact Scott Cohen scohen@communitylearningpartners.com or register online at http://clp.eventbrite.com/ | #125.00 includes light breakfast and lunch |


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| Eating Disorders  | Media pressures to be thin have been associated with the development of severe body image issues and/or unhealthy dieting regimes. Eating disorders have reached epidemic levels. As a mental health worker it is important to be aware of the signs, symptoms, and early warning signs of a serious disorder. Assessment tools will be provided as well as treatment options. | 9:30 – 11:30 am | Thursday December 8 | Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ | | Care Plus Innovations 610 Valley Health Plaza Conference Room Paramus, NJ Contact Lindsay Rivera 201-265-8200, ext. 211 | \$20.00 |
| Teen Dating Abuse  | Be part of a discussion to identify and define the four types of abuse in teen dating relationships. Participants will identify warning signs for victims and important threats to their control. Learn to effectively approach a teen, formulate a safety plan and find local resources. | 9:30 am – 4:00 pm | Thursday December 15, 2011 | Children's Aid and Family Services 200 Robin Road Paramus, NJ | Professionals | Community Learning Partners To register contact Scott Cohen scohen@communitylearningpartners.com or register online at http://clp.eventbrite.com/ | #125.00 includes light breakfast and lunch |
| Parenting Classes | | | | | | | |
| All Families Flourishing Energizing Positivity Seminar | | 10:00 am – 4:00 pm | First Saturday of each month | ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ | Parents/Caregivers raising a challenging child | ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ 973-746-0333 | \$90.00 each \$150.00 co-parents |
| Coping Power Program | Strengthen your parenting skills. Learn proved strategies that will help set clear rules and expectations; learn appropriate discipline practices; parental stress management; family communication and problem solving | 6-week sessions 7 – 8:30 pm | Mondays Oct 17, 24 Nov. 7, 14, 21, 28 | Family Support Organization of Bergen County 0-108 29 th Street Fairlawn, NJ | Parents | For more information call FSOBC at 201-796-6209, ext. 102 | Adult supervision for children provided |


Parenting Classes

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|---|---|--|---|--|--|
| EPIC – Every Person Influences Children Parenting Education and Support Groups | Providing parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults. | 7 – 9 pm 12 sessions | Monday Evenings Oct. to Dec. | Children’s Aid and Family Services 240 Frisch Court Paramus, NJ | Parents | Lannie Jaconia Children’s Aid & Family Services 201-882-3733 or 201-226-0300 x228 | Nominal fee |
| EPIC – Every Person Influences Children Parenting Education and Support Groups | Providing parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults. | 12:15 – 2:15 pm 12 sessions | Wednesday Afternoons Oct. to Dec. | The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wachovia Bank Bldg.) | Parents | Lannie Jaconia Children’s Aid & Family Services 201-882-3733 or 201-226-0300 x228 | Nominal fee |
| EPIC – Every Person Influences Children Parenting Education and Support Groups | Providing parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults. | 7 – 9 pm 12 sessions | Wednesday Evenings Oct. to Dec. | The Center for Alcohol and Drug Resources 241 Main St. Suite 600 Hackensack, NJ (Wachovia Bank Bldg.) | Parents | Lannie Jaconia Children’s Aid & Family Services 201-882-3733 or 201-226-0300 x228 | Nominal fee |
| The NAMI Family-to-Family Education Program | | 7:00 – 9:30 pm 12-week | Wednesday Call for new dates | Community Services Bldg. 327 E. Ridgewood Ave. Paramus, NJ | Caregivers having a family member with serious mental illness | To Register, call Marie Fuchilda 201-816-3735 National Alliance on Mental Illness of Bergen County 304 Valley Blvd. Wood-Ridge | Free, first come, first served |
| Parenting with “Common Sense” Program  | Evidenced based parenting education group. Interactive, skill based approach to help parents learn practical and effective ways to discipline children and adolescents by increasing positive behaviors and decrease negative behaviors. | Friday 11/18/10 10 am - 12 pm 8 SESSIONS | Weekly on Friday for 8 weeks. Tuesday start date: 11/18/10 *Evening date is TBD- Session will be held from: 5:30 pm – 7:30 pm | Fair Lawn Mental Health Center a Division of Care Plus NJ-- 17-07 Romaine Street, Fair Lawn, NJ 07410 | Parents/Guardians or Grandparents who have a teen or young adult with substance abuse or alcohol issues | Fair Lawn Mental Health Center a Division of Care Plus NJ-- 17-07 Romaine Street, Fair Lawn, NJ 07410 Sabrina Coppola, LCSW 201-797-2660 ext. 150 SabrinaR@careplusnj.org | \$200 to be paid in full for 8 week evidenced based parenting education group. |


Parenting Classes

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|--------------------------------------|--|--------------------------------------|---------------------------|--|--|--|---|
| Strengthening Bergen Families | This 14-week program will give families the skills and tools to create family harmony. The interactive sessions provide skills in conflict resolution, day-to-day communication, and skills to increase your sense of family togetherness and decrease time spent in tension filled or angry situations. | 5:30 – 8:30 pm | | Next session to begin January, 2012 Please call for more information or to reserve a spot for your family.  | Families with children ages 6 – 11 | For more information, call The Center for Alcohol and Drug Resources 201-488-8680 | Free. Dinner provided for family as part of program. Babysitting provided for children under age 6 |
| Anger Management | | Scheduled various times through year | Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Adults | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |


Support Groups for Families and Adults

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|---|---|-------------------------|--|---|--|--|--------------|
| AACT-NOW! African American Community Takes New World Outreach  | This is an African American self-help support group for family members with loved ones affected by mental illness. In a caring and supportive environment, families will help one another learn to cope with the effects of mental illness. | 6:30 – 8:30 pm | Every 2 nd Tuesday of the month | Northern Region Willing Heart Community Center 555 Martin Luther King Boulevard Newark, NJ | Family member who has a loved one with a mental illness. | For more information call Cynthia H. Miles-Small AACT-NOW Information Coordinator NAMI New Jersey 732-940-0991 www.naminj.org cynthmiles@naminj.org | |
| Bi-Lingual Spanish/English Support Group | | 7:00 – 8:30 pm | Third Thursday of each month | Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ | Parents | Family Support Organization of Bergen County To register call: Tatiana 201-796-6209 ext. 107 or Maritza, ext. 110 | None |
| Expectant and New Mother's Support Groups | | 1:30 pm | First and Third Thursdays Each Month | Call for information or registration | Expectant Mothers New Mothers | North Jersey Maternal/Child Health Consortium www.maternalchildhealth.org Johann Gorab 201-833-3124 | Call for fee |
| Expectant and New Mother's Support Groups | | 11:00 am 7:00 pm | First and Third Wednesdays Second and Fourth Tuesdays | Call for information And registration | Expectant Mothers New Mothers | North Jersey Maternal/Child Health Consortium www.maternalchildhealth.org Trudy Heerema 201-447-8539 | Call for fee |

Support Groups for Families and Adults

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| Care Plus NJ Children and Family Division OPEN ACCESS HOURS  | Open Access Offers a family a personalized experience with a senior intake clinician. During the free open access meeting our staff will recommend services that may be helpful to a child/parent/family and will provide a contact person before leaving. | | Tuesdays 6 – 8 pm Thursdays 3 – 5 pm | Fair Lawn Mental Health Center, A Division of Care Plus 17-07 Romaine St. Fair Lawn, NJ | Parents and Guardians with their children | Fair Lawn Mental Health Center, A Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660 | Free* *Parents/Guardians should bring their child's insurance card for insurance verification to expedite program referral |
| Family to Family Mental Health Education Program | This education course is designed for family members of someone living with a serious mental illness. The course fosters learning, healing and empowerment family. | 12 sessions 7 – 9:30 pm | Wednesdays Sept. 7 – Dec. 7, 2011 OR Mondays Sept. 12 – Nov. 28, 2011 | Community Services Bldg. 327 E. Ridgewood Ave/ Paramus, NJ Church of the Presentation 271 W. Saddle River Rd. Upper Saddle River, NJ | Families with a member living with serious mental illness | NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076 | Free on first come, first served basis |
| Families United | A program designed to provide parents and other family members with information about devastating, yet predictable cycle of addiction. We provide education, support and resources to help reduce the negative impact of addiction. | | Call for information on upcoming dates and times | Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ | Family members of person with abuse or addiction issues | The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ 201-48-8680 thecenter@cafsnj.org | Free |
| Family Education, Counseling & Workshops (Korean and limited English) | | Call for more information | Call for more information | Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605 | Family | Family In Touch 240 Grand Avenue, #6 Leonia, NJ 07605 201-242-4422 | |
| Family Educational Workshops | | 8 weeks 7-9 p.m. | Tuesdays | Bergen Regional Medical Center Behavioral Health Plaza Room E 218 230 E. Ridgewood Ave. Paramus, NJ 07652 | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251 | None |
| Family Share Support Group | | 8:00 pm | Monday November 7 and December 5. | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey | | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call (201) 635-9595 | |



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| Family Support Group | When one member in a family suffers from a serious mental illness, all family members are affected. In our group, a highly regarded and respected psychotherapist offers practical guidance, support and help in coping and dealing with specific problems. | Ongoing | Thursdays 7 – 9 pm | Care Plus, NJ 610 Valley Health Plaza Paramus, NJ | Families with an ADULT relative diagnosed with a serious and persistent mental illness | Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251 | None |
| | | Ongoing | Sunday mornings 10:00 – 12:00 | Various locations Call for additional information | | | |
| Father to Father | | Monthly | Sundays | Teaneck, NJ | | Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org | |
| FSOBC Wednesday Family Support Group | Through sharing experiences we can help you find options and discover approaches that may help you cope. | On-going 7:00 – 8:30 p.m. | Each Wednesday of the Month | Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ | Parents/Caregivers with children ages 5 - 17 | Family Support Organization 201-796-6209 Ask for Tatiana or Stephanie lbfsobc@covad.net | None |
| Grandparents Raising Grandchildren | Support group for grandparents raising grandchildren, providing support, resources and monthly speakers. | On-going 10-11:30 a.m. | 4 th Tuesday | Englewood Call for more information | Grandparents | Family Support Organization Lynne Bolson 201-796-6209 ext. 102 | None |
| HIV/AIDS Support Group  | Support group for those newly diagnosed with HIV or AIDS. | 6- 7:30 pm | Thursdays | Bergen Family Center 10 Banta Place Hackensack, NJ | | Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20 | |
| Group for Women Affected by Intimate Partner Violence | An integrated approach for counseling and employment services for domestic violence victims. Professionally facilitated and privacy preserved. | Call for more information | Every Other Wednesday Evening | Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ | Women Domestic Violence Support Group is Non-denominational | IRA-Information and Referral 201-837-9090 Email: IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit www.jfsbergen.org | |




Support Groups for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|---|--|---|---|
| Jewish Twelve Steps/ JACS | A support group that opens with spiritual message relating Jewish concepts to the 12-Steps. | Beginning 7:30 – 8:30 pm | Thursday Meets 2nd Thursday of every month | Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ | Jewish persons needing help for self or loved with addiction | 201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info contact Ben at 201-981-1071 | |
| Kinship Legal Guardian Counseling Services | An in-home program, specializing in treating children and families experiencing issues related to raising a relative's child. Individual and family therapy, supportive services are provided, | Custom schedule | Call for appointment | In-home | Families that have achieved KLG through DYFS | Children's Aid & Family Services /KLG Counseling Services Joan Kritsky 973-763-2041, ext. 209 | Free for Bergen and Passaic County Families |
| Kinship Care Services | Services for caregivers providing primary care to relative children. | | Call for more information | Kinship Care Services Care Plus NJ 17-07 Romaine St. Fairlawn, NJ | | To request services or get more information, please call Navigator Jamie Manganeli 201-265-0826 or call 211. | |
| Mother to Mother | | Bi-monthly | Tuesday evenings | Teaneck, NJ | Mothers with children ages birth – 5 yrs | Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org | |
| Mental Health Support Group | You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times. | 7:00 – 8:30 pm | First Thursday of Each month Nov. 3, Dec.1 | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey | | The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call the NAMI Bergen office at (201) 635-9595 | |
| Mom's Circle #1 Meet and Share | All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering. | 1 – 2:30 pm | Every Wednesday | Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ | Moms –Babies welcome | Englewood Hospital 201-894-3784 Registration is encouraged | |


Support Groups for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|---|--|--|---|
| New Mom's Group | | 10:00 am 7:00 pm | Saturdays Thursdays | Women's Wellness Group 547 Main Street Hackensack, NJ | Moms (Babies welcome Sat) Moms only (No babies on Thursdays) | NNJM/CHC 17 Arcadian Ave. Suite 204 Paramus, NJ Registration/Information call: Kimberly Agrest 201-784-6718 | Sats. Free Thurs. Nominal Fee |
| Outpatient Counseling  | Counseling for children, adolescents and their families | | Call to schedule appointment | | Families who are Medicaid eligible | Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090 | |
| Parent Support Group- Families Anonymous | | Weekly 7:30 p.m. | Wednesdays | Church of the Immaculate Conception 900 Darlington Avenue Mahwah, NJ -Follow parish office signs | Parents, Grandparents & Relatives of person with addiction | Families Anonymous famahwah@verizon.net 201-327-0748 Richard or Barbara | None |
| Parent Support Group-Families Anonymous | | Weekly 7:30 pm | Tuesdays | Trinity Lutheran Church 430 Knickerbocker Rd. Tenafly, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous 1-800-736-9805 | None |
| Parent Support Group-Families Anonymous | | Weekly 7:30 pm | Fridays | Englewood Hospital and Medical Center 350 Engle Street Englewood, NJ | Parents, Grandparents & Relatives of person with addiction | Families Anonymous 201-585-8091 or Geri @ 917-836-3672 | None |
| Parents Support Group-Families Anonymous | | Online | | Families Anonymous | | www.familiesanonymous.org | None |
| Parenting Groups | | TBD | TBD | Care Plus NJ, Inc. 17-07 Romaine Street Fair Lawn, NJ 07410 | Parents | Jaime de Oliveira 201-797-4501 ext. 124 jaimed@careplusnj.org | |
| Parent Support Group | | 6 – 7 pm | Wednesday | West Bergen Center for Youth and Children One Cherry Lane Ramsey, NJ | Parents of Children with ADHD/ODD/ Conduct Disorder or Other Behavioral Challenges | Amy Barr West Bergen Center for Youth and Children 201-934-1160, ext 7212 | |
| The Parent Program | | Thursdays 7:30 pm | 2 nd Thursday of each month | Emerson Bible Church Recreation Room 162 Linwood Ave. Emerson, NJ | Parents Orientation for first-timers 7:15 | For more information: TheParentProgram.spaces.live.com or TheParentProgram@live.com | None |
| Parent's Toolbox  | This experiential parent support group will discuss not only techniques to handle current questions about parenting, but will explore how our family of origin impacts the way we parent. | 8-week session | Please call for information on forming groups | Locations in Wayne and Fairlawn, NJ | Parents only Groups now forming for parents of preschool to late elementary youth. Parent of teens group may form. | Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111 | \$200 for 8-week session |


Support Groups for Families and Adults

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|---|--|--|---|
| Partial Care Family Support Group  | | 6:00 – 7:00 pm | Every second Thursday of the month | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ | | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information | |
| Post Adoption Counseling | | Custom schedule | Call for appointment | Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 | Families with legally adopted child(ren) under age 18 | Children's Aid & Family Services Pre/Post Adoption Counseling Services (PACS) Lisa Duff 973-763-2041, ext. 203 lduff@cafsnj.org | Free for Bergen and Passaic County Families |
| PSTD and Sexual Abuse Support Group  | | 120 – 2 pm | Mondays | Bergen Family Center 10 Banta Place Hackensack, NJ | | Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20 | |
| Postpartum Therapeutic Group | Mothers who may be experiencing symptoms of postpartum depression are encouraged to attend this weekly therapeutic group. Learn coping skills and receive help and treatment in a supportive environment. | 3:00 – 4:30 | Every Wednesday | Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ | Moms | Englewood Hospital 201-894-3784 Registration is encouraged | |
| Second Generation Group | A monthly discussion group for children of Holocaust Survivors. A new topic each mtg. | 7:15 – 8:15 pm | Wednesdays, once a month | Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ | Children of Holocaust Survivors | 201-837-9090 IRA IRA@jfsbergen.org Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit www.jfsbergen.org | \$10.00 suggested donation |
| Sharing the Journey Bereavement Support Group  | This group will provide compassionate support and education to those who have suffered the loss of a loved one. Many who experience loss find comfort n sharing their feelings with one another. | 8-week session | Monday evenings 6:30 – 8 pm Or Thursday afternoons 1 – 2:30 pm Call for new session start dates. | Holy Name Medical Center Teaneck, NJ | Those who have lost a loved one | For information or registration, please call Lenore Guid, 201-833-3188, x 7580 or Anne Smith at 201-833-3188, x 7585 | Fre |

Support Groups for Families and Adults

| Program Name | Program Name | Program Name | Program Name | Program Name | Program Name | Program Name | Program Name |
|---|--|--|-----------------------------------|---|--|--|---------------------------------------|
| Stepmom's Support Group | | 7:00 – 9:30 pm | Every other Thurs. | Stepping Stones Counseling Center 312 Warren Ave. Suite 2 Ho Ho Kus, NJ | Stepmoms | Stepping Stones Counseling Center 312 Warren Ave. Suite 2 Ho Ho Kus, NJ lhowson@live.com or call 201-444-3686 | |
| Support for Survivors of Military Sexual Trauma | A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County. | | Call for new session start dates. | YWCA of Bergen County Rape Crisis Center 2 University Plaza, Suite 208 Hackensack, NJ | | Potential participants, please call the Director of the Rape Crisis Center for more information and an intake. 201-881-1750 | |
| TAMAR Together Against Molestation and Rape Group | TAMAR is a program that helps victims of molestation or rape. Victims become less incapacitated by allowing expression in a safe non-judgmental environment and healing space. | | Call for more information | Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ | Female victims of personal violence | Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 Molchealth@yahoo.com | YCM or CMO referrals or sliding scale |
| Wellness Wednesdays for Moms | Mom's Circles groups; call for more information | Call for times | Wednesday | Englewood Hospital and Medical Center 350 Engle St. Englewood, NJ | Moms –Babies welcome | Englewood Hospital 201-894-3784 Registration is encouraged | |
| W.I.S.E. Women, Independent, Strong, Enriched | An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved. | 9:30 – 10:30 am 8 weeks Twice per week | Meets on Mondays and Thursdays | Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ | Female domestic violence victims; non-denominational | Sheila Steinback 201-837-9090 Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ For more info visit www.jfsbergen.org Pre-registration required | |
| Young Adult Partial Program  | | 2:00 – 4:30 pm | Wednesday and Thursday | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ | Ages 18 - 35 | West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information | |


Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|---|--|--|--------------------------------------|
| Adoption Support for Pre-Teens | A support group for adopted pre-teens to participate in discussions and activities around adoption related topics | 6 sessions 6:30 – 7:30 pm | 3 rd Tuesday of each month. Call for dates for next cycle | Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ | Adopted youth between ages of 9 - 12 | Children's Aid and Family Services 148 Prospect ST. Ridgewood, NJ 201-445-7015, ext. 239 Christie Sutura | Free |
| Adolescent Medical Detox/Addiction Recovery | In patient treatment (IOP) with primary diagnosis of substance abuse and have some co-occurring disorder. Medically supervised detox and 12-step recovery program. | Acute Short term | Open 7days a week/24 hours | | Youth ages 13 – 18, if still attending high school | Princeton Behavioral Health 905 Herrontown Road, Princeton, NJ Admissions: 800-242-2550 or609-497-3355 | Most insurance and Medicaid accepted |
| Adolescent Substance Abuse Outpatient Group  | A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication, , combating boredom, setting limits, working on your dreams, hanging out with the real winners, self esteem building, saying, "No", and natural highs. | | Please call for an intake appointment | Bergen Regional Medical Center | Adolescents 13 – 17 who Medicaid coverage or no insurance | Bergen Regional Medical Center 201-967-4000, x 6345 Katie Mahoney or Kmahoney@bergenregional.com | |
| A.L.L.I.E.S. (Acceptance, Life, Leadership, Identity, Education & Support) | An LGBTQ wellness and support group for youth 13 -17. ALLIES creates a safe space to empower LGBTQ youth, while providing self-help support strategies, peer connectedness, education, and creating an environment to promote well-being. | | Call for more information | CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ | Youth 13 – 17 who identify as LGBTQ or are questioning | CarePlus NJ Children and Family Services 17-07 Romaine Street Fairlawn, NJ For more information, call 201-797-2660 | |



Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|--|---|--------------------------------------|--|--|---|--|--|
| Anger Management Program Ages 12-18 | Evidenced based psycho-educational group for both youth and parents. Interactive supportive approaches to help youth learn skills needed to effectively manage their emotions in order to strengthen conflict resolution skills. A parent psycho-educational group is offered concurrently. | Weekly in the evenings for 10 weeks. | Start date of next cycle: Contact Laura Del Tufo for more information | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 | Adolescents between the ages of 12-18 and caregivers | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Laura Del Tufo, LMFT, LPC 201-797-2660 ext. 110 laural@careplus.org | Sliding Scale Fee for families. |
| Child Anxiety Disorders Clinic | Fairleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills. | Ongoing Weekly | 10 weekly group sessions, Call for dates and times | FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ | Socially vulnerable youth 8 – 12 years old | FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ For information, initial screening or specific requirements for participation call 201-692-2645 | Groups are free, intake session \$30 and social skills screening \$20. |
| Camp Excel Social Skills | In addition to learning social skills, trained staff provide guidance in using those skills during activities giving children the opportunity to experience in the moment learning that stays with them. | | Call for new session start dates. | | For children, ages 5 – 17, with ADHD, Asperger's and others with Social Skills Challenges | For more information call Kathleen Cable, Director 732-281-0275 Kcable23@aol.com | |
| Children's After School Treatment Services (C.A.T.S.) | C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities. | Appointment must be scheduled | | C.A.T.S. One Bergen County Plaza, 2 nd floor Hackensack, NJ Or C.A.T.S. 321 E. Ridgewood Ave. Paramus, NJ | Elementary and middle school age children | County of Bergen Department of Human Services Division of Family Guidance One Bergen Plaza, 2 nd Floor Hackensack, NJ For more information, call 201-336-7358 | Free |


Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|--|--|---|--|---|--------------------------|
| Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services | A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder. | Monday – Friday | 9 am – 5 pm | Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ | | Appointment only, call for information or appointment 1-800-730-2762 | |
| Divorce Groups for Children | | Weekly 6:00–7:00 or 7:00 – 8:00 PM Depending on age | Mondays | West Bergen Center for Children and Youth 3 Post Road Oakland, NJ | School age children | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| Helping Children Deal With Loss (Educational Study Group for Parents) | | | Call for more information | 121 Rea Ave Hawthorne, NJ | Adults and child Also play therapy for 3 1/2+ years | Diane Sardanopoli, LPC PO Box 280, 121 Rea Ave. Hawthorne, NJ 07507 201-873-6496 | None |
| LEGO Social Skills Groups for age 5 -7 and 8 - 10  | This group is designed for children with a diagnosis (ADHD, Autism, etc.) that creates difficulty in social situations. Participants will learn to work together and speak effectively while creating a LEGO project. | 8-week sessions | After-school hours Please call for information on forming groups. | Offices in Wayne and Fairlawn | This group is for children with social difficulty. Parents/guardians must remain on site. Age groups are 5 - 7 and 8 – 10. | Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111 | \$200 for 8-week session |
| Marijuana Cessation Group for Boys | The goal of the group is to educate teen boys about the negative consequences of using marijuana and exploring ways to positively deal with stressful life circumstances. | 6:00 pm | Thursdays | West Bergen Center for Children and Youth Ridgewood Office | High School aged boys experimenting or using marijuana | For more information, please call Stephanie Blanchflower at 201-444-3550 | |
| Mentoring | | Call for schedule | Call for more information | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 | Parents and children | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Joseph Schmidt www.ridgewoodymca.org | None |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|---|-------------------------------|---|--|---|--|--|
| “Mommy & Me” English/Spanish | | Weekly | Tuesdays & Thursdays 10:30 – 11:30 a.m. | Family Success Center @ Bergen Family Center 44 Armory St. Englewood, NJ 07631 | Mothers & Children | Family Success Center of Englewood & Teaneck Alana Alleyne/Natalia Arias 201-568-0817 Alana Alleyn, ext. 13 Natalia Arias, ext. 15 | None |
| NYU Child Study Center Psychiatric Evaluation and Treatment Services | A multidisciplinary group of child psychiatrists, a pediatric neurologist, neuropsychologists and clinical psychologists that offer diagnostic evaluations, neuropsychological testing and psychiatric treatment for adults, children, and adolescents. | | Services Available: Monday – Friday 8 am – 8 pm | 411 Hackensack Avenue 7 th floor Hackensack, NJ | Children who need evaluation for school, emotional or behavioral problems | NYC Child Study Center New Jersey 411 Hackensack Ave. 7 th floor Hackensack, NJ For additional information or to schedule an appointment, please call 201-465-8111 | |
| Outpatient Counseling Services for Children and Teens  | Counseling for children and teens that have suffered trauma, have attachment issues, and family work when child/teen has behavior issues. | | Cal to schedule appointment | Family and Adoption Services Center 148 Prospect St. Ridgewood, NJ | Children/Teen who receive Medicaid | Children’s Aid and Family Services 148 Prospect St. Ridgewood, NJ 201-445-7015 Debbie Capalbo | |
| Rainbow (Dealing with Grief) | | Weekly 7 – 8 pm | Wednesdays | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 | Parents and children | Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Brigid Caffrey | None |
| Sibling Preparation Class  | Big brothers and big sisters will enjoy this class just for them. Activities encourage positive feelings about their place in the family and the new baby. | One session 10-11:30 am | Saturday July 9 | The Valley Hospital Board Room Valley Hospital 223 N. Van Dien Avenue Ridgewood, NJ | Children 3 – 7 who are expecting a sibling arrival. | To register, call Valley Hospital Family Education Department 201-291-6151 or www.familyeducation@valleyhealth.com | \$40 first child, \$20 each additional child |
| Social Anxiety Teen Group | Youngsters learn how to change behavior through desensitization, relaxation, incremental exposure and breathing exercises. Therapy focuses on thoughts, assumptions, and beliefs. | 7:00pm 20 sessions | Tuesdays | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ | Teens | Lillie Coleman or Alan Koenig West Bergen Center 1 Cherry Lane Ramsey, NJ 201-934-1160 | Sliding Scale |

Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | |
|--|---|---|--|--|--|--|---|
| Substance Abuse Group for Teen Girls | | 3:30 – 4:30 pm | Every Tuesday | Vantage Health Care Systems 93 W. Palisade Ave. Englewood, NJ | Teen Girls Ages 14 - 18 | Call 201-567-0059 To make an appointment | Insurance, Medicare, Medicaid accepted, sliding scale |
| Social Skills Program Ages 5-18 A parent group is offered concurrently. | A psycho-educational group, divided into developmentally appropriate subgroups. Interactive approaches to help youth learn skills to navigate their social world. | Weeknight 6:00pm - 7:30pm 10 sessions | Start date of next cycle: Contact Joan Walpole for more information | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 | Adolescents between the ages of 5-18 and caregivers | Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Joan Walpole, LAC 201-797-2660 ext. 144 joanw@careplusnj.org | \$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group |
| Substance Abuse Treatment for Bergen County Teens and Adults | | Call for appointment | | Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3 rd Floor Oakland, NJ | Referrals now being accepted | To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444-3550, X 7148 | As low as \$5.00 Sliding scale |
| Support Group for Socially Vulnerable Groups for Children 8 - 12 | 10-weekly group sessions for children who are withdrawn from social activities and relationships. | Call for more information on dates and times | | FDU Child Anxiety Disorders Clinic Center for Psychological Services 131-139 Temple Avenue Hackensack, NJ | Youth 8 – 12 who are shy, socially anxious, withdrawn, or bullied | For more information, please call Lisa Iskander at 201-692-2645 | No Cost for group, but intake fee of \$30 and screening of \$20 |
| Teen Boys Group | | Weekly 6:00 – 7:00 PM | Mondays | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Teen Boys ages 13-16 | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| Teen Girls Educational Empowerment Group  | Group sessions with emphasis on substance abuse and other related issues that adolescent girls are currently struggling with during this difficult developmental stage. | 8 week sessions 5 – 6 pm | Wednesdays Beginning Oct. 19 | Vantage Health System 2 Park Avenue Dumont, NJ | Girls ages 14 - 17 | Questions, please call Julie Shaw, 201-385-4400, ext. 3018 | 8-week session \$140.00 or will be \$20 per session |
| Teen Girls Group for Substance Abuse and Mental Health Counseling | The goal of the group is to help educate teen girls about harmful substances and behaviors and provide a safe space for them to share & process feelings. | 6:00 pm | Tuesdays | West Bergen Center for Children and Youth Ridgewood | Teen girls with substance abuse or mental health issues | For More Information, please contact Stephanie Blanchflower at 201-444-3550 | |




Programs or Support Groups for Youth

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|---|--|--|---|--|--|---|--|
| Teen Girls Depression Group | We address many issues that include but are not limited to depression, body image, intimate relationships, parent-child relationships, anger, anxiety, and autonomy. | Weekly 6:00 – 7:00 PM | Wednesdays | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Now Accepting Referrals Teen Girls ages 14-17 | For questions or to discuss referrals contact Helena Fotopoulos, 201-934-1160, ext. 7204 or Lillie Coleman, ext. 7227 If you would like to set up an intake, call Access Dept. at 201-934-1160 | Sliding Scale |
| Teen Marijuana Cessation Group for Teens 14 - 17 | Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users. | Call for appointment | Phase I: 5 weekly 75-minute sessions Phase II: 7 weekly 75-minute sessions | Two locations: West Bergen Mental Health 120 Chestnut Street Ridgewood West Bergen Counseling Group 3 Post Rd. 3 rd Floor Oakland, NJ | Referrals now being accepted | To Schedule an appointment: Contact Access Department 201-934-1160 For additional information, Contact Jean Coe, PhD, LCSW, LCADC @ 201-444-3550, X 7148 | |
| Youth Anger Management | Motivational Enhancement Therapy and Cognitive Behavioral Therapy for Teen Cannabis Users. | Call for more information on dates and times | Youth in one group sessions, parents in concurrent session | Care Plus Innovations 17-07 Romaine Street Fairlawn, NJ | Youth 12 - 18 | For more information, call Linda DelTufo Care Plus Innovations 17-07 Romaine St. Fairlawn, NJ 201-797-2660, x 110 | \$900 for 10-week 20/session (sliding scale available) |



Special Needs Programs or Support Groups

| | | | | | | | |
|---|--|--|---|--|---------------------|---|---------------|
| ADHD/Social Skills Groups | | Weekly 5:00-6:00 PM or 6:00-7:00 PM depends on age | Mondays and Tuesdays Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | School age children | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 For information, call Alan Koenig 201-934-1160 | Sliding Scale |
| Asperger's Related Services – Therapeutic Social Skills Groups | Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills. | Weekly Multiple Times depending on age | Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | All ages | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |

Special Needs Programs or Support Groups

| Program Name | Program Description | # and Time of Sessions | 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. | 3:45 – 5:00 | Fridays Nov. 4, 11, 18 Dec. 2, 16 | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Youth age 4 - 7 | For more information or registration, contact Kelly Doyle 201- 934-1160 ext 7231 | \$175.00 for 5-week session |
| Bergen County Community Mental Health Law Project | A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill. | | Office Hours: 9:00 am – 4:30 pm Monday - Friday | Community Services Building 327 Ridgewood Avenue Paramus, NJ | Referral accepted from public and private mental health networks, Legal Services, and private attorneys. | For more information, please call Ernest Villa, Jr. Esq. Project Director 201-634-2761 201-634-2762 | |
| Child Anxiety Disorder Clinic  | The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills. | | Call for group times | Child Anxiety Disorder Clinic at Fairleigh Dickinson University 131 Temple Ave Hackensack, NJ | Socially vulnerable children ages 8 – 12 | Space is limited, call for initial screening. Call 201-692-2645 for information, initial screenin and specific requirements regarding participation | Group is free, but intake is \$20 - \$30 |
| Our Time  | 1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents | 1 hour class | Classes begin on every 2 month cycles | The Child Center 3 Post Road Oakland, NJ | Youth ages 20 – 36 months receiving intervention services | The ARC of Bergen and Passaic For more information, please call 201-644-0304 | \$200 for 8 weeks |
| Venture-Out Programs | A new, innovative program that brings together proven life skills curriculum with an intensive therapeutic component to assist students as they work toward independent living. | | Call for more information— Referrals are through school system. | Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ | 18 – 21 year old students diagnosed with a psychiatric disorder who may also be diagnosed with an Autistic Spectrum Disorder or Low Cognitive Functioning | Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ 201-343-6000, x 4560 http://www.bergen.org/venture | |

Single Parent or Divorce Related Programs and Support Groups

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|-------------------------------------|--|-------------------------------|--|--|--|--|---------------|
| Adult Divorce Group | | Weekly | Call for more information | West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430 | Parents, divorced or separated | Access Department West Bergen Center for Children and Youth 201- 444-3550 ext 7144 | Sliding Scale |
| ASPEN Father's Support Group | Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication and interpersonal skills. | | Fourth Monday of the Month, except for Holiday conflicts | Bergen County Special Services CAPE Center Community Services Building, Room 212 327 E Ridgewood Ave. Paramus, NJ | Fathers of children on Asperger's Spectrum or related conditions | For more information, check the website http://www.aspennj.org/chapters.asp | |
| Children in the Middle | Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce. | 10:30 am to 2:30 pm | Wednesday November 4 (No December daytime date)  | Ciarco Learning Center Bergen Community College Building 355 Main Street Hackensack, NJ | Parents, divorced or separated with children of any age | The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org | None |
| Children in the Middle | Parents will learn skills and techniques to cope with their children's reaction to divorce and reduce post-divorce maladjustment by decreasing stress and increasing communication and cooperation skills for the family during the family disruption time of separation or divorce. | 5:30 – 9:30 pm | Tuesday November 15 December 6  | The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ | Parents, divorced or separated with children of any age | The Center for Alcohol and Drug Resources 241 Main Street, Suite 600 Hackensack, NJ To register call 201-488-8680 or email kscheiner@cafsnj.org | None |
| New Beginnings | A professionally run support group for separated or divorced persons. | 7:30 pm | Tuesday evenings | Montvale Evangelical Free Church 141 W. Grand Ave. Montvale, NJ | divorced or separated persons | For more information, call Dr. Brian Cistola 845-353-1433 | |

Single Parent or Divorce Related Programs and Support Groups

| Program Name | Program Description | # and Time of Sessions | Dates | Location | Parents/ Guardians only; entire family; or children | Agency Contact Information | Costs |
|-------------------------------------|----------------------------|-------------------------------|---|--|--|---|------------------------|
| Single Parent Group | | 7-8:30 p.m. | Every 2 nd and 4 th Tuesday of the month | Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 | Parents | Children's Aid & Family Services Adoption and Family Services Center 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 | Vary |
| Single Parents Support Community | | 7:00 pm 8-week session | Tuesday | Dorothy B. Kraft Center 15 Essex Road Paramus, NJ | Single parents/guardians | To register call Center for Women, Children and Family Education 201-291-6151 | \$35.00 per session |

Employment /Education Opportunities

| | | | | | | | |
|---|--|----------------------------------|---|--|---------------------------------------|--|------|
| Bridges to Employment: Career Exploration and Development | | | Call for more specific information | Hackensack Area | Youth 16 -22 seeking employment | Bridges to Employment Program Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926 | None |
| Connections: A GED program with components of job readiness and computer skills | | | Call for more specific information | Hackensack Area | Youth 16 -22 seeking employment | Bridges to Employment Program Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ psharif@co.bergen.nj.us Pari Sharif 201-336-6926 | None |
| HOPE Re-Entry Programs and Family Services | | 10 am – 8 pm 10 am – 4 pm | Monday and Wednesday Tuesday and Thursday | H.O.P.E. 259 Passaic Street Hackensack, NJ | Ex-offenders and their families | 201-646-1995 Hopereentry259@verizon.net | |
| jobTIPS | A web-based program to help high school graduates with autism spectrum disorder or other disabilities develop and maintain skills needed for successful employment. | | http://www.nimh.nih.gov/science-news/2011/recovery-act-funded-jobs-helps-high-school-grads-who-have-asd.shtml | | | | |
| Transitional Employment and Mentoring Services Workshops and Seminars | | Call for more information | | H.O.P.E. for Ex- Offenders, Inc. Richard Hampton Puryear Fellowship Hall 218 Passaic St. Hackensack, NJ | Ex-offenders and their families | 201-646-1995 Hopereentry259@erizon.net | |

updated 11/3/2011

THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

November 2, 2011

Dear Service Provider:

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

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

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

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

The next issue of The Parenting Grid for December, 2011 will go out about Dec. 1, 2011.

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

Kathi ☺

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