

“Parenting and Family Guide” for Programs in Bergen County

December 2022

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

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

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 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 1-866-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>

To download: <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

New Jersey Coalition Against Sexual Assault (NJCASA) Hotline. A collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey. 24 hours a day/7 days a week **800-601-7200**

New Jersey Domestic Violence Hotline provides confidential access for victims of domestic violence. 24 hours a day/7 days a week **800-572-7233**

Parents Anonymous – Parents Support Group: professionally facilitated self-help groups to help each other develop coping methods for stress and learn alternative methods of discipline. 1-800-THE KIDS (843-5437) or http://paofnj.org/about-us/
Smoking Cessation for Teens: SmokefreeTXT is a free text message cessation service that provides 24/7 encouragement, advice and tips to teens trying to quit smoking. Teens must sign up, and once signed up receive a free text message for 6 weeks, according to their selected quit date. Sign up online: teens.smokefree.gov or text. QUIT to iQUIT (47848).
St. Joseph's/ACCESS Deaf Mental Health Services- Psychiatric emergency services 24/7 for people who are Deaf or Hard of Hearing. Call 973-345-7357
Text4Baby: A program of free text messages for pregnant or new moms that are sent to your cell phone. Messages are health tips for newborns to babies one year of age. Users sign up by texting the word BABY to the code number 511411.
The Wellness and Support Center provides rapid access to short-term and recovery oriented interventions for adults experiencing a mental health crisis. 201-957-1100 569 Broadway, Westwood, NJ 07675 Program Hours: Monday – Friday 8am to 8pm Saturday & Sunday 9am -5pm.
VETS4WARRIORS 1-855-VET-TALK: For Fort Hood soldiers, family members and veterans to have a unique support system to help them through life's challenges. Any member of the Fort Hood community may call this confidential number 24/7 and speak with a veteran peer counselor.
Women's Referral Central Hotline. This Hotline provides comprehensive information, referrals, active listening and crisis response for issues confronting New Jersey residents. 24 hours a day/7 days a week 800-322-8092

Parenting Classes

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Aim Positive Behavior Consultation and Training	Workshops for parent groups, social skill groups, in-home parent training, in-home and community behavior support, functional behavior assessments	9:00 am – 9:00 pm	Daily	Call for more information	Ages 3-21	Aim Positive Behavior Counseling Scott Rossig, M.Ed, BCBA 201-819-3869 scott@aim-positive.com Zach Ikkanda, M.A., BCBA 718-825-7768 zach@aim-positive.com	Call for more information
All Families Flourishing Energizing Positivity Seminar		10:00 am – 4:00 pm	First Saturday of each month	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ	Parents/Caregivers raising a challenging child	ISIS Innovative Specialist Inspirational Services, LLC 311 Claremont Ave. Montclair, NJ 973-746-0333	\$90.00 each \$150.00 co-parents
EPIC – Every Person Influences Children Parenting Education and Support Groups	EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults.	12:15 pm – 2:15 pm 7:00PM to 9:00PM 12 sessions	Wednesday Afternoon Wednesday Evening Call for More Information	Hackensack YMCA 360 Main Street Hackensack, NJ 07601	Parents	Children's Aid & Family Services Lannie Jaconia 201-740 -7110	Nominal fee
EPIC – Every Person Influences Children Parenting Education and Support Groups	EPIC provides parents with the support and education for the important role of parenting to help raise children to become responsible and capable adults	7:00 pm – 9:00 pm 12 sessions	Monday Evenings Call for More Information	Children's Aid & Family Services 22-08 Route 208 South Fair Lawn, NJ 07410	Parents	Children's Aid & Family Services Lannie Jaconia 201-740-7110	Nominal fee

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Helping Other Parents Endure Chapter NJ11243A		6:00pm to 8:00pm	Mondays <i>Group information changes monthly, please call or consult the website.</i>	135 First Street Hackensack High School Room 161 Hackensack, NJ 07601	Parents and Guardians	Mark Johnson or Jennifer J 201-805-6041 jjohnson@hackensackschools.org	
Parenting with “Common Sense” Program-Evidence Based Parenting Education Group	This evidence based program teaches positive discipline skills using roll-play, videos and homework	8 week sessions 6:00 pm- 8:00 pm on Mondays in English Or 6:00 pm- 8:00 pm Fridays in Spanish	Mondays Fridays *call to inquire about dates*	Fair Lawn Mental Health Center A division of Care Plus NJ 17-07 Romaine Street Fair Lawn, NJ 07410	Parents Guardians Grandparents Caretakers	Fair Lawn Mental Health Ctr. Division of Care Plus NJ Lauren Walsh 201-797-2660 ext. 5675	\$200
Parenting Wisely On-line Program English and Spanish versions available	This program teaches parents and caregivers how to effectively raise their preteens and teens.	On-line 24/7 at www.parentingwisely.com	Available 24/7		Parents and guardians		\$79.95
Raising Thriving Children © 2016 Rose Celia Rosato, MA, LPC	An original workshop designed to guide parents to understand their children and implement strategies to enrich their children's quality of life or resolve specific issues.	14 week program	By Appointment Only – Group or Individual Sessions, Each Session 1 & ½ hours	Balance & Thrive Counseling & Psychoeducation Center 666 Godwin Avenue Suite 300 Midland Park, NJ 07432 www.balanceandthrivecounseling.com	Parents	Balance & Thrive Counseling & Psychoeducation Center 666 Godwin Avenue Suite 300 Midland Park, NJ 07432 Rose Rosato 201-444-8110 Balanceandthrive@hushmail.com 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 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.	NAMI New Jersey Lisa Powell AACT-NOW Information Coordinator acctnow@naminj.org	No Fee
Adjustment to Motherhood Support Group	Share with others who are new mothers on the adjustment to motherhood and parenting.		Call for days and times	Women's Wellness Center of Bergen County 71 Franklin Turnpike Suite 1 -2 Waldwick, NJ	Mothers	Women's Wellness Center of Bergen County Michelle Freedberg 201-256-3870	No Fee
Alternatives to Domestic Violence	Victim Legal Advocacy for restraining orders, short term crisis stabilization and group counseling	Victim's Group Counseling offered for 26 weeks	Ongoing weekly groups	One Bergen County Plaza, Hackensack, NJ 07601	Adults, childcare is not currently available	ADV Hotline 201-336-7575	No Cost
Bergen County Parent Support Group by the Caron Foundation	These meetings are designed to offer parents whose children have been impacted by addiction, a place to find support and encouragement.	7:30 pm	Tuesdays Virtual meeting via ZOOM https://us02web.zoom.us/j/81543999849 No password required	The Holmstead School 14 Hope Street Ridgewood, NJ (behind Emmanuel Church)	Parents whose children have been impacted by addiction	Caron Foundation Lauren Springer 551-427-3340 or lspringer@turnbridge.com	No Fee
Birth Parent Support Group	Members provide support to one another and discuss the impact of this decision upon their lives. They educate themselves and others on all aspects of adoption.	7:30PM to 9:00PM	Attendance Notification Required	Children's Aid & family Services 22-08 Route 208 South Suite 7 Fair Law, NJ	Open to anyone who has placed a child or is considering placing a child for adoption.	Children's Aid and Family Services Marcia Fisher 201-740-7038	No Fee

<i>Program Name</i>	<i>Program Description</i>	<i># and Time of Sessions</i>	<i>Dates</i>	<i>Location</i>	<i>Parents/ Guardians only; entire family; or children</i>	<i>Agency Contact Information</i>	<i>Costs</i>
Breastfeeding Support Group	Discussion centers on issues concerning postpartum depression: when love and support are not enough, or when symptoms last longer than 2 weeks or affect a woman's ability to enjoy her daily life	1 session 12:00 pm-1:00 pm	Every Thursday	The Center for Women, Children, and Family Education The Valley Hospital 140 E. Ridgewood Avenue Paramus, NJ Held at the Kraft Center	Mothers	familyeducation@valleyhealth.com 201-291-6151	

	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	than once in a week. Time of session various based on counselor and client availability.		Email: argelis@hopeandsafety.nj.org			
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	Sessions will occur at least once a week depending on level of client need, may occur more than once in a week. Time of session various based on counselor and client availability. during the course of the week	Any day of the week Via Zoom, FaceTime, Phone call, and emails	Argelis Hernandez, Community Supervisor Phone: 201-983-8251 Email: argelis@hopeandsafety.nj.org	18 + survivors	Argelis Hernandez, Community Supervisor Phone: 201-983-8251 Email: argelis@hopeandsafety.nj.org	Free

	connect clients and be up to date with job/career openings that match client experience and skills set						
Center for Hope & Safety's Community Women's Weekly Support Group (English and Spanish)	CHS Women's Group supports women who desire to heal and connect with other survivors of domestic violence. The support group provides a safe and intimate environment to have open discussions on current issues on all levels surrounded on the topic of domestic violence and interpersonal violence. Women benefit from increasing awareness and education on various topics surrounding inter-partner and family violence. Women also regain their self-esteem, establish bonding relationships, and promote emotional healing. The group is facilitated by licensed clinicians and case management staff.	Sessions occur weekly 6:00pm for 1.5-2 hours	Thursdays Currently via Zoom	Argelis Hernandez, Community Supervisor Phone: 201-983-8251 Email: argelis@hopeandsafetynj.org	18 and over	Argelis Hernandez, Community Supervisor Phone: 201-983-8251 Email: argelis@hopeandsafetynj.org	Free
College Age Support Group	Support group for college age students	Call for schedule	Call for additional information Free intakes are being accepted	D' Acierno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	College age youth Parents w/ children and virtual learning Parents with special needs children and virtual learning	D' Acierno and Associates 201-357-2715	Sliding Scale or out of network ins. accepted
Community Reinforcement Approach and Family Training (CRAFT)	Emphasized learning new skills to cope with old problems related to your loved ones substance use behavior	Every Thursday 7:00pm via Zoom		Join Zoom Meeting https://us06web.zoom.us/j/81187916892?pwd=UHltVEd3eDVOeJlaZWY0T0gzWFF6UT09 Meeting ID: 811 8791 6892 Passcode: 900458 One tap mobile		Please contact Jewel Saavides 732-381-4100 x 154	No Fee

				+13017158592,,811879 16892# US (Washington DC) +13126266799,,811879 16892# US (Chicago) Dial by your location +1 301 715 8592 US (Washington DC) +1 312 626 6799 US (Chicago) +1 646 558 8656 US (New York) +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 720 707 2699 US (Denver) Meeting ID: 811 8791 6892 Find your local number: https://us06web.zoom.us/j/81187916892			
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Delphi Behavioral Health Group: Serenity at Summit	Substance use and behavioral health treatment offering detox, residential, partial hospitalization and intensive outpatient levels of care	24/7 detox and residential 9-3 Partial Hospitalization offering telehealth and in person Morning and evening Intensive outpatients offering telehealth and in person	Call for more information	Union, NJ	Parents/guardians, entire family, children: Adult Detox and residential treatment Adult Partial Hospital and Intensive outpatient Adolescent Intensive outpatient and Outpatient	Kelli Crist C: 443-610-6029 Email: Kcrist@delphihealthgroup.com	Call for more information
Early Childhood Developmental Screenings	Offers developmental screenings by Early Childhood Specialists for ages 0-5, assessing all areas ie; cognitive, social emotional, motor, speech.	Call for appointment	Call for appointment	In home visit available as needed.	Parent with young children	Samantha R. D'Auria, MS, LCSW 201-589-0552 srdauria.lcsw@gmail.com	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 Conception 900 Darlington Avenue Mahwah, NJ -Follow parish office signs	Parents, Grandparents & Relatives of person with addiction	Families Anonymous <u>Cathy R., Andrea D., Secretaries at famhwah2021@gmail.com</u> or Margaret O., Spokesperson @ 201-615-2428	No Fee
Families Anonymous— Parent Support Group	12-step program for families dealing with loved ones who have alcohol/drug problems	Weekly 7:30 pm to 9:00PM	Tuesdays	Trinity Lutheran Church 430 Knickerbocker Rd. Tenafly, NJ	Parents, Grandparents & Relatives of person with addiction	Families Anonymous 1-800-736-9805 www.familiesanonymous.org	No Fee
Families Anonymous— Parent Support Group	12-step program for families dealing with loved ones who have alcohol/drug problems	Weekly 7:30 pm to 9:00PM	Fridays	Englewood Health 350 Engle Street Englewood, NJ	Parents, Grandparents & Relatives of person with addiction	Families Anonymous 201-585-8091 or Geri @ 917-836-3672	No Fee
Families Anonymous— Parent Support Group	12-step program for families dealing with loved ones who have alcohol/drug problems	Online	Available 24/7	Families Anonymous	Relatives & friends concerned about the use of drugs or related behavior problems	www.familiesanonymous.org	No Fee
Family Counseling Center	Children's Aid and family Services, in collaboration with Valley Hospital Mental Health Services, offers outpatient counseling to children and their families	Call for an appointment		Children's Aid and Family Services 22-08 Route 208 South Fair Lawn, NJ 07410	Children ages 4-17	Children's Aid and Family Services 22-08 Route 208 South Fair Lawn, NJ 07410 201-261-2800 www.familycounselingcenterfairlawn.com	Call for more info
Family Education, Counseling & Workshops	(Korean and limited English)	Call for more information	Call for more information	Family In Touch 240 Grand Avenue, #6 Leonias, NJ 07605	Family	Family In Touch 240 Grand Avenue, #6 Leonias, NJ 07605 201-242-4422	No Fee
Family Educational Workshops	These workshops are for families who have an adult relative with a mental illness. Family Education is an 8-week program.	8 weeks 7:00 pm to 9:00 pm	Tuesdays	Bergen New Bridge Medical Center Behavioral Health Plaza Room E218 230 E. Ridgewood Ave. Paramus, NJ 07652	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Intensive Family Support Services 201-646-0333	No Fee
Family to Family Mental Health Education Program	An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This	12 sessions 7:00 pm – 9:30 pm	Mondays – March 2-May18, 2020 7:00pm – 9:30pm Or	CBH Care Hackensack, NJ 07601 Or Church of the Presentation, Upper Saddle River, NJ	Families with a member living with serious mental illness	CBH Care Hackensack, NJ 07601 646-529-9146 Or Church of the Presentation, Upper Saddle River, NJ 201-785-9076	No Fee Program on first come, first served basis

	course has been described as a “journey of hope.”		Wednesdays – March 4 – May 20, 2020				
Family to Family Mental Health Education Program	An education course for caregivers having family members with a serious mental illness. The course fosters learning, healing and empowerment among family members. This course has been described as a “journey of hope.”	12 sessions 7:00 pm – 9:30 pm	Mondays	Church of the Presentation 271 W. Saddle River Rd. Upper Saddle River, NJ	Families with a member living with serious mental illness	NAMI of Bergen County 304 Valley Boulevard Wood-Ridge, NJ 201-635-9595 To register: Call Peggy Whelahan at 201-785-9076	No Fee Program on come, first served basis
Family Share Support Group	Therapists direct participants to the correct resources. A talk and listen group	8:00 pm	First Monday of every month	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey	Caregivers	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call (201) 635-9595	No Fee
Family Support Group	When one member in a family suffers from a serious mental illness, all family members are affected. In our group, a highly regarded and respected psychotherapist offers practical guidance, support and help in coping and dealing with specific problems.	7PM to 9PM	Thursdays	Care Plus, NJ 610 Valley Health Plaza Paramus, NJ	Families with an ADULT relative diagnosed with a serious and persistent mental illness	Comprehensive Behavioral Healthcare, Inc. Lara Zucker 201-646-0333, ext. 251	No Fee
Support Groups or Services for Families and Adults							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	12:45pm To 2:15pm	Every 4 th Tuesday	Bergen Family Center/ Family Success Center 44 Armory Street 2 nd Floor Englewood, 07631	Caregivers	Family Support Organization 0-108 29 th Street Fair Lawn, NJ 07410 201-796-6209 x102 fs@fsobergen.org www.fsobergen.org	

	are facing, validate your successes and maybe you'll make a new friend or two.						
Grief Recovery Outreach Program	An action oriented group to assist individuals in recovering from the pain associated with their losses	Six week program Twelve week program	Call for Appointments	121 Rea Avenue Hawthorne, NJ 07507	Individuals who have experienced a loss due to death or divorce	Diane Sardanopoli, LPC PO Box 280 121 Rea Avenue Hawthorne, NJ 07507 201-873-6496	\$240.00 \$500.00
Group for Women Affected by Intimate Partner Violence	An integrated approach for counseling and employment services for domestic violence victims. Professionally facilitated and privacy preserved.	Call for more information	Every other Wednesday Evening	Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ	Women Domestic Violence Support Group is Non-denominational	IRA-Information and Referral 201-837-9090 Email: IRA@ifsbergen.org Jewish Family Services of Northern New Jersey 1185 Teaneck Rd Teaneck, NJ For more info visit www.ifsbergen.org	No Fee
Hearts and Crafts Counseling	Counseling for children, teens and adults	Call for more information	Call for more information	330 B Broadway Hillsdale, NJ 07642	Open to all	Hearts & Crafts 330 B. Broadway Hillsdale, NJ 07652 201-818-9399 www.bergencountygriefcounseling.com	Please call for costs
Help & Hope	A free and anonymous support and education for families with addiction.	7pm to 8pm	3 rd Monday of each month	West Bergen Counseling Office 860 Wyckoff Ave 2 nd Floor Mahwah, NJ 07430	Family	West Bergen Counseling Office 860 Wyckoff Ave 2 nd Floor Mahwah, NJ 07430 Heather Wilke 201-444-3550 x 7312 hwilke@westbergen.org	
Program Name	Program Description	# and Time of Sessions	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.	7:30pm to 9:30pm	Every 1 st and 3 rd Wednesday	Calvary Lutheran Church 1 65 West Crescent Ave. Allendale, NJ 07401	Entire Family	Gail Cole 201-960-4146 or Patty Trava 201-394-5287 or Lani Bonifacic LCSW 201-786-8572	

HIV/AIDS Support Group	Support group for those newly diagnosed with HIV or AIDS.	6- 7:30 pm	Thursdays	Bergen Family Center 10 Banta Place Hackensack, NJ	Open to all	Call for additional information Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	Call for cost
Inspire Wellness	Psychological, Educational, ABA and Performance Services. Individual, couples & family therapy. Performance programs for individuals, teams & coaches. Neuropsychological and psychological evaluations/assessments. Tutoring for adolescents and teens.	Call to schedule an appointment	Call for Dates	Offering virtual sessions until offices reopen in 2021	Children, teens and adults	Inspire Wellness 201-564-7331 or visit inspirewellness.com	Call for fees
Jewish Family and Children's Services	Bereavement support groups Parenting support groups Senior Services Case Management Re-Launch Career Guidance	Call for schedule	Call for dates	Jewish Family and Children Services 1485 Teaneck Road Teaneck, NJ 07666	Adults, children and teens	Jewish Family and Children Services 1485 Teaneck Road Teaneck, NJ 07666 201-837-9090	
Jewish Family Services of North Jersey	This agency provides individual, couples and marital, counseling, play therapy, children's groups, parenting groups, consultation to pre-schools, community and training. Non-sectarian agency.	Services available by appointment	Please call for more specific information Monday – Friday, some evenings	(offices in Wayne and Fairlawn)	Parents, children and entire families seen as needed. Individual and group sessions available.	Jewish Family Services of North Jersey 1 Pike Drive , Wayne, NJ 973-595-0111	Accepts most insurance Sliding scale available
<i>Program Name</i>	<i>Program Description</i>	<i># and Time of Sessions</i>	<i>Dates</i>	<i>Location</i>	<i>Parents/ Guardians only; entire family; or children</i>	<i>Agency Contact Information</i>	<i>Costs</i>
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 2 nd 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	No Fee

**Juvenile Family Crisis
Intervention Unit (JFCIU)**

Address at-risk youth,
family conflict, truancy
and runaways, crisis

Meaningful Directions Therapeutic Services	The diverse backgrounds of our staff counselors provide the opportunity for clients to be matched appropriately to a clinician who can meet their unique needs, promoting a successful and positive experience.	As Scheduled	Monday- Sunday	Meaningful Directions Therapeutic Services 375 Main Street Suite 201 Hackensack, NJ 07601	All	Meaningful Directions Therapeutic Services 375 Main Street Suite 201 Hackensack, NJ 07601 973-749-2009	\$40
Meadowlands Family Services	Our center focuses on planning events and programs that strengthen our families and our community. We offer a variety of classes and seminars for all ages.	Varies	Call for More Information	Meadowlands Family Success Center 100 Washington Ave Little Ferry, NJ 07643	All	Meadowlands Family Success Center 100 Washington Ave Little Ferry, NJ 07643 Michelle Di Peppa 201.464.4714 ext. 1012 mdepippa@meadowlandsfsc.org. www.meadowlandsfsc.org	Free

Support Groups or Services for Families and Adults							
<i>Program Name</i>	<i>Program Description</i>	<i># and Time of Sessions</i>	<i>Dates</i>	<i>Location</i>	<i>Parents/ Guardians only; entire family; or children</i>	<i>Agency Contact Information</i>	<i>Costs</i>
Men’s Support Group	A confidential support group for men who are survivors of sexual violence. Discussion will be on topics such as emotions and self-esteem, anger, coping skills, and relationships.	12-session program	Call for more information	YWCA Bergen County 2 University Plaza Suite 208 Hackensack, NJ 07601	For male survivors of sexual violence	Bergen County Rape Crisis Center, to participate, please call 201-881-1750	No Fee

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Mental Health Support Group	You are not alone. Join others who understand how you feel. Give and get support. Sharing experiences, talking and listening to others in similar circumstances can put things in perspective and help you through challenging times.	7:00pm to 8:30 pm	First Thursday of Each month	The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey		The Community Services Building 327 Ridgewood Avenue Paramus, New Jersey For more information, call the NAMI Bergen office at (201) 635-9595	No Fee
Mom's Circle #1 Meet and Share	All mothers of newborns are invited to make new friends, share their feelings, and learn new coping skills during this weekly social gathering.	1:00pm to 2:30 pm	Every Wednesday	Englewood Health 350 Engle St. Englewood, NJ	Moms –Babies welcome	Englewood Hospital 201-894-3784 Registration is encouraged	
Mom 2 Mom	Monthly support for caregivers of children of all with special needs Light dinner will be given	7:00pm to 8:30pm	TBA RSVP 1-877-914-6662	Community Choices 17-03 A Broadway Fair Lawn, NJ 07410	Parents/ Caregivers	Antionette Evans MomMMom Peer Counselor 877-914-6662	
Mother's Support Groups Postpartum	Counselors providing comprehensive mental health services for children, adolescents, individuals, couples and families		Call to schedule an appointment	The COR Group 294 Harrington Avenue Closter, New Jersey	Children, adolescents, individuals, couples and families	The COR Group 294 Harrington Avenue Closter, New Jersey 201-485-6181 201-638-7826 Cor_psych@yahoo.com	
Support Groups or Services for Families and Adults							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs

New Moms Support Group	A support group for new moms to discuss topics relating to motherhood and parenting.	1:30 pm	1 st and 3 rd Thursdays of each month	Holy Name Medical Center 718 Teaneck Road Teaneck, NJ	New Moms	For more information or registration, call Joanna Gorab 201-833-3124	No Fee
New Mom's Group		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	Saturday Free Thurs. Nominal Fee
New Mother's Support group	The group assists mothers with some of the new, stressful, and joyous aspects of being a parent.	TBD	Fridays	Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601	New mother's & Children	Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601 973-749-2009	\$40
New Mom's Group	A Christ-centered, anonymous, 12 step support group for those working on various personal addictions offering support and encouragement	7:30pm to 8:30pm	Wednesdays	715 Linden Avenue Apt. 306 Teaneck, NJ	Individuals needing help and support in recovery from addiction(s)	Contact Jim for more information 315-382-7257	No Fee

Support Groups or Services for Families and Adult

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	Out-patient Counseling
Partial Care Family Support Group		6:00 PM to 7:00 PM	Every second Thursday of the month	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ		West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, x 7116 for more information	

PFLAG (Parents, Families, Friends of Lesbians and Gays)	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 3 rd Wednesday of every month (Orientations at 7:30PM before each monthly meeting)	Central Unitarian Church 156 Forest Avenue #1 Paramus, NJ 07652	Parents, families, friends	For more information contact PFLAG Bergen County Chapter PO Box 1330 Ridgewood, NJ www.bergenpflag.org info@BergenPFLAG.org	\$30.00 annual membership fee
Post Adoption Counseling (PACS)	Services may include individual, family therapy/counseling, supportive and group services and educational meetings. PACS specializes in identity issues, loss and separation, curiosity about origins and feelings about differences.	Custom schedule	Call for appointment	22-08 Route 208 South Fair Lawn, NJ 07410	Families with legally adopted child(ren) under age 18 who are living in Bergen, Passaic or Essex counties. **adoptees up until age 21**	Children's Aid & Family Services Pre/Post Adoption Counseling Services (PACS) Lisa Duff 201-740-7124 lduff@cafsnj.org	Free for Bergen and Passaic County Families
Post-Partum Depression Support Group	A support group for new moms suffering from Post-Partum Depression (PPD) symptoms.	11 am-12 pm 7 pm-8 pm	1 st and 3 rd Wed. of the month 2 nd and 4 th Tuesday of the month	The Valley Hospital 223 North Van Dien Ave. Ridgewood, NJ	New mothers with PPD	Call before attending any session To register or additional information call Trudy Heerema 201-447-8539	No fee

Support Groups or Services for Families and Adults

Program Name	Program Description	# and Time of Sessions	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	1 st and 3 rd Tuesdays	Englewood Health 350 Engle Street Englewood, NJ	Moms	Englewood Hospital 201-894-3795 Laura Hollander Call for Registration	No fee

PSTD and Sexual Abuse Support Group		12:00pm – 2:00 pm	Mondays	Bergen Family Center 10 Banta Place Hackensack, NJ		Call for confirmation of program. Sarah Del Vecchio 201-342-9200, x 29 or Paula Tenebruso, 201-342-9200, x 20	
Psychotherapy (Individual and Family)	English and Spanish Licensed Clinical Social Worker	Custom Schedule	Call for Appointment	E.L. Slater 6808 Bergenline Avenue Suite 201 Guttenberg, NJ 07093	Children, Adolescent and Family	E.L. Slater 6808 Bergenline Avenue Suite 201 Guttenberg, NJ 07093 201-840-9047 or 201-618-7354	
Psychotherapy: Individual and Family	Licensed Clinical Social Worker	Custom Schedule	Call for Appointment	Melinda Inzani, LLC 317 Godwin Ave. Midland Park, NJ 07432	Children Adolescents and Adults	Melinda Inzani, LLC 201-704-6749 melindainzani1@gmail.com	Call for Information
Second Generation Group	A monthly discussion group for children of Holocaust Survivors. A new topic each meeting	7:15pm – 8:15 pm	Wednesdays, once a month	Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ	Survivors or relatives of survivors of the Holocaust	Jewish Family Services of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ 201-837-9090	
Signs of Sobriety (services for individuals who are deaf or hard of hearing seeking alcoholism and drug addiction services)	Interpreters for 12-step meetings; additional communication access; services for family members; continued care service; coordination of Communication access services for outside agencies; referral to additional resources.			Signs of Sobriety 100 Scotch Road Second Floor Ewing, NJ		Contact: Lisette Weiland 609-369-1985 Or communication@signsofsobriety.org Voice 609-8832-7677 TTY: 609-882-7177	

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

S.O.A.R. Group Survivors of Abuse and Rape	Therapy group for survivors of sexual violence, including child sexual abuse, sexual assault, incest and rape	Weekly	Call for dates	Ridgewood	Females	HealingSpace 201-881-1733	No Fee
Stepmom's Support Group		7:00pm-9:30 pm	Every other Thursday	Stepping Stones Counseling Center 312 Warren Ave. Suite 2 Ho Ho Kus, NJ	Stepmoms	Stepping Stones Counseling Center 312 Warren Ave. Suite 2 Ho Ho Kus, NJ llowson@live.com or call 201-444-3686	
Strengthening Families English & Spanish	7 week educational for parents/caregivers and their youth 10-14 years old to build on their strengths in showing love, setting limits, helping youth develop skills in handling peer pressure, building positive future and ultimately helping families grow together. Free Dinner!	6:00pm - 8:30pm	Registration required	Clifton, Englewood, Fair Lawn, Hackensack, Garfield, Lodi and Paterson	Entire Family	The Center for Alcohol and Drug Resources 22-08 Route 208 South Fair Lawn, NJ Jan Ramos – Bergen County 201-740-7081 or iramos@cafsnj.org Shyra Aultmon – Passaic County 201-740-7148 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 South Fair Lawn, NJ Jan Ramos – Bergen County 201-740-7081 or iramos@cafsnj.org Shyra Aultmon – Passaic County 201-740-7148 or saultmon@cafsnj.org	Free
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Support for Survivors of Military Sexual Trauma	A new professionally facilitated confidential support group for female veterans or active duty military survivors is being held in Bergen County.		Call for new session start dates.	YWCA of Bergen County Rape Crisis Center 2 University Plaza, Suite 208 Hackensack, NJ		Potential participants, please call the Director of the Rape Crisis Center for more information and an intake. 201-881-1750	

Support Group for Friends & Families of Substance Abusers	To help those members of the community who are struggling with family members, friend, neighbors, co-workers, etc. who are using substances. WGUMC is hosting a peer-led support group.	Thursdays 7:45pm		Wyckoff Grace United Methodist Church 555 Russell Ave Wyckoff, NJ	Open to All	Grace United Methodist Church 555 Russell Ave Wyckoff, NJ Pastor Pamela 201-891-4595 Safriends@gumc.org	
TAMAR Together Against Molestation and Rape Group	TAMAR is a program that helps victims of molestation or rape. Victims become less incapacitated by allowing expression in a safe non-judgmental environment and healing space.		Call for more information	Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ	Female victims of personal violence	Moving on Life Center, Inc. 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 Molchealth@yahoo.com	YCM or CMO referrals or sliding scale
Team Management 2000 Inc.	Providing holistic educational, employment, training and placement clinical, rehabilitative, and family support services.	Call for appointment		84 Main Street Hackensack, NJ 07601 Locations also in Essex County	Entire Family	Team Management 2000 Inc. 84 Main Street Hackensack, NJ 07601 201-487-4700	Call for Information
Therapy for Adolescents and Adults	Individual therapy sessions with adolescents and adults to work through a range of emotional and social difficulties.	Call for appointment	Call for Date	121 Rea Avenue Hawthorne, NJ 07507	Adults and adolescents	Diane Sardanopoli, LPC PO Box 289 121 Rea Avenue Hawthorne, NJ 07507 201-873-6496	\$120 per session Sliding Scale
Turnbridge Daily Online Parent Support Group Meetings	These meetings are open to any parent of a child with substance use disorders and mental illness. There is no program affiliation required to attend.	7 days a week	Mondays at 4:00 Second Monday of the month at 7:00 – Meeting for parents of adolescents (up to age 18) Tuesdays at 12:00 Wednesdays at 4:00 First and Third Wednesday of the month at 7:00 Thursdays at 1:00 First and Third Thursday of the month at 7:00 Fridays at 5:00 Saturdays at 11:00 Sundays at 11:00	Virtual via Zoom Zoom log in information: https://us02web.zoom.us/j/4639040864?pwd=Q3Fnc2dsbVEvL05WMzdWRWlZTTRPZz09 Meeting ID: 4639040864 Password if needed: TbPSG2020		Lauren Springer, LMSW Director of Family Relations Turnbridge 551-427-3340 Office 203.937.2309 x116 www.Turnbridge.com <i>It is encouraging the newcomer to confirm meeting with Lauren Springer, LMSW</i> .	

Wellness Wednesdays for Moms	Mom's Circles groups; call for more information	Call for times	Wednesday	Englewood Health 350 Engle St. Englewood, NJ	Moms –Babies welcome	Englewood Hospital 201-894-3784 Registration is encouraged	
W.I.S.E. Women, Independent, Strong, Enriched	An integrated approach for counseling and employment services for domestic violence victims. Privacy preserved.	9:30 am – 10:30 am 8 weeks Twice per week	Meets on Mondays and Thursdays	Jewish Family Service of Bergen and North Hudson 1485 Teaneck Road Teaneck, NJ	Female domestic violence victims; non-denominational	Sheila Steinback 201-837-9090 Jewish Family Services of Bergen and North Hudson 1185 Teaneck Rd Teaneck, NJ www.jfsbergen.org Pre-registration required	
Women's Health Yoga	Class addresses the specific needs of a woman's physiology and can promote your physical, mental, and spiritual health.	5 week series Or 10 week series 7:30 pm- 8:30 pm	Wednesdays	Held at Destination Maternity	Non-pregnant women	familyeducation@valleyhealth.com 201-291-6151	\$100 per person/5 week series \$180 per person/10 week series
Women's Wellness Support Group		11 am to 12:30 pm	Mondays	547 Main Street Hackensack, NJ		For registration or more information call Kimberly Agresta 201-784-6718	Nominal fee
Women's Support Group	A psychotherapeutic group for women looking for support in their day to day lives	Ongoing 1:30PM	Mondays	D'Acerno and Associates 1182 Teaneck Road Teaneck, NJ 07666	Women	D'Acerno and Associates 1182 Teaneck Road Teaneck, NJ 07666 201-357-2715	\$75.00 Sliding scale available
Women Supporting Women	Support, Strength and Self Care for women who have children with addiction	7:30 pm to 9:00pm	3 rd Tuesday of the month	Pony Power Therapies 1170 Ramapo Valley Rd Mahwah, NJ GROUP LOCATION MAY CHANGE, PLEASE CONTACT, Caryl Kourgelis 201-819-1719	Women	Pony Power Therapies 1170 Ramapo Valley Road Mahwah, NJ Caryl Kourgelis 201-819-1719 wsw4health@gmail.com or www.theoctoberfoundation.org/support	No Cost
Women Supporting Women	Support, Strength and Self Care for women who have children with addiction	Call for time	1 st Tuesday of the month	Time and location subject to change, please contact Deborah or Caryl at Caryl Kourgelis 201-819-1719 wsw4health@gmail.com	Women	Caryl Kourgelis 201-819-1719 wsw4health@gmail.com	No Cost

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
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	Open 7 days a week/24 hours		Children ages 13 – 18, if still attending high school	Princeton Behavioral Health 905 Herrontown Road, Princeton, NJ Admissions: 800-242-2550 or 609-497-3355	Most insurance and Medicaid accepted
Adolescent Substance Abuse Outpatient Group	A support group for teens recovering from substance abuse. Topics include: peer pressure, education, recreation, learning to manage life, communication and more	Tuesday and Thursday 5:45pm - 7:15pm	Tuesdays and Thursdays	Bergen Regional Medical Center Paramus, New Jersey	Adolescents 13 – 17	Bergen Regional Medical Center 201-967-4000, x 4260 Michael Mariano	
A.L.L.I.E.S. LGBTQ Support Group	Program designed to create a safe space to empower LGBTQ youth, while providing self-help support strategies, peer communication, education, and creating an environment to promote well-being.	6:00PM to 7:00PM	Wednesday Ongoing	CarePlus NJ 610 Valley Health Plaza Paramus, NJ 07652	Youth 13 – 17 who identify as LGBTQ or are questioning	Care Plus NJ Children & Family Services 17-07 Romaine Street Fair Lawn, NJ Alexa Aquire, L.M.F.T 201-797-2660 x337	\$20.00 per session
Programs or Support Groups for Youth							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Bergen County Juvenile Fire Prevention Program	Early Intervention for youth up to age 18 displaying recurring interest and/or engagement in fire setting behavior	By appointment	By Appointment	Children and Family Services 17-07 Romaine Street Fair Lawn, NJ	Children	Care Plus NJ Children and Family Services 17-07 Romaine Street Fair Lawn, NJ 201-797-2660 x 144 Teresa Martino-Woods, LAC	No Fee For Bergen County Residents

Bergen County Office of Alcohol and Drug Dependency (BCOADD)	The BCOADD offers adolescent substance abuse evaluations, early intervention, in-patient detoxification and short-term residential services to uninsured and underinsured Bergen County residents.			Proof of residence required, Admission criteria, and Income Eligibility Screen	Males and Females up to age 17 (age 18 if still in High School)	For information and referrals, please contact: Bergen county Department of Health Services Office of Alcohol and Drug Dependency One Bergen County Plaza, 4 th Fl Hackensack, NJ 201-634-2744	
Camp Excel Social Skills	In addition to learning social skills, trained staff provides guidance in using those skills during activities giving children the opportunity to experience in the moment learning that stays with them.		Call for new session start dates.		For children, ages 5 – 17, with ADHD, Asperger's and others with Social Skills Challenges	For more information call Kathleen Cable, Director 732-281-0275 Kcable23@aol.com	
Children's After School Treatment Services (C.A.T.S.)	C.A.T.S. is a therapeutic afterschool program designed to improve the social skills of elementary and middle school aged children. The program includes play-based group therapy, art therapy, and therapeutic recreational activities.	Appointment must be scheduled		C.A.T.S. One Bergen County Plaza, 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	No Fee
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Child Anxiety Disorders Clinic	Farleigh Dickenson University offers free groups for socially vulnerable children ages 8 – 12. The groups, part of a research project, emphasize the application of broad-based social skills.	Ongoing Weekly	10 weekly group sessions, Call for dates and times	FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ	Socially vulnerable youth 8 – 12 years old Also they have social skills groups that are \$550 for 10 weeks 201-390-4986	FDU Child Anxiety Disorders Clinic 131 Temple Ave. Hackensack, NJ For information, initial screening or specific requirements for participation call 201-692-2645	Groups are free, intake session \$30 and social skills screening \$20.

Child/Adolescent Psychiatric Outpatient Evaluation and Treatment Services	A full time board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5 – 18 for a variety of mental health issues including: ADHD, Bullying, Anger, Depression, Anxiety, OCD and Bipolar Disorder.	9:00 am – 5:00 pm	Monday – Friday	Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ		Appointment only, call for information or appointment 1-800-730-2762	
Divorce Groups for Children		Weekly 6:00pm – 7:00 pm or 7:00pm – 8:00 pm	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
Empower U: An Educational Support Group for Victims of Bullying	This 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.	Weekly 5:00pm	Fridays	Meaningful Directions Therapeutic Services 375 Main St, Suite 201 Hackensack, NJ 0761	Children	Meaningful Directions Therapeutic Services 375 Main St, Suite 201 Hackensack, NJ 0761 973-749-2009	\$40
Freedom From Anxiety	This group setting helps to promote healthy social relationships, while increasing the children's ability to recognize signs of anxiety and strengthen their coping skills.	5:30PM to 6:30PM	Mondays or Wednesday	Fair Lawn Mental Health Center a division of Care Plus New Jersey 17-07 Romaine Street Fair Lawn, NJ or 610 Valley Health Plaza Paramus, NJ	Children	Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410 201-797-2660 x337 Alexa Squire, L.M.F.T.	Copay accepted with Insurance

Programs or Support Groups for Youth

Program Name	Program Description	# and Time of Sessions	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,	5:15pm – 6:30pm	Thursday	The Ethical Culture Society of Bergen County	Girls Ages 9-14 years old	Colette Brantley 201-591-3419 Colette.Brantley@gmail.com	\$160 Including Materials

	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	9:00am-10:15am	Saturday	687 Larch Ave Teaneck, NJ 07666		Or Dannette Coston DCostonLPC@gmail.com	
Helping Children Deal With Loss (Educational Study Group for Parents)	Provides parents with valuable information and tools to assist their children in dealing with the losses they have suffered.	6 week session	Call for more information	121 Rea Ave Hawthorne, NJ	Adults and child Also play therapy for 3 1/2+ years Sessions also available for individuals, adolescents and adults	Diane Sardanopoli, LPC 121 Rea Ave. PO Box 280 Hawthorne, NJ 07507 201-873-6496	\$180.00, accepts insurance, Sliding Scale
Hudson Psychiatric Associates	Outpatient Private Practice – Mental Health	Call for schedule	Call for scheduled dates	Hoboken and Paramus	Children, Adolescents and Adults	Grasi Crespo – 201-222-8808 call for an appointment	In Network with Aetna and Cigna, Out of Network patients accepted
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	Children with social difficulty. Parents/guardians must remain on site. Age groups are 5 - 7 and 8 – 10.	Jewish Family Services of North Jersey 1 Pike Drive Wayne, NJ 973-595-0111	\$200 for 8-week session
LGBTQ+ Support Group	Our weekly support group focuses on gender and sexual orientation identity development, inclusive of finding affirmation and meaning in one's identities	Thursdays at 4 pm	Call for more information	Virtual Group Sessions	Teens 14-18 who identify as LGBTQ+ or are questioning	Inspire Wellness 201-564-7331 or visit www.inspirewellness.com	Call for Fees
Mentoring CURRENTLY NOT AVAILABLE **Call 201-444-5600 for more information**		Call for schedule	Call for more information	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450	Parents and children	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450 201-444-5600 Joseph Schmidt www.ridgewoodymca.org	No Fee

"Mommy & Me" English/Spanish		11:00am - 12:00pm	Tuesdays & Thursdays	Family Success Center at Bergen Family Center 44 Armory St. Englewood, NJ 07631	Mothers & Children	Family Success Center of Englewood & Teaneck Alana Alleyne/Natalia Arias 201-568-0817 Natalia Arias, ext. 15	No Fee
Programs or Support Groups for Youth							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
NYC Child Study Center Psychiatric Evaluation and Treatment Services	A multidisciplinary group of child psychiatrists, a pediatric neurologist, neuropsychologists and clinical psychologists that offer diagnostic evaluations, neuropsychological testing and psychiatric treatment for adults, children, and adolescents.	8:00am - 8:00pm	Services Available: Monday – Friday Saturdays hours are available	411 Hackensack Avenue 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 Dana Caines 201-465-8111	Out of Network fee
On The Mend	Children are provided with support and taught age appropriate coping skills and techniques to assist in the difficulties hastened by parental divorce and separation.	6:00PM to 7:00PM	Call for Dates	Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410	Children	Care Plus New Jersey Children & Family Services 17-07 Romaine Street Fair Lawn, NJ 07410 Alexa Squire, L.M.F.T 201-797-2660 ext. 337	\$375 includes an intake & 10 sessions
Play Therapy (3yrs. And Up)	Individual Play Therapy sessions to assist children in resolving emotional, social and behavioral difficulties. Also provides parents strategies and guidance.	Call for schedule	Call for more information	121 Rea Avenue Hawthorne, NJ 07507	Parents and children	Diane Sardanopoli, LPC PO Box 280 121 Rea Avenue Hawthorne, NJ 07507	\$120 per session. Also Sliding scale
Play Therapy Group	Play group for ages 3- 18	TBA	TBA	D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	3 -18 years of age	D'Acerno and Associates 201-357-2715	\$75.00 Also Sliding Scale or out of network ins.
Rainbow (Dealing with Grief)		Weekly 7:00 pm – 8:00 pm	Wednesdays	Ridgewood YMCA 112 Oak Street Ridgewood, NJ 07450	Parents and children	Ridgewood YMCA Brigid Caffrey 201-444-5600	No Fee

Social Skills		TBA	TBA	D'Acerno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	5-21 year olds	D'Acerno and Associates 201-357-2715	\$75.00 Also Sliding Scale or out of network ins.
Programs or Support Groups for Youth							
<i>Program Name</i>	<i>Program Description</i>	<i># and Time of Sessions</i>	<i>Dates</i>	<i>Location</i>	<i>Parents/ Guardians only; entire family; or children</i>	<i>Agency Contact Information</i>	<i>Costs</i>
Social Skills Program Ages 5-18 A parent group is offered concurrently.	Program designed to enhanced a child's social and emotional functioning by developing and practicing social skills, communication skills, problem solving skills, and anger management as well as build and strengthen self-esteem	6:00 pm to 7:30 pm 10 sessions	Call for Dates	Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410	Adolescents between the ages of 5-16 and caregivers	Fair Lawn Mental Health Center a Division of Care Plus NJ 17-07 Romaine Street, Fair Lawn, NJ 07410 Alexa Squire, L.M.F.T. 201-797-2660 x337	\$375 includes an intake session, 10 week social skills group, and a bi-weekly parent group
Support Group for Socially Vulnerable Groups for Children 8 - 12	10-weekly group sessions for children who are withdrawn from social activities and relationships.	Call for more information on dates and times		FDU Child Anxiety Disorders Clinic Center for Psychological Services 131-139 Temple Avenue Hackensack, NJ	Youth 8 – 12 who are shy, socially anxious, withdrawn, or bullied	For more information, please call Lisa Iskander at 201-692-2645	No Cost for group, but intake fee of \$30 and screening of \$20
Substance Abuse Group for Teen Girls		3:30pm-4:30pm	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
Teen Anti-Bullying Support Group	What will we talk about? Standing up for others; diffusing rumors, gossip online; respectful communication; resolving conflicts; stress reduction; communication & peer relationships; trust, forgiveness & healing; issues of concern to the group members.	6:30pm to 8:30 pm	First Thursday of every month New members will be accepted at any time	Interstate FACTS, LLC 15 Warren Street Hackensack, New Jersey	Any High School student in Bergen County	How do I find out more about the group? Simply call (201) 488-5188 OR Email donna.interstatefacts@gmail.com or interstatefacts@gmail.com 201-488-5188 Parent and student must register before attending session	No Fee

Teen Boys Group		Weekly 6:00 – 7:00 PM	Mondays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Teen Boys ages 13-16	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext. 7144	Sliding Scale
Programs or Support Groups For Youth							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Teen Equine Empowerment Program	Horse play is provided at an indoor arena and facilitated by equine specialist and licensed clinical social worker.	10:00 am – 2:00 pm	Tuesdays: Tweens Thursdays: Teens	Three Sisters Farm 1170 Ramapo Valley Rd Mahwah	Tweens (Middle School Girls) Teens (High School Age Girls)	Pony Power For more information or registration www.ponypowernj.org	\$150.00 per day
Teen Girls Support Group	Support group for teenage girls	Weekly 4:30PM	Wednesdays	D'Acierno and Associates 1182 Teaneck Road Suite 206 Teaneck, NJ	Teen girls	D'Acierno and Associates 201-357-2715	\$75.00 Also Sliding Scale or out of network ins.
Teen Girls Educational Empowerment Group	Group sessions with emphasis on substance abuse and other related issues that adolescent girls are currently struggling with during this difficult developmental stage.	5:00pm to 6:00 pm 8 week sessions	Wednesdays	Vantage Health System 2 Park Avenue Dumont, NJ	Girls ages 14 - 17	Questions, please call Julie Shaw, 201- 385-4400, ext. 3018	8-week session \$140.00 or will be \$20 per session
Teen Girls Group for Substance Abuse and Mental Health Counseling	The goal of the group is to help educate teen girls about harmful substances and behaviors and provide a safe space for them to share & process feelings.	6:00 pm	Tuesdays	West Bergen Center for Children and Youth Ridgewood	Teen girls with substance abuse or mental health issues	For More Information, please contact Stephanie Blanchflower at 201-444- 3550	

Teen 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, 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.		Call for program time and admission details	Bergen Regional Medical Center 230 E. Ridgewood Ave. Paramus, NJ	Teens struggling with abstinence	Bergen Regional Medical Ctr. For more information or registration call Katie Mahoney, Teen Track Coordinator 201-967-6345	
Young Adult Partial Program		2:00pm to 4:30 pm	Wednesday and Thursday	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ	Ages 18 - 35	West Bergen Mental Health 120 Chestnut Street Ridgewood, NJ 201-444-3550, ext. 7116 for more information	
Youth Anger Management A parent group is offered concurrently.	Program designed to improve anger management skills, reduce angry outburst, alleviate impulsive behavior, increase social skills, and improve personal relationships.	Call for more information on dates and times	Call for Dates	Care Plus 17-07 Romaine Street Fairlawn, NJ	Youth 12 - 18	Care Plus 17-07 Romaine St. Fairlawn, NJ Lauren O'Connell 908-688-5072 ext. 24	Sliding scale fee for families
Youth Partnership	14-21 year olds, here is a chance for you to be a part of a group the will understand you for you! Learn to lead by example and make a difference	Call for more Information	Call for more information	Family Support Organization 0-108 29 th Street Fair Lawn, NJ 07410	Youth ages 1-21	Family Support Organization 0-108 29 th Street Fair Lawn, NJ 07410 Eldar Gaineve, Youth Coordinator 201-796-6209 x 112 yp@fsobergen.org	No Fee
Youth Resource Center	A positive, safe professionally staffed and supportive environment offering arts, crafts, acting, music studio, yoga, martial arts, dance, cooking, games, homework assistance, groups, sports, and trips	3:00pm To 7:00pm	Monday, Wednesday, and Friday Year Round, Summer Hours Differ	Conklin Youth Center 125 Essex Street Hackensack	Youth ages 13-18	Conklin Youth Center 125 Essex Street Hackensack Bonnie Berkowitz 201-336-6938	Free for Bergen County Residents

Special Needs Programs or Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
ACCESS St. Joseph's Regional Medical Center	Individual, Couples and family therapy provided by therapists who use ASL and are culturally sensitive to the needs of Deaf Individuals.		Available 24/7 By phone	ACCESS-St. Joseph's Regional Medical Center Various locations	Individuals who are deaf or hard of hearing	ACCESS-St. Joseph's Regional Medical Center 60 Hamilton Street Paterson, NJ 07505 973-754-5590 V 973-968-6567 VP	
ADHD/Social Skills Groups		5:00pm to 6:00 PM or 6:00pm to 7:00 PM depends on age	Mondays and Tuesdays Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	School age children	Access Department West Bergen Center for Children and Youth 201- 444-3550 ext. 7144 For information, call Alan Koenig 201-934-1160	Sliding Scale
Asperger's Related Services – Therapeutic Social Skills Groups	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills	Weekly Multiple Times depending on age	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	All ages	Access Department West Bergen Center for Children and Youth 201-444-3550 ext. 7144	Sliding Scale
Asperger's Related Services – Therapeutic Social Skills Groups	Therapeutic Social Skills groups for Individuals with Asperger's, HFA, PDDNOS Nonverbal Learning Disabilities and other disorders affecting social communication skills	Weekly Multiple Times depending on age	Call for more information	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	All ages	Access Department West Bergen Center for Children and Youth 201-444-3550 ext. 7144	Sliding Scale

Special Needs Programs or Support Groups

Program Name	Program Description	# and Time of Sessions	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	Youth Ages 6 – 9 11:00 am – 12:00 pm Ages 10 – 13 1:00 pm – 2:00 pm	One Saturday a month	West Bergen Asperger's Services 615 Franklin Turnpike Ridgewood (NOTE: NEW ADDRESS)	Youth age 6-13	For more information or registration, contact Pat Decker 201-857-0080	\$35.00 each session

	self-expression and learn leisure skills that can grow for a lifetime or lead to employment.						
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.	
Asperger's Related Services – Playgroup Workshop	For children who need improvement in play skills with peers. This workshop will focus on practicing sharing, cooperation, comprising, sportsmanship, and conversation skills.	3:45pm to 5:00 pm	Fridays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Youth age 4 – 7	For more information or registration, contact Kelly Doyle 201- 934-1160 ext. 7231	\$175.00 for 5-week session

Special Needs Programs or Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Asperger's Related Services – Sibling and Cousin Workshop	This workshop covers a range of topics such as tolerance, coping strategies, focusing on your sibling's or cousin's strengths, disclosure, fairness, creating quality time and finding common ground.	4:00 pm – 5:00 pm	Call for new dates		For Siblings and Cousins of Youth with Asperger's or related conditions Aged 11 – 14	West Bergen Mental Healthcare 615 Franklin Turnpike Ridgewood, NJ 201-857-0080 www.westbergen.org	\$175.00 first child, \$50.00 each additional child
Bergen County Community Mental Health Law Project	A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill.	Office Hours: 9:00 am – 4:30 pm	Monday thru Friday	Community Services Building 327 Ridgewood Avenue Paramus, NJ	Referral accepted from public and private mental health networks, Legal Services, and private attorneys.	For more information, please call Ernest Villa, Jr. Esq. Project Director 201-634-2761 201-634-2762	

Bergen County Community Mental Health Law Project	A resource of legal services to help people previously hospitalized for mental illness. The only agency that addresses the legal needs of the chronically mentally ill.	Office Hours: 9:00 am – 4:30 pm	Monday thru Friday	Community Services Building 327 Ridgewood Avenue Paramus, NJ	Referral accepted from public and private mental health networks, Legal Services, and private attorneys.	For more information, please call Ernest Villa, Jr. Esq. Project Director 201-634-2761 201-634-2762	
Be-whole Innovative Exercise and Reading program for Special Needs	Using uplifting music to low impact exercise and streamers. Reading Program- one on one tutoring in reading, writing & comprehension	Reading 10:00am to 11:00am Dance 11:00am to 12:00pm	Every 1 st , 2 nd , & 3 rd Saturday of the month	Mount Olive Baptist Church Logan Community Center 260 Central Avenue Hackensack, NJ 07601	Children & Teens with disabilities	Be- Whole, Inc. Web-site: Be-whole.org Call Lola Sims for registration 201-777-6328	Free
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Creative Family Dance Class	Family dance class for ages 2yrs and up including children with disabilities	Call for sessions	Saturdays	Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ 07601	Family	Center for Modern Dance Education 84 Euclid Avenue Hackensack, NJ 07601 201-342-2989 Elissa Machlin-Lockwood Cmde1962@aol.com	\$10 suggested fee per family
Child Anxiety Disorder Clinic	The groups, which are ongoing and consist of either 10 weekly group sessions emphasizing anxiety reduction and changing misperceptions or 10 weekly group sessions emphasizing the application of broad-based social skills.		Call for group times	Child Anxiety Disorder Clinic at Farleigh Dickinson University 131 Temple Ave Hackensack, NJ	Socially vulnerable children ages 8 – 12	Space is limited, call for initial screening. Call 201-692-2645 for information, initial screening and specific requirements regarding participation	Group is free, but intake is \$20 - \$30
Emotion Regulator Treatment Group	Groups teach Dialectical Behavior Therapy Skills emphasizing emotion regulation, tolerating distress, being mindful and improving peer relationships	Group times will be in the evening and will vary by group	Ongoing groups consist of 16 weekly parent and child group sessions	Center for Psychological Services Dickinson University 131 Temple Avenue Hackensack, NJ	Children with temper outbursts ages 8 and up	Call 201-692-4986 for information, initial screening and specific requirements regarding participation	Intake is free. Groups are \$35 to \$55

Emotion Regulator Treatment Group	Groups teach Dialectical Behavior Therapy Skills emphasizing emotion regulation, tolerating distress, being mindful and improving peer relationships	Group times will be in the evening and will vary by group	Ongoing groups consist of 16 weekly parent and child group sessions	Center for Psychological Services Dickinson University 131 Temple Avenue Hackensack, NJ	Children with temper outbursts ages 8 and up	Call 201-692-4986 for information, initial screening and specific requirements regarding participation	Intake is free. Groups are \$35 to \$55
Friendship Group Social Skills Group	Just because we are social distancing, doesn't mean we can't make a new friend. During this time, support, outside of immediate family, can be hard to find for children and adolescents who struggle socially. The impact of COVID-19 can be particularly challenging, as social opportunities may no longer be embedded in their day through school or extracurricular activities.	Mondays at 4 pm	Call for Dates	Virtual	Children and Adolescents	Inspire Wellness 201-564-7331 or visit www.inspirewellness.com	Call for Fees
Program Name	Program Description	# and Time of Sessions	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	TBA	BCC Education Center 540 Fairview Ave 2nd Floor Training Room Paramus, NJ 07652	Parents/Guardians	BCSS Education Center 540 Fairview Ave 2nd Floor Training Room Paramus, NJ 07652 Connie 201-343-6000 x4076 conpel@bergen.org	No Fee

Let's Talk Parent-to-Parent Exchange Meetings	Parent-to-Parent Exchange Meeting Facilitator Doreen Moran, a parent and a professional in the field of disabilities, will moderate these timely and informative meetings.	7:00 pm	Tuesday, October 12	Via Zoom Meeting Registration - Zoom	Parents of Students under age 21 with Disabilities	201-343-6000 ext. 4076 Meeting Registration - Zoom	
Let's Talk Parent-to-Parent Exchange Meetings	Parent-to-Parent Exchange Meeting Facilitator Doreen Moran, a parent and a professional in the field of disabilities, will moderate these timely and informative meetings.	7:00 pm	Thursday, October 14	Via Zoom Meeting Registration - Zoom	Parents of Adult Children age 21 and over with Disabilities	201-343-6000 ext. 4076 Meeting Registration - Zoom	
Marble Jam Kids	Authorized service provider for children and adults with special needs			Center for Creative Arts Therapy 954 Kinderkamack Rd. Suite 1 River Edge, NJ 07661	Children & Adults	Center for Creative Arts Therapy Anna F. Villa-Bager 201-497-612 ext. 101 www.marblejamkids.org	

Special Needs Programs or Support Groups

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Our Time	1:2 teacher child ratio Improve communication skills Learn socialization skills Facilitated support groups for parents	1:00PM - 2:00PM 9:30AM - 10:30AM 11:00AM- 12:00PM	Classes begin on every 2 month cycles Wednesday Thursday	The Child Center 3 Post Road Oakland, NJ	Youth ages 20 – 36 months receiving intervention services	The ARC of Bergen and Passaic For more information, please call 201- 644-0304	\$200 for 8 weeks
Parent-to-Parent Support Group for parents/caregivers of individuals with disabilities under 21 yrs	Parent to Parent Support Group	7:00pm Virtual meeting Meets the 2 nd Tuesday of each month. Next meeting Tuesday Oct. 12th	To register https://bergen.zoom.us/j/609123456789 https://bergen.zoom.us/j/609123456789 https://bergen.zoom.us/j/609123456789 https://bergen.zoom.us/j/609123456789	BCSS CAPE Resource Center 540 Fairview Ave 2 nd Floor Training Room Paramus, NJ 07652	Parents/Guardians	BCSS CAPE Resource Center 540 Fairview Ave 2 nd Floor Training Room Paramus, NJ 07652 Linda 201-343-6000 x4076 linpai@bergen.org	FREE but registration is required

Parent-to-Parent Support Group for parents/caregivers of adults with disabilities over 21 yrs.	Parent to Parent Support Group	7:00pm Virtual meeting Meets the 2 nd Thursday of each month. Next meeting Tuesday Oct. 14th	To register https://bergen.zoom.us/j/6811111111	BCSS CAPE Resource Center 540 Fairview Ave 2 nd Floor Training Room Paramus, NJ 07652	Parents/Guardians	BCSS CAPE Resource Center 540 Fairview Ave 2 nd Floor Training Room Paramus, NJ 07652 Linda 201-343-6000 x4076 linpai@bergen.org	FREE but registration is required
Parent/Professional Workshop Getting Ready for College	Opportunities and success for students with physical and mental health challenges, learning differences and other health conditions	7:00 pm – 8:30 pm	Wednesday, October 6, 2021	Webinar Registration - Zoom	Parent/Guardians	Webinar Registration - Zoom	Free
The Process of Selecting a College	Workshop for students with Asperger's syndrome, NVLD, HFA, and PDD-NOS to introduce steps and process of selecting, applying and interviewing for college.	4 workshops 4:30 pm to 6:00 pm	Mondays	120 Chestnut Street Ridgewood, NJ	Students with Asperger's syndrome, NVLD, HFA, and PDD-NOS	Kelly Doyle 201-857-0080	\$50/ session
Sensory Bounce Therapy Room	This goal directed, dynamic, social skills therapy program offers an intense sensory experience and is suitable for children	5:00pm to 6:00pm 6:00pm to 7:00pm	Tuesday	Miriam Skydell & Associates, LLC 16-00 Route 208 South Fair Lawn, NJ	Ages 3-5, 6-8, 9-11	Miriam Skydell & Associates, LLC 16-00 Route 208 South Fair Lawn, NJ 201-794-7700 www.kidtherapycenter.com	Call for more info
Therapeutic Play Dyads	Your child is paired with a developmentally compatible peer that has similar and/or complimentary treatment goal	Varied Afternoon and Saturday available	Call for dates	22 East Quackenbush Avenue 3 rd . Floor Dumont, NJ 07628	Autism Spectrum Disorder	Heather Christensen 201-527-5305 hchristensenlcs@verizon.net	Some insurance accepted. Generous sliding scale.

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	Parents, divorced or separated	Access Department	Sliding Scale

				1 Cherry Lane Ramsey, NJ 07430		West Bergen Center for Children and Youth 201- 444-3550 ext. 7144	
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Children in Between On-Line Program English and Spanish versions available	This is an on-line education program addressing the effects divorce has on children.	Can be done at any time normally taking 6 -8 hours to complete	Available 24/7		Parents, divorced or separated.	Center for Divorce Education Ellen Taner 201-791-3230	\$45.95 Per program
Co-Parenting	A 90 minute workshop which explores parenting as a team. This workshop will help you both be on the same page such as: improving communication; dealing with a co- parent who is absent or refuses involvement; setting common parenting goals.	TBD	TBA	COPE Center 104 Bloomfield Ave Montclair	Parents and Caregivers	COPE Center 104 Bloomfield Ave Montclair, NJ Contact: Mary 973-793-6655 mlysinger@copecenter.net	\$5 donation (no will be turned away in case of financial hardship)
Dealing with Divorce	This is a 6 week workshop which will give children an appropriate outlet for difficult feelings, teach coping strategies, create connections with other children and ultimately, provide opportunity to heal and move forward	6 weeks 6:00PM	Fridays Evenings	Meaningful Directions Therapeutic Services 375 Main St., Suite 201 Hackensack, NJ 07601	Children	Meaningful Directions Therapeutic Services 375 Main Street, Suite 201 Hackensack, NJ 07601 973-749-2009	\$40.
Legal Consultation For Divorce, Custody or Visitation issues	Half-hour appointments with attorneys specializing in family law for divorce, child support or custody issues	6:00 pm – 8:00 pm	Monday Evenings In Spanish Thursday per month Call for specific dates	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women dealing with separation, divorce or custody legal issues	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 info@womensrights.org	

Moving on Life Center, Inc.	Multi-faceted therapeutic counseling network of healthcare providers committed to serving couples looking for pre-marital counseling, marriages/families experiencing challenges or adults experiencing life after divorce.		Call for appointment		Adult clients in Bergen, Essex and Passaic counties	Moving on Life Center 154 W. Englewood Ave. Suite 2 Teaneck, NJ 201-837-8590 molchealth@yahoo.com	Insurance and sliding scale
New Beginnings	A professionally run support group for separated or divorced persons.	7:30 pm	Tuesday evenings	Montvale Evangelical Free Church 141 W. Grand Ave. Montvale, NJ	divorced or separated persons	For more information, call Dr. Brian Cistola 845-353-1433	
Single Parents Support Community		7:00 pm 8-week session	Tuesday	Dorothy B. Kraft Center 15 Essex Road Paramus, NJ	Single parents/guardians	To register call Center for Women, Children and Family Education 201-291-6151	\$35.00 per session
Bergen County Displaced Homemaker Program	A center that helps women become economically and personally self-sufficient after losing their primary means of financial support due to military deployment of spouses, death, disability or unemployment of spouse or significant other.	Call for hours of services	Call for days of services	Bergen One-Stop Center 60 State St, 2 nd Floor Hackensack Hackensack, NJ		For more information please call Laura Troy, Program Coordinator at 201-329-9600 or lautro@bergen.org	
Employment /Education Opportunities							
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Bridges to Employment: Career Exploration and Development	Participants learn how to prepare for employment: punctuality, resume writing, job interviewing skills, budgeting, conflict resolution and more.	Individualized Schedule	Year Round Call for more specific information	Bridges to Employment Program 1 Bergen County Plaza 2 nd . Floor Hackensack, NJ 07601	Bergen County Youth 16 -21	Bergen County Division of Family Guidance One Bergen Plaza, 2 nd floor Hackensack, NJ Kerry Lane klane@co.bergen.us	No Fee

Bergen One-Stop Career Center	A Full service center for individuals seeking career and job development skills.	Call for service hours	Year Round	60 State Street Hackensack, NJ 07601	Adults	Bergen County Workforce Development 60 State Street, 2FL Room 200 Hackensack, NJ 07601 201-343-8830 x4093 www.bergenwib.org	No Fee
Building Strong Families	At this 90-minute workshop you will learn how to "pick your spot" state it clearly- and stick to it! Active Listening also discussed	TBD	TBA	YMCA of Montclair 25 Park Street Montclair, NJ *non-members welcomed	Parents and Caregivers	Mary at COPE (973) 793-6655 mlysinger@copecenter.net or Carol Kearney (YMCA) 973-415-6134 ckearney@montclairymca.org	
Citizenship (Cuidadania)	Classes to practice English and prepare for the INS naturalization exam with bilingual (English/Spanish Instructor)	10 week sessions 6:30PM to 8:30PM	Tuesdays and Thursdays	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Adult	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 lgaleano@womensrights.org	\$75.00
Computer Training	Fulltime Day and short-term evening classes to learn Microsoft Office Skills for the workplace are offered.	Varied	Varied	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Women and family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	No Fee
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Connections/ A GED program	Participants receive individualized preparation for the high school equivalency examination, assistance in developing a career plan, placement assistance in college or training programs	9:00AM to 3:00PM	Year Round Monday thru Friday	Connections at Bergen Community College at the Meadowlands 1280 Wall Street West 3 rd . Floor Lyndhurst, NJ 07071	Bergen County Youth 16 -21	Connections at Bergen Community College at the Meadowlands 1280 Wall Street West 3 rd . Floor Lyndhurst, NJ 07071 201-937-7236 connections@co.bergen.nj.us	No Fee
English As A Second Language	Evening classes in three levels to learn English and improve reading, writing, listening and speaking skills	10 Week Sessions 6:30PM to 8:30PM	Mondays and Wednesdays Or Tuesdays and Thursdays	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Adults	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 lgaleano@womensrights.org	\$75.00

DIR Floortime Training Courses	Training courses for parents, teachers, therapists, healthcare workers, and others.	Varied	Varied	Online	Adults	The Interdisciplinary Council on Developmental & Learning Disorders 4938 Hampden Lane, Suite 800, Bethesda, Maryland 20814 301-656-2667	Varied
Family Educational Workshops	Workshops for families who have an adult relative diagnosed with a serious and persistent mental illness.	7pm-9pm 8 weeks	Tuesdays	Bergen Regional Medical Center Behavioral Health Pavilion, Room E218 230 E. Ridgewood Ave. Paramus, NJ 0765	Families with adult relatives with mental illness	Comprehensive Behavioral Healthcare Inc. (201) 646-0333 ext. 251	
HOPE Re-Entry Programs and Family Services		10 am – 8pm 10 am – 4pm	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	
New Job Seekers Orientation	An introductory session to learn about programs and services for re-employment, including career counseling, confidence building, resume development, interviewing, online job search, computer training skills and job leads.	1:00 pm	Every Other Friday Call for Dates	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ	Unemployed women or family members	Women's Rights Information Center 108 W. Palisade Ave. Englewood, NJ 201-568-1166 www.womensrights.org info@womensrights.org	No Fee
Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
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	
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 local school system.	Bergen County Special Services School District 293-295 Main Street Hackensack, NJ 07601	18 – 21 year old students diagnosed with a psychiatric disorder who may also be diagnosed on Autism Spectrum	Bergen County Special Services School District 35 Piermont Rd Rockleigh, NJ 201-343-6000, x 4560 http://www.bergen.org/venture	

Other Programs/ Workshops

Program Name	Program Description	# and Time of Sessions	Dates	Location	Parents/ Guardians only; entire family; or children	Agency Contact Information	Costs
Adult Partial Care	Learn about adult partial care programs and find out whether partial care would be a good fit for your loved one	7:00pm to 9:00pm		Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652	Parents/Guardians	Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652 Intensive Family Support Services 201-646-0333	
Bergen Volunteers - Mentoring	Provide one-on-one mentoring service	Ongoing – matches last for 12 months	Ongoing	Bergen County	*Youth (8-18+) *First Generation College Student *Caregivers (mom, dad, grandparent, foster parents, etc.)	Bergen Volunteers 64 Passaic Street Hackensack, NJ 07601 201-489-9454 ext.208 Lisa Tredici, Program Manager ltredici@bergenvolunteers.org www.bergenvolunteers.org	See website
Cognitive Connection: Alleviating Anxiety	Therapy sessions designed to make connections	Services available by appointment	Call for more information	Melinda Inzani, LLC 317 Godwin Ave. Midland Park, NJ 07432	Families, Adolescents and Adults	Melinda Inzani, LLC 201-704-6749 Melindainzani1@gmail.com	Call for more Info
Food, Feelings & Body Image	Program 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.	6:30pm to 7:30pm	Call for Dates	Care Plus 17-07 Romaine St. Fairlawn, NJ	Girls 12-18	Care Plus 17-07 Romaine St. Fairlawn, NJ Alexa Squire, L.M.F.T. 201-797-2660 x337	\$375 includes intake and 8 sessions

God's Special Children	This program will introduce students with special needs to the fundamental concepts of Catholicism and prepare students for the holy sacraments. Students will prepare for their Holy Sacraments and will be given every opportunity to learn about God's love for all. St. Philip's embraces all families and their special needs child(ren) of all neighboring communities. We are dedicated to helping all children explore and learn about their faith, regardless of their disability.	Sundays at 11 a.m.	Sundays at 11a.m. (during the school year)	488 Saddle River Road, Saddle Brook, NJ 07663	Children and Parents (Parents must have Protecting Children's training to remain in the classroom)	St. Philip the Apostle, God's Special Children, Monica Maniscalco, 917-992-7904	\$15 (for the year)
H.A.P.Y Week (Heroin Addiction Prevents People's Years)	This program is geared towards the adolescent population to give them age relatable information on the Heroin Epidemic	TBA	Call for information	TBA	Adolescents	Stephanie Reifamn 201-967-1889 Slr964@yahoo.com Website: happyweek.org	No Cost
Mental Health First Aid Training	Like 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, 4 th Floor Learning Center, Hackensack, NJ	Parents/Guardians	One Bergen County Plaza, 4 th Floor Learning Center, Hackensack, NJ 07601 Haley Contino hcontino@co.bergen.nj.us	No Cost
NU-D.A.Y. Northeastern United for Drug Affected Youth	The Nu-Day program serves youth and families in Union, Middlesex, Essex and Hudson Counties. The program offers a holistic approach to support youth, families and the community through the challenges	16 week program that gives parents the needed skills for recovery and decreases risks of children repeating the family cycles of	Beginning November 1, 2021 6:00pm Registration is required and space is limited		Parents and caregivers from Union, Hudson, Essex and Middlesex Counties	Please contact for more information Vivan Arroyo 732-768-8516 (varroyo@preventionlinks.org) Ruby Ofori-Arthur 732-372-1621 James Weatherborn 848-248-2286 Giovanna Diaz 201-892-9626	No cost for registration

	of substance use and recovery	substance use of addictions					
Parents Anonymous ONLINE GROUPS ALL OF NJ Chapter NJ11106A and NJ11107A		Wednesdays 8:00pm Thursdays 10:00am		Online	Parents/Guardians	http://www.pofnj.com	
Planning for the Future	Discussion of Psychiatric Advance Directives, Trusts, Power of Attorney, Medical Proxy and Guardianship	7:00pm to 9:00pm		Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652	Parents/Guardians	Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652 Intensive Family Support Services 201-646-0333	
Psychotropic Medications	Learn about medications that treat mental health conditions	7:00pm to 9:00pm		Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652	Parents/Guardians	Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652 Intensive Family Support Services 201-646-0333	
Recovery: From Hospitalization to Life Coaching	This is an inspiring presentation from someone who's had a very personal experience with mental illness. Dale conveys hope that recovery is possible	7:00pm to 9:00pm		Bergen New Bridge Medical Center Behavioral Health Building Room E218 230 East Ridgewood Avenue Paramus, NJ 07652	Parents/Guardians	Bergen New Bridge Medical Center Behavioral Health Building Room E218 230 East Ridgewood Avenue Paramus, NJ 07652 201-646-0333	
Saddle Brook Angels	We have established a sports program to help enrich and promote an active lifestyle by providing an opportunity for them to partake in a safe, non-competitive environment. Our hope is to provide all children with special needs the chance to develop an active	8 weeks on Saturdays	Fall (date TBA)	534 Avon Lane, Saddle Brook, NJ 07663	Children from 5-17	Salle Brook Angels, Coach James Maniscalco 917-709-7632	\$45

	lifestyle, good sportsmanship, a higher sense of self-esteem and help improve an overall social and physical skills						
The How To's of Helping Someone with Severe Mental Illness	Discussion of warning signs, treatment avenues, voluntary/ involuntary hospitalization, discharge planning, communication tips for dealing with treatment providers, etc.	7:00pm to 9:00pm		Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652	Parents/Guardians	New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652 201-646-0333 (Family Support Services)	
Toolbox for Wellness	Program 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	5:30pm to 6:30pm Or 6:30pm to 7:30pm	Call for Dates	Care Plus NJ 610 Valley Health Plaza Paramus, NJ	Girls 10-17yrs old	Care Plus 17-07 Romaine St. Fairlawn, NJ Alexa Squire, L.M.F.T. 201-797-2660 x337	Copay accepted with insurance
Transition Professionals	A service provider to ex-offenders and their families. We work with anyone leaving jail and/or prison to help them return to the community			Transition Professionals 269 Passaic Street Hackensack, NJ 07601 201-883-9360	Entire family	Transition Professionals 269 Passaic Street Hackensack, NJ 07601 201-329-9600 TTY: 201-996-7385 www.transitionprofessionals.org	
Victims of Crime Assistance/Stronger Together Groups	Providing a supportive and healing environment for women who have been affected by domestic violence, harassment, stalking, exploitation and crime	Day groups: Every Tuesday at 1:30pm Evening groups: Every 4 th Monday at 6:30pm		Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ 07631	Women Only <i>Services available for men on individual basis</i>	Women's Rights Information Center 108 W. Palisade Avenue Englewood, NJ 07631 Lisa Maurer Vidalia Acevedo Kaetlynn Ayala Yornelis Tejada 201-568-1166	
When the Phone Won't Stop Ringing	Navigating the journey of aging parents while maintaining an intact family	6 session program	By appointment only	Melinda Inzani, LLC 317 Godwin Ave. Midland Park, NJ 07432		Melinda Inzani, LLC 201-704-6749 Melindainzani1@gmail.com	\$75.00 per session
Wellness Respite Services of CSPNJ	Learn about the Wellness Respite House, intensive outreach and follow-up support for people experiencing a crisis or emotional distress	7:00pm to 9:00 pm		Bergen New Bridge Medical Center Behavioral health Building Room E218 230 East Ridgewood Ave	Parents/Guardians	Behavioral Health Building Room E218 230 East Ridgewood Ave Paramus, NJ 07652 Intensive Family Support Services 201-646-0333	

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