

Parenting and Family Education Programs in Bergen County

The programs listed are accepting participants for programs running during the month of
October, 2008

The Parenting Grid is brought to you as a courtesy of The Center for Alcohol and Drug Resources 201-488-8680

Program Name & Ages of Children of Participants	# and Time of Sessions	Dates	Location	Parents only or entire family	Agency Contact Information	Additional Services*	Costs
Children in the Middle for divorced or separated parents with all ages of children	<u>5:30 - 9:30 p.m.</u>	October 29, 2008	The Center for Alcohol and Drug Resources 241 Main Street, Ste. 600 Hackensack, NJ 07601	Parents	Caryn Loffman The Center for Alcohol and Drug Resources 201-488-8680 x101	L	None
PG (Parental Guidance) For Teens	1 Session	Call to set a date	Call to schedule one at your location.	Parents	The Center for Alcohol and Drug Resources 201-488-8680	L	None
Strengthening Families For children ages 5-11 and their families 14 weeks	14 weeks	November TBD	TBD	Family	Kim Mapp The Center for Alcohol and Drug Resources 201-488-8680 x104	M, C	None
Positive Parenting With Dee DeBernardis	<u>6:30 – 8:30 p.m.</u> 3 sessions	Wed.Oct. 15, Thurs. Oct. 23 and Wed. Oct. 29	Thomas Jefferson Middle School 75 First Street Lodi, NJ	Parents	Dee DeBernardis The Center for Alcohol and Drug Resources 201-488-8680 x107	L, C	None
Positive Parenting With Sherrine Simes	<u>7:00- 9:00 p.m.</u> 3 sessions	Wednesdays Nov. 12, Dec. 3,10	Alpine	Parents	Sherrine Simes TCADR 201-488-8680 x105	L, C	None
EPIC – Advanced Parenting/Aftercare	Meets once per month.	Thursday	American Red Cross 345 Union Street, Hackensack	Parents who have completed 12-week program & w/o allegations of abuse/neglect since completion.	Lannie Jaconia Children's Aid and Family Services 201-882-3733		Nominal fee
EPIC Parenting Education and Support Groups	12 Sessions 7:00-9:00 p.m. 12:15-2:15 p.m. 7:00-9:00 p.m.	Call for more information	American Red Cross 345 Union Street, Hackensack	Parents	Lannie Jaconia Children's Aid and Family Services 201-882-3733		Nominal fee
McKinney-Vento After school program	On going 3:15 – 5:30 p.m.	September – June Monday - Friday	Gateway High School Entrance on Camden Street	School age children	Joan Maida Project Coordinator 201-329-9600 x5510		None
Jewish Family & Children's Service of NJ (Social Skills Group ages 7-10 & teenagers)	Call for more information	Call for more information	Jewish Family & Children's Service of NJ 17-10 River Road Fair Lawn, NJ 07410	Parents	Jewish Family & Children's Service of NJ 201-796-5151		Vary
Family Education, Counseling & Workshops (Korean and some English)	Call for more information	Call for more information	Family In Touch 240 Grand Avenue Leonia, NJ 07605	Family	Family In Touch 240 Grand Avenue Leonia, NJ 07605 201-242-4422		

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Rainbow/Prism (Dealing with Grief)	Weekly	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		None
Mentoring	Weekly	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 www.ridgewoodymca.org		None
“What’s Driving You? Teen Driving Safety Awareness Workshop”	Four sessions 4-5 p.m.	Wednesdays (Special requests are accepted)	Children’s Aid and Family Services Ridgewood, NJ	Parents and children ages 16-20	Marianne Bennett Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 ext. 221		Vary
Foundations for Pre-Teens – 10-12 years	Call for more information	Call for more information	Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450	Children 10-12 years	Marianne Bennett Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 x221		Vary
Foundations for Teens 13-17 years	Call for more information	Call for more information	Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450	13-17 years	Marianne Bennett Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 x221		Vary
Prime for Life Under 21 (prevention and intervention program)	TBD	TBD	Children’s Aid and Family Services Ridgewood, NJ	Adolescents 13-20 years	Marianne Bennett Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 ext. 221		Vary
Family Education	Various	Various	Children’s Aid and Family Services Ridgewood, NJ	Families	Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 www.cafsnj.org		Vary
Social Skills Program for Children 4 ½ - 11 years old	After school and early evenings on Tuesdays and Wednesdays	On-going	Children’s Aid and Family Services Ridgewood, NJ	Children 4 ½ - 11 years old	Marianne Bennett Children’s Aid and Family Services 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 ext. 221		Vary
Single Parent Group	7-8:30 p.m.	Every 2 nd and 4 th Tuesday of the month	Children’s Aid and Family Services Ridgewood, NJ	Parents	Marianne Bennett Children’s Aid and Family Svcs. 148 Prospect Street Ridgewood, NJ 07450 201-445-7015 ext. 221		Vary

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FSOBC Support Group Age 5 – 17	On-going 7:00 – 8:30 p.m.	Held weekly on Wednesdays	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102	C L = Every 3 rd Wednesday	None
Strengthening Families Age 9-14	7 weeks	Thursday 9/ 25, 10/2, 16, 23, 30, 11/13 and 11/20	Oradell	Family	Family Support Organization Lynne Bolson 201-796-6209 ext. 102	M, C, T	None
Improved Mental Health and Wellness for You and your Children Presenter-Emma Shelby Mental Health Assn/NJ	7:00 – 8:30 p.m.	Monday October 20	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102		None
Helping your Adolescent w/ Positive Management Presenter-Dr. Joan Badin Bergen Cnty Hum. Svcs.	7:00 – 8:30 p.m.	Monday November 3	Family Support Org. of Bergen County 0-108 29 th Street Fair Lawn, NJ	Parents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102		None
Grandparents Raising Grandchildren	On-going 10-11:30 a.m.	Meets 3 rd Thursday Sept. thru June 10/16, 11/20, 12/18	Englewood	Grandparents	Family Support Organization Lynne Bolson 201-796-6209 ext. 102		None
mama's heart Art workshops	Every other week 9 – 10:30 a.m. For 6 weeks	Saturdays	New Jersey Institute of Psychoanalysis Catalpa Ave. & Cedar Lane, Teaneck	Mothers	Lisa Donohue 201-450-2355 ld1026@msn.com		\$180 for 6 wks
Parenting Education Classes	Various		Kraft Center 15 Essex Road Paramus	Parents	Valley Department of Parent Education 201-291-6151		
Displaced Home Maker Support Group	6-9 p.m.	Wednesdays	Bergen County Technical School (Rt. #46W) Teterboro, Rm #185	Women	Darlene Christmas Bergen One Stop Career Center 201-329-9600 X5552		None
Parenting Groups	TBD	TBD	Care Plus 17-07 Romaine Street Fair Lawn, NJ 07410	Parents	Jaime de Oliveira 201-797-4501 ext. 124 jaimed@careplusnj.org		
Parent Support Group	Weekly 7:30 p.m.	Wednesdays	Church of the Immaculate Conception 900 Darlington Avenue Mahwah, NJ (Follow signs to parish office.)	Parents, Grandparents & Relatives	Families Anonymous 1-800-736-9805 famahwah@verizon.net		None
Father to Father	Monthly	Sundays		Fathers	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org		
Mother to Mother	Bi-monthly	Tuesday evenings	Teaneck, NJ	Mothers with children ages birth – 5 yrs	Mrs. Chani Herrmann 201-833-1349 herrmann@ou.org		
Family Success Center of Englewood & Teaneck "Mommy & Me" English/Spanish	Weekly	Tuesdays & Thursdays 10:30 – 11:30 a.m.	Family Success Center 351 Englewood Avenue Englewood, NJ 07631	Mothers & Children	Alana Alleyne/Natalia Arias (p) 201-568-3421 (f) 201-568-3422		None

Program Name & Ages of Children of Participants	# and Time of Sessions	Dates	Location	Parents only or entire family	Agency Contact Information	Additional Services*	Costs
Adolescent Girls Depression Group	Weekly 6:00 – 7:00 PM	Wednesdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Teen Girls ages 14-17	Access Department West Bergen Center for Children and Youth (201) 444-3550 ext 7144		Sliding Scale
Divorce Groups for Children	Weekly 6:00–7:00 or 7:00 – 8:00 PM depending on age	Mondays	West Bergen Center for Children and Youth 3 Post Road Oakland, NJ	School age children	Access Department West Bergen Center for Children and Youth (201) 444-3550 ext 7144		Sliding Scale
Adult Divorce Group	Weekly To be determined	To be determined	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Parents	Access Department West Bergen Center for Children and Youth (201) 444-3550 ext 7144		Sliding Scale
Asperger's Related Services – Therapeutic Social Skills Groups	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- It's Time to Tell: How to Help Your Child or Teen Understand His/Her Diagnosis 6 Sessions	6:30 -7:30 p.m.	August 13, 20 September 17, October 22 November 19 December 3	West Bergen Center for Children and Youth One Cherry Lane Ramsey, NJ 07446	Parents	Crystal Delarosa West Bergen Center for Children and Youth One Cherry Lane Ramsey, NJ 07446		\$200 for both parents
ADHD/Social Skills Groups	Weekly 5:00-6:00 PM or 6:00-7:00 PM depending on age	Wednesdays and Thursdays	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		Sliding Scale
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
Preteen Girls Groups	Weekly 10:00 – 11:00 AM	Saturdays	West Bergen Center for Children and Youth 1 Cherry Lane Ramsey, NJ 07430	Preteen girls ages 10-13	Access Department West Bergen Center for Children and Youth (201) 444-3550 ext 7144		Sliding Scale
Non-Drug Solutions to ADD/ADHD and Learning Problems Workshop	1 Session 7 p.m.	Tuesday Oct. 28	Dr. Thomas Campione 300 Knickerbocker Rd. Cresskill, NJ 07626	Parents	Dr. Thomas Campione 300 Knickerbocker Rd. Cresskill, NJ 07626 201-569-0500		None
How to talk to your Preschooler	1 Session	TBD	TBD	Parents, Teachers, caregivers and pre-school children	Cognitively-Correct Inc. Bryce Conway 201-674-4215 www.ccthedots.com		\$20 per person (children free)

M = Meal provided C = Childcare provided T = Transportation L = Light refreshments served

THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

October 1, 2008

Dear Service Provider:

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

Our goal is to promote on-going use of these valuable programs by county residents. Your distribution of this grid to staff and clients is genuinely appreciated. We welcome information about other parenting and family education providers to add to the grid. These recommendations can be forwarded to kmapp@tcadr.org.

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

Sincerely,

Kim Mapp, M.A.
The Center for Alcohol and
Drug Resources