



**COUNTY OF BERGEN**  
**DEPARTMENT OF HUMAN SERVICES**  
**DIVISION OF DISABILITY SERVICES**

*Providing Programs and Services for Over 40 Years*

**One Bergen County Plaza, 2<sup>nd</sup> Floor · Hackensack, NJ 07601-7076**  
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*Director, Division of Disability Services*

**ALL ABILITIES SUPPORT GROUP**  
**PROGRAM**

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors three (3) support groups that meet weekly. Program functions include socialization; group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy (limited); music & reminiscence sessions; guest speakers; and occasional leisure (i.e., recreational) outings. No fee is charged to participate.

Location, Days, & Time of Support Group Meetings:

**ENGLEWOOD**

Friday, 9:30 AM - 12:30 PM

**ENGLEWOOD**

**MS Support Group 3<sup>RD</sup> Saturday (of each month-  
VIRTUAL) 10:00 AM – 12:00 PM**

**MAYWOOD**

Monday, 10 AM-12 PM

How to Apply:

If interested in joining one of the groups, please contact Daniel S. Kotkin at (201) 336-6504 for further information.

**\*Program funding provided by the Bergen County Division of Senior Services.  
Services are available at no cost to the participant**