

*James J. Tedesco III, Bergen County Executive
and the Bergen County Board of Commissioners*

**Alternatives to Domestic Violence
Bergen County Department of
Human Services**



COMMUNITY RESOURCE GUIDE

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Bergen County

Division of Alternatives to Domestic Violence

Services

- **24/7 Hotline:** confidential emotional support and crisis intervention
- **Emotional Support Services (ESS):** free one-on-one crisis intervention support services offered to clients who desire personalized assistance in working towards their safety goals
- **Healthy Relationship Consultations:** free, educational, one-time sessions for individuals or small groups, or community members who are looking for clarity or constructive feedback about past/current relationships or supporting a loved one
- **Welcome Group:** a free, flexible 8-week educational program for adult survivors of abuse to learn about abuse dynamics and to begin building their toolbox of coping skills, safety plan strategies, community supports, and peer networks
- **Survivor Group Counseling Program:** free group counseling for survivors of domestic violence to learn about abuse in supportive environments, process their experiences of resistance and survival, and nurture their journeys towards healing and reconnection
- **Legal Advocacy and Court Preparation:** for survivors interested in or have filed a temporary restraining order in civil court. Our legal advocates offer free, one-on-one legal education on obtaining both temporary and final restraining orders in Bergen County.



Works with individuals and groups to prevent and eliminate domestic violence through comprehensive service approaches, such as prevention education, crisis intervention, legal advocacy, evidence-based counseling programs, and coordinated community responses to violence.

One Bergen County Plaza,
2nd Floor, Hackensack,
NJ 07601

24/7 Hotline: 201-336-7575
www.co.bergen.nj.us/adv

Bergen County

Division of Mental Health and Addiction Services

Services

- Planning and oversight
- System Coordination
- Public Education
- Information, referral, and advocacy
- Liaison between state, regional, and local planning bodies
- Legal counsel and representation
- Crisis counselors available 24/7 by calling the Crisis Hotline



Assures that Bergen County residents of all ages, from youth to the aged, who need treatment for a mental illness have access to care, regardless of ability to pay.

One Bergen County Plaza,
4th Floor, Hackensack,
NJ 07601

201-634-2600

24/7 Crisis Hotline:

201-262-HELP (4357)

Health & Safety Hotline:

201-225-7000

Bergen New Bridge Medical Center

Services

- Acute Medical Care
- Ambulatory & Specialty Care
- Bariatric Services
- Behavioral & Mental Health
- Bergen New Bridge Health Library
- CareRite Now
- Community Health
- Eating Disorders & Body Positivity
- Hope & Health Resiliency Center for Youth
- Imaging & Radiology
- Laboratory Services
- LGBTQ+ Health
- Long Term Care
- Lymphedema
- Pharmacy Services
- Rehabilitation Services
- Substance Use Disorder Treatment
- Pharmacy Services
- Rehabilitation Services
- Substance Use Disorder Treatment
- Telehealth
- Vaccines
- Veterans Healthcare Services
- Women's Health
- Men's Health



A not-for-profit safety net facility, provides high-quality comprehensive services, including acute and ambulatory care from Rutgers New Jersey Medical School and community physicians, mental health and substance use disorder treatment, and long term care to the greater Bergen County community.

230 East Ridgewood Avenue,
Paramus, NJ 07652

201-597-4130
www.newbridgehealth.org/

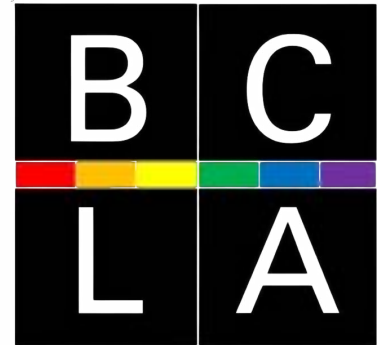
Bergen County LGBTQ+ Alliance

Projects

- Video Interview Project
- Community Surveys
- Assessing Bergen County LGBTQ+ Needs
- Determining Bergen County Resources
- Providing Information for Access to Existing Bergen County Resources

Programs

- **Harm Reduction:** A judgment and cost-free counseling group held weekly by mental health professionals and peer counselors
 - Time: Every Thursday @8.15pm: Join via Zoom Meeting link: Video Interview Project
- **Lesbian Group:** Different programs on a wide variety of topics to inform and provoke interest in an inviting, safe, friendly, environment
- **Movement Class**
- **Senior Meetup:** A monthly queer Seniors event creating a space for 60+
- **The Marsha P. Johnson Social:** A monthly in-person gathering for trans and non-binary individuals and LGBTQ allies
- **Queer Community Closet**
- **Youth Services**
- **Youth Homeless Support**



Advocates for equality and resources for the LGBTQ+ community in Bergen County, NJ, to celebrate our diversity, and to provide safe spaces to allow us to be our true selves.

156 Forest Ave #1, Paramus,
NJ 07652

201-375-3549
info@bergencountylgbtq.org

www.bergencountylgbtq.org/home

CarePlus NJ

Services

- Individual and group
- Medication management and support
- Substance use treatment
- Case management and assertive outreach
- Access to primary medical care
- Legal and financial assistance and advocacy
- Assistance with finding emergency, safe housing
- Self-care education and emphasis
- On-site crisis intervention as needed
- Peer support services to support healing and growth
- Telehealth, in office and in home services available

262-HELP Psychiatric Emergency Screening Program

- **24/7 Hotline**
- **201-262-4357**
- Mental Health Screener's that are trained and certified by the New Jersey Division of Mental Health and Addiction Services provide mental health evaluations, crisis intervention counseling, and support to individuals – either in the community or at our office – and assess for the most clinically appropriate intervention.



Facilitates healing by providing comprehensive mental health services for Bergen County youth and adults who are survivors of violent crimes.

610 Valley Health Plaza,
Paramus, NJ 07652

201-265-8200
careplusnj.org/

CBHCare

Wellness Drop-in Center

Services

- **Eligibility:** Consumer must be a Bergen County Resident, have a diagnosable mental illness, 18 years or older, and must have psychiatric symptoms to a degree of severity that impacts daily functioning
- **Adult Services:** Numerous programs that connect adults and their families with mental health services and information to support their independence, recovery, and well-being
- **Children and Family Services:** Numerous programs to help adolescents through a variety of services targeted to their mental health needs and development
- **Workshops**



Provides Bergen County residents with urgent care and early intervention mental health support services: short-term and recovery-oriented crisis intervention for individuals experiencing a mental health crisis.

569 Broadway, Westwood,
NJ 07675

201-957-1800
www.cbhcare.com/

Crossroads to Wellness (Crisis Only)

Services

- **Care Coordination:** Provides support and help to individuals navigating the healthcare system
- **Social Support Services:** Provides employment, housing, education, and justice involvement, socialization, transportation assistance, physical healthcare linkages, vocational support
- **Trauma Recovery Center:** provides comprehensive mental health services for Bergen County youth and adults who are survivors of violent crimes. 201-797-2660 x 5232
- **Addiction Recovery Services:** Medication Assisted treatment; inpatient and outpatient programs; therapy services. 201-380-0687
- **Children's Mobile:** *Eligibility:* Child or youth up to 21 years old and is a resident of Bergen County.



Services for Bergen County resident adults who are being discharged from an inpatient hospital or other institutional setting, back into the community by providing immediate access to community services during the transition.

610 Valley Health Plaza
Paramus, NJ 07652

201-986-5037

Hamilton Behavioral Health

Services

- **Telepsychiatry:** Therapy through live video connection
- **TMS Services:** utilizes waves of highly focused magnetic pulses to stimulate areas of the brain that regulate mood and temperament
- **Individual Therapy**
- **Group Therapy**
- **Medication Management:** Medical personnel's who assist individuals in manage prescribed medications contribute to an individual's overall improvement in their quality of life, as well as ensure the safety of the patient
- **Kids and Family:** Work with children as young as four years old; a wide array of child/adolescent mental health issues including: ADHD, Autism, Oppositional disorder, Bullying, PTSD, Addiction, Violence/Aggression, Depression, Anxiety, etc.



Mental health providers which specialize in a variety of conditions including Generalized Anxiety disorder, Major Depression, OCD, PTSD, Bipolar, Mood disorders, Autism, Personality disorders, Anger management, Addiction.

300 Forest Ave, Paramus,
NJ 07653

201-490-5158
hamiltonbehavioral.com/

Project SARAH

Services

- **Magen Yeladim Child Safety Program:** A program for school-age children in pre-school through 4th grade. It teaches children the basics of personal safety
- **Internet Safety Program:** Staff members educate children in a safe setting about the dangers of technology and the internet
- **No-cost therapy sessions:** 12 weeks, In person/virtual



Project SARAH serves as a link between victims of abuse in the Jewish community and the support systems and resources available to them.

973-777-7638, ext. 300

hereforyou@projectsarah.org
jfsclifton.org/project/project-sarah/

Vantage Health System

Services

- **Addiction Services:** provides comprehensive, integrated services for persons seeking to overcome problem gambling, alcohol/drug, and other addictions
- **Outpatient Services:** a comprehensive range of outpatient clinical services designed to meet the needs of children, adolescents and adults
- **Day Treatment Services:** Based on a wellness and recovery philosophy of treatment, our outpatient structured day program is designed to maximize your independence and community living skills
- **Residential Services:** provides the property management, operations and clinical support services to eighty-two individuals living in two long term, two transitional, and thirteen permanent supported housing residences located in towns across Bergen County NJ
- **Senior Services:** provides comprehensive assessment, education and planning for elders and/or their families
- **Caregiver Support Groups:** offers support groups to all in the community who are either caregivers of a spouse or adult children who are caring for elderly parents
- **Support Services**



Provides their clients with opportunities for wellness through integrated mental and physical healthcare, support services and affordable housing.

93 W Palisade Ave, Englewood,
NJ 07631

2 Park Ave, Dumont, NJ 07628

201-567-0059

info@vantagenj.org

www.vantagenj.org/

West Bergen Mental Healthcare

Services

- **ADHD Program:** addresses problems in school functioning, social skills and family relationships
- **Anxiety Disorders:** interventions which include Cognitive Behavioral Therapy, Interpersonal Psychotherapy and Family Systems Therapy
- **Depression Intervention:** treatment interventions which include Medication Management, Cognitive Behavioral, Interpersonal, and Family Systems Therapies
- **Divorce Program:** therapists will work with you and your family towards helping to resolve problems and reduce conflict in a supportive and caring environment
- **LGBTQ+ Services:** aims to ensure that LGBTQ community members have the tools they need to lead happy, healthy lives; also offers the general public consultation services and educational training on topics and questions related to LGBTQ issues
- **Adult Day Treatment & Residential Services:** provides comprehensive treatment and support services to adults (18 years or older) whose lives have been disrupted by a severe and persistent mental illness, or who have had a psychiatric hospitalization
- **Social Discovery Autism Program:** full diagnostic and comprehensive treatments services for individuals with Level 1 Autism Disorders, High Functioning Autism, Pervasive Developmental Disorder Not Otherwise Specified (PDD, NOS), Nonverbal Learning Disabilities and other disorders affecting social communication and interpersonal skills
- **School Based Services:** school-based therapists provide intensive onsite support for elementary schools through high schools in order to assist the most vulnerable students, while also enhancing each school's ability to meet the social and emotional needs of all their students
- **Community Education Programs and Tools:** West Bergen is a leading provider of free, community education programs on a variety of mental wellness topics. If your organization is interested in having West Bergen Mental Healthcare speak to your members, please email Barbara Hand (bhand@westbergen.org).



Offers a full spectrum of critical psycho-therapeutic treatments for children, adolescents, adults and families suffering from trauma, depression, anxiety and other mental health issues, including those resulting from the COVID-19 pandemic.

120 Chestnut St,
Ridgewood, NJ 07450

201-444-3550

988 Suicide & Crisis Lifeline

Services

- Provides free and confidential support
- Crisis resources



A 24/7 national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress

Just dial 988

988lifeline.org/

Bergen County Court House

Services

- **Office of Victim-Witness Advocacy**
 - Bergen County Prosecutor's Office, County Justice Center
 - Phone: (201) 646-2057 & (201) 226-5179
 - E-mail: LRazzetti@bcpo.net or (unit) Victimwitness@bcpo.net
- **Domestic Violence Intake Office**
 - 201-221-0700 ext. 25185 (for litigants)
 - Office hours to file a complaint: 8:30am-3:30pm
 - *To file a complaint after office hours please contact your local police department. Local Police Departments and Municipal Courts have a duty to hear your complaint for a restraining order when the court is closed
- **Non-Dissolution Unit Family Intake:**
handles matters relating to custody, parenting time, paternity, child support, spousal support, modifications of existing orders, an
 - 201-221-0700



2 Bergen County Plaza,
Hackensack, NJ

Legal Services of New Jersey

Services

- **Adult Services:** Numerous programs that connect adults and their families with mental health services and information to support their independence, recovery, and well-being
- **Children and Family Services:** Numerous programs to help adolescents through a variety of services targeted to their mental health needs and development
- **Workshops**

Eligibility

- Consumer must be a Bergen County Resident, have a diagnosable mental illness, 18 years or older, and must have psychiatric symptoms to a degree of severity that impacts daily functioning



Provides representation and legal advice to eligible domestic violence victims, free of charge

190 Moore Street
Hackensack, NJ 07601

Local Office Number:
201-487-2166
Legal Services Hotline:
1-888-576-5529

www.lsnj.org/

Bergen County Mental Health Law Project

Services

- **Social Security:** Helps with the application process
- **Family Law:** Represents clients in cases involving matrimonial and family disputes
- **Collections:** Assists in resolving consumer and creditor issues
- **Advanced Directives:** Provides assistance with a durable power of attorney for healthcare, and a living will
- **Notary Services**



Provides high quality free legal services to Bergen County residents who have been diagnosed with a mental illness and qualify under the federal poverty guidelines

One Bergen County Plaza,
4th Floor Rm. 424,
Hackensack, NJ 07601

201-634-2762

www.co.bergen.nj.us/mental-health-law-project

Northeast New Jersey Legal Services

Legal Services

- Housing
- Family law and domestic violence
- Public benefits
- Seniors
- Consumer protection
- Federal tax issues
- Immigration
- Education
- Veterans
- Expungement
- Living with HIV/AIDS
- Disaster legal assistance



**A staff of attorneys
specialized in areas of
civil (non-criminal) law.**

190 Moore St., Suite 100,
Hackensack, NJ 07601

201-487-2166

www.northeastnjlegalservices.org/our-services

NJ Victims of Crime Compensation Office

Services

- May provide money to domestic violence victims for needs such as moving, medical, attorney fees, counseling, and childcare expenses.
 - Must have police reports that are provided by the victim in the application



Provides compensation to certain victims of violent crime for some expenses they suffer as a result of the crime.

To Apply: 973-648-2107

For Assistance: 1-877-658-2221

www.njoag.gov/vcco/

Women's Rights Information Center

Services

- **Career Services**
- **Career Closet:** Professional clothing
- **Case Management**
- **Displaced Homemaker and Single-Parent Services:** Support counseling, resources, and referrals for those affected by disability, divorce, death of a partner
- **Education Counseling:** GED/HSE, apprenticeship program referrals, resources and application assistance
- **Entrepreneurship:** Seminars and resources for starting a business, developing business plans, financing and marketing
- **ESL/Citizenship Classes**
- **Financial Literacy:** Informational workshops, support groups, and one-on-one credit counseling
- **Health & Wellness / Self-Development Workshops**
- **Information, Resources & Referrals:** Links to social service agencies, community organizations and local resources
- **Legal Consultations**
- **Microsoft Training & Quickbooks Training**
- **Shared Housing**
- **Victim Services:** Support and advocacy for those affected by crime
- **Trauma Informed Individual and Group Therapy**
- **Volunteering**
- **Women's Diversity Book Group**
- **Women's Rights Advocacy:** Information and awareness to eliminate barriers, and to promote women's leadership and advancement in the workplace and in life
- **WorkFirst New Jersey**



**WOMEN'S
RIGHTS**
INFORMATION
CENTER

Provides knowledge and opportunities to support the economic aspirations, self-sufficiency, and emotional well-being of individuals so they may live with hope, security, and dignity.

108 West Palisade Ave.
Englewood, NJ 07631

201-568-1166
www.womensrights.org/

YWCA Northern New Jersey healingSPACE: Sexual Violence Resource Center

Services

- **Case Management:** Evaluates survivors needs, provides referrals and resources
- **Support Groups/Group Therapy:**
 - Call: 201-881-1755
 - Loved Ones Support Group: Free, virtual support group that aims to educate and provide emotional support for loved ones of survivors of sexual violence for 10 weeks
 - SHINE: LGBTQIA+ Survivors of sexual assault
 - Women's Group: For adult female identifying survivors of sexual violence
 - Men's Group: For adult male identifying survivors of sexual violence
- **Trauma Informed Individual Therapy**
- **Education:**
 - Call: 201-881-1754
 - Sexual Violence 101: Provides an overview of sexual violence
 - Internet and Social Media Safety: Understand dangers associated with the internet and social media
- **Legal Advocacy Program for Survivors of Sexual Violence:** Accompanies survivors for legal meetings and court dates, educates survivors, assists in completing paperwork and applications
 - Call 201-487-2227



A sexual violence resource center for all of Bergen County. Provides a confidential 24/7 hotline to survivors of sexual trauma and their loved ones. Support is available to anyone ages 13 years and up who has experienced sexual violence, whether it happened hours or years ago.

214 State Street Suite 27,
Hackensack, NJ

24/7 Hotline: 201-487-2227
ywcannj.org/healingspace/

Center for Hope and Safety

Services

- **Emergency Shelter Program:** Offers safe and confidential housing for adults and children as they escape violence
- **Transitional Housing:** Offers low-cost housing to clients and their children who are ready to move forward from the shelter but could benefit from continued time and support to build their independent living skills
- **Emergency Legal Services:** Provides assistance to survivors for family law matters related to domestic violence
 - Restraining order hearings
 - Custody
 - Safety visitation
 - Support
 - Guidance
- **Vocational:** Job readiness-training program that assists in education, resume writing, interview techniques, and assists in personal financial management
- **Project CHILD:** A community-based program that strives to build **C**onfidence, **H**ope, **I**ndependence, **L**ove, and **D**irection for child victims and/or witnesses of domestic violence
 - Creative arts therapy, case management, transportation to and from the location, parent support groups, and financial assistance for child care and summer camps
- **Outreach, Multicultural Services & AED:** Bilingual counselors are available to provide advocacy and community referrals



Assists Bergen County survivors of domestic violence, including emotional, economic, sexual, and physical abuse. The agency provides a diversified continuum of services focused on safety, empowerment, and self-sufficiency

12 Overlook Avenue,
Rochelle Park, NJ

24-Hour Hotline: 201-944-9600
www.hopeandsafetynj.org/

Center for Food Action

Services

- **Homelessness Prevention Program:** Provides financial assistance, guidance, and peace of mind to struggling low-income households
 - Helps with security deposits and first month's rent for those moving into new apartments
- **Emergency Food Program**
- **Weekend Snack Pack Program**
- **Community Garden Program**
- **Smile Pack Program**

Locations

- 316 1st St, Hackensack, NJ 07601
- 192 W Demarest Ave, Englewood, NJ 07631
- 224 Midland Ave, Saddle Brook, NJ 07663



Provides emergency services to northern New Jersey's poorest and most vulnerable residents. CFA provides food, housing, utility, and heating assistance and offers counseling and advocacy services to low-income individuals and families

201-569-1804

inquiry@cfanj.org
www.cfanj.org/

Greater Bergen Community Action

Services

- **Early Education:** Prepares the child and family for kindergarten and for life after the program utilizing education in health, nutrition, parent education, family counseling, financial counseling, and more
- **Adult Education:** Prep and testing to gain a variety of skills and knowledge for lower-income, older, and foreign-born individuals for preparation in the job market
- **Home/Energy/Lead Remediation:** Programs to help families manage energy costs and lead levels in their homes
- **Financial and Housing Counseling**
- **Construction:** SAFER Construction Company helps with kitchen and bathroom construction, finished basements, renovations/additions, window installation, and home energy audits
- **Housing**
 - Landlord-Tenant Guidance
 - Homelessness Prevention
 - Youth Transition Housing
 - The Ladder Project
 - CHIP
- **COVID-19 Vaccine Equity**
- **1st Bergen FCU**



Works to build more sustainable families, community institutions, and neighborhoods. It does this through strategic investments in community and household finance, education, healthcare, housing, workforce development, energy, and neighborhood revitalization.

392 Main Street,
Hackensack, NJ 07601

201-968-0200
www.greaterbergen.org/

Housing Authority of Bergen County

Services

- **Housing Choice Voucher:** a rental assistance subsidy program funded by the U.S. Department of Housing and Urban Development (HUD) which reduces rental costs to eligible low-income households
- **Housing Opportunities for Persons With Aids:** the only Federal program dedicated to the housing needs of people living with HIV/AIDS
- **Continuum of Care Program:** designed to promote communitywide commitment to the goal of ending homelessness; provide funding for efforts by nonprofit providers, and State and local governments to quickly rehouse homeless individuals and families while minimizing the trauma and dislocation caused to homeless individuals, families, and communities by homelessness; promote access to and effect utilization of mainstream programs by homeless individuals and families; and optimize self-sufficiency among individuals and families experiencing homelessness
- **Portability:** in the HCV program refers to the process through which the family can transfer or "port" their rental subsidy when they move to a location outside the jurisdiction of the public housing agency (PHA) that first gave them the voucher when they were selected for the program



Provides housing opportunities for low income families and older adults with an emphasis in efficient management and maintenance of their affordable housing units and rental assistance programs

One Bergen County Plaza, 2nd
Floor, Hackensack, NJ 07601

201-336-7600
info@habcnj.org

www.habcnj.org

Bergen County Division of Family Guidance

Services

- **Juvenile Family Crisis Intervention Unit:** A 24/7 program which provides crisis intervention for Bergen County families experiencing parent/child conflict
- **Adolescent and Family Treatment:** An outpatient therapy program which offers consultation, counseling, and psychotherapy services to children, adolescents, and families
- **Multi-Systematic Therapy:**
Comprehensive in-home family therapy program that provides an alternative to out of home placement
 - Provides clinical services for youth with complex emotional, social, and academic needs
- **Adolescent Substance Abuse Program:** a licensed outpatient program providing comprehensive substance abuse services for youth and families
 - Includes individual counseling, group counseling, and relapse prevention



Provides clinical, residential, educational, correctional, case management, and monitoring services for at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services

One Bergen County Plaza,
2nd Floor, Hackensack, NJ
07601

201-336-7350

Bergen County Board of Social Services

Programs and Services

- Adult Protective Services
- Child Support
- Developmental Disabilities
- Emergency Assistance
- Early Screening and Treatment
- SNAP - Food Stamps
- General Assistance
- Homeless Hotline
- Homemaker Program
- Medicaid-Aged/Blind/Disabled
- Medicaid-FamilyCare
- Medicaid-Institutional
- Motel Placement
- Rooming & Boarding
- Temporary Family Assistance
- Transportation Assistance



Provides numerous services and programs to help individuals and families meet their basic needs

218 Route 17 North,
Rochelle Park, NJ 07662

201-368-4200
customerservice@bcbss.com

www.bcbss.com

Center for Hope and Safety

Project CHILD

Services

- Creative arts therapy
- Case management
- Transportation to and from the location
- Parent support groups
- Financial assistance for child care and summer camps



A community-based program that strives to build Confidence, Hope, Independence, Love, and Direction for child victims and/or witnesses of domestic violence.

12 Overlook Avenue,
Rochelle Park, NJ 07662

201-498-9247

Family Promise of Bergen County

Services

- **Steps to Success:** Provides help with job training and educational advancement
- **Financial Fitness:** Provides financial literacy workshops
- **Personal Empowerment:** Hosts a variety of workshops covering workplace readiness, health and wellness, positive parenting, and youth and adult literacy
- **Camp Lots-of-Fun:** A 2-week summer camp consisting of 30 children, ages 5-12 who are part of the Family Promise programs
- **Code Blue:** Family Promise acts as a backup site for families during a Code Blue emergency
- **The Walk-in Dinner Program:** Provides prepared meals every day at the Bergen County Housing, Health, and Human Services Center in Hackensack. It is open to anyone in the community in need of a meal
 - For more information, call Margo Heller or email mheller@bergenfamilypromise.org



Aims to empower homeless working families to become self-sufficient by providing temporary housing and personalized support.

✦ Not for DV survivors with recent domestic violence history

100 Dayton Street,
Ridgewood, NJ 07450

201-833-8009
www.bergenfamilypromise.org/

NJ System of Care - PerformCare

Services

- Parents, family members, school employees, mental health providers and other professionals helping children and families can contact PerformCare on behalf of a youth in need of a referral
 - The parent or legal guardian of the child must still give consent for the child to receive services

PerformCARE

Committed to helping children with behavioral, mental health, or emotional challenges gain access to the services they need

24/7 Hotline: 1-877-652-7624

www.performcarenj.org/families/behavioral/index.aspx

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Eligibility

- **Categorical Requirement:** Pregnant, breastfeeding, non-breastfeeding postpartum women, infants and children up to age five who are found to be at nutritional risk
- **Residential Requirement:** Must live in the state in which you apply
- **Income Requirement**
 - Income standard: The state agency's income standard must fall under the federal poverty guidelines but cannot exceed 185 percent of the federal poverty income guidelines
 - Automatic Income Eligibility: Income-eligible for WIC based on their participation in certain programs. These participants include individuals eligible to receive SNAP benefits, Medicaid, or Temporary Assistance for Needy Families
- **Nutritional Risk Requirement:** Applicants must be seen by a health professional to determine whether the individual is at nutrition risk. This is often done in the WIC clinic at no cost. The information needed can also be obtained from the applicant's physician



Provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low income pregnant, breastfeeding, and non-breastfeeding postpartum women, as well as infants and children up to age five who are found to be at nutritional risk

973-754-4575

www.stjosephshealth.org/clinical-focuses/pediatric-services/item/1503-wic

Bergen County Office of Food Security

Services

- Provides access to external resources such as rental assistance, affordable child care, job training, and mental health counseling
- Find your nearest food provider on their website
- Volunteer opportunities
- Recipes using food from a typical food box
- Learn about hunger in Bergen County



Mission to create a more resilient network of emergency food providers by supplementing pantry distributions, building relationships between partners, and investing in vital infrastructure

1 Bergen County Plaza, 2nd Floor,
Hackensack, NJ 07601

201-336-7474

<https://www.co.bergen.nj.us/bergen-county-office-of-food-security>

NJHELPS

Services

- Once you are deemed eligible for services, you can apply for services and learn about additional resources



This site will help to see if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJIGA), and health Insurance (NJ FamilyCare/Medicaid). From there you can apply for services or learn about additional resources.

www.nihelps.org/

Bergen County Job Center One-Stop Career Center

Services

- Career Navigation Assistance/
Counseling
- Jersey Job Club workshops
- ESL classes
- Job training services
- HSE preparation
- Re-employment orientation
- Interviewing assistance
- Resume assistance
- Tuition waiver



Serves prospective workers, employers and at-risk youth in Bergen County, and strives to provide the county with a skilled labor force

60 State Street, Room 200,
Hackensack, NJ 07601

201-329-9600

NJ Displaced Homemakers Network

Services

- Job counseling, training, and placement assistance
- Financial management services
- Short term certificate education training
- Legal Information and services

Eligibility

- Must be at least 40 years of age
- Unemployed or underemployed
- Experiencing difficulty in obtaining or upgrading employment
- Receiving public assistance because of dependent children in the home but is within one year of no longer being eligible for assistance



Help women who are forced to join the paid workforce due to separation, divorce, disability, death of a spouse or significant other, and to obtain or upgrade skills for today's labor market

60 State Street, Room 200,
Hackensack, NJ 07601

dhnj.org/contact-us

Dress for Success Northern New Jersey

Services

- For the first visit, clients are assisted by volunteer stylists who are trained to help them select business appropriate attire.
 - Each client receives one complete outfit, including accessories such as jewelry, a purse, and shoes, and once employed is invited to return for a second visit.
- Provides clients with ongoing career development opportunities through the Employment Retention Program:
 - Professional Women's Group
 - Steps 2 Success powered by ADP
 - Bridge 2 Success
 - Road 2 Success
 - Foundations of Success Workshops

Eligibility

- Must have a client form from a referral agency and/or career center
 - referrals from public and private social service agencies and job training programs are accepted
- Must be available to work, actively seeking employment or recently employed, and in need of business clothing.



Empower women to achieve economic independence by providing a network of support, professional attire and development tools to help women thrive in work and in life. Services are free of charge.

<https://www.bergenresourcenet.org/search/dress-for-success-northern-new-jersey/>

(973) 822-3188



COUNTY OF BERGEN

James J. Tedesco III
Bergen County Executive

Board of Commissioners
Department of Human Services
Bergen County Alternatives to
Domestic Violence

One Bergen County Plaza, 2nd Floor
Hackensack, NJ 07601-7076