



COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES
DIVISION OF DISABILITY SERVICES

Providing Programs and Services for Over 40 Years

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ALL ABILITIES SUPPORT GROUP
PROGRAM

Program Description: The All-Abilities Support Group Program offers three groups that meet both in person and virtually for individuals aged 60 and older with disabilities. The purpose of these groups is to help reduce stress while providing peer support, education, and referrals to community resources. In addition, the program offers a variety of wellness-focused activities, including but not limited to arts and crafts, ceramics, trivia games, exercise sessions, and music therapy. **There is no fee to participate.**

Location, Days, & Time of Support Group Meetings:

ENGLEWOOD Fridays, 9:30 AM - 12:30 PM

ENGLEWOOD 3RD Saturday (of each month- VIRTUAL)
10:00 AM – 12:00 PM

MAYWOOD Mondays, 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 participants.*