

FSOBC NEWS

0-108 29TH STREET, FAIR LAWN, NJ 07410



FSOBERGEN.ORG

FALL 2014

The Family Support Organization of Bergen County (FSOBC) is a family-run, county-based organization that provides direct family-to-family peer support, education and advocacy to family members of children with emotional and behavioral challenges.

We are here for you. Give us a call!

FSOBC SUPPORT GROUPS

Through sharing experiences we can help you find options or discover approaches that may help in coping with your situation. Talking with and listening to others in similar circumstances can be just what you need to get through a tough time.

Announcing an Additional SUPPORT GROUP

- **Starting, Sunday, September 21st, Then alternating Sundays (October 5th, 19th, Nov. 2nd, Nov. 16th (not Nov. 30th Thanksgiving weekend)** Englewood Public Library/Mackay Room, 31 Engle St. Englewood, NJ 07631 **2:00- 4:00PM**, NO Adult Supervision for children/youth
- **Wednesday Support Group, *****
Every Wednesday, 7:00-8:30PM Light Supper, 3rd Wednesday, 6:30PM, (October 15th, November 19th), **Wednesday, September 17th, (6:30pm-8:30pm)** Children's Interagency Coordinating Council (CIACC) Family Advisory Committee (FAC) light supper, Register by September 16th, 201-796-6209, 102
- **Grandparents Raising Grandchildren Monthly Support Group** in Englewood, **Tuesday, September 23rd October 28th, November 25th, 2:45-2:15 PM** Support, Resources and Monthly Speakers, **NO Adult Supervision for children/youth**

Call 201-796-6209, 102 or email: lb@fsobergen.org for further details about FSOBC SUPPORT GROUPS!

The Coping Power Program ***

A 4 week parenting program for parents/caregivers with children/youth (ages 8-11) provided September 30th, October 7th, October 14th, October 21st (7:00-8:30pm)--sponsored by the FSOBC in collaboration with the Bergen County Division of Family Guidance. The Coping Power Program is an interactive skill building program that will provide you with the tools: to help you with setting clear rules, learn how to respond to behavioral challenges, parental stress management and family communication. Attendance at all 4 sessions recommended. Call to register, 201-796-6209, ext 102 email: lb@fsobergen.org

Mark Your Calendars! FSOBC Educational Series ***

Monday, September 29th (7:00-8:30pm) ***

Topic: How Attending a Support Group at the FSOBC Can Reduce Your Stress? Are you feeling stressed and alone in your situation? Learn how your participation in a support group might make the difference for you. This presentation will explain the many benefits of attending support groups, as well as current research on the impact of groups.

Presenter: Barbara White, Program Coordinator, NJ Self-Help Group Clearinghouse

Register by Thursday, September 25th: (201)796-6209 ext 102 email:

lb@fsobergen.org

Monday, October 20th (7:00-8:30pm) ***

Topic: Creating Agreement

This workshop will focus on helping parents and professionals "create agreement" and avoid, minimize, or appropriately address, conflict in the IFSP and IEP process.

Presenter: Dawn Monaco, Parent Professional Staff Trainer-North Statewide Parent Advocacy Network (SPAN)

Register by Thursday, October 16th: (201)796-6209 ext 102 email:

lb@fsobergen.org

Monday, November 17th (7:00-8:30pm) ***

Topic: 'Keeping Hope in Challenging Situations'

Lisa Fedder will give tools including relaxation techniques to maintain positive parenting and to help you reduce stress in any situation..

Presenter: Lisa Fedder, MSW, LCSW, LCADC, Core Counseling

Register by Thursday, November 13th: (201)796-6209 ext 102 email:

lb@fsobergen.org

Monday, December 8th (7:00-8:30pm) ***

Topic: 'Holiday Project'

Presenter: Eva Tobias, FSOBC Volunteer

Register by Thursday, December 4th Join other parents/caregivers to create a special memento for your family –if you would like to be a part of the planning for this evening

Please contact (201)796-6209 ext 102. lb@fsobergen.org

*** Adult Supervision available for children/youth at least 5 years old while parents/caregivers participate in support

group and FSOBC programs located in Fair Lawn

Programs Sponsored by the FSOBC -NO COST TO ATTEND

The FSOBC is a component of the New Jersey Department of Children and Families,

Division of Children's System of Care (CSOC)

Parenting Corner

THANK YOU!!! to the following presenters:

Bonnie Berkowitz, Bergen County Division of Family Guidance
Lucien Duquette, Ph.D., Jeanette Flanagan, LCSW CPAS CTTS
Jacqueline Gallios, Bergen County Division of Family Guidance
Geri Iannaconi, Arts Horizons, Scott Rossig, M.Ed, BCBA
Sandy Saul, MA. L.P.C., Nancy Smith, Essence of Self, Joanne
Stickles, MA, Jamie Ziegelhofer, Bergen County Division of
Family Guidance.

For providing giveaways for the Meet & Greet at the FSOBC held May 7, 2014

Debra Watson Manager, Broadway Branch, Valley National Bank

Food Donation- Tasty Bagels, Saigon Kitchen

For volunteering at the FSO

Eleanor Leichnetm, Kathy Wickham, Denise Gilbert

For Program Collaboration

'Take Control of Your Health'-Bergen-Hudson Chronic Disease Coalition, funded through a grant from the New Jersey Department of Health & Senior Services Office of Cancer Control and Prevention (OCCP)

'Strengthening Families Program', Center for Alcohol and Drug Resources, Children's Aid & Family Services

Bergen County Proud to Be Stigma-Free

On May 21st, 2014 the Bergen County Board of Chosen Freeholders declared the County of Bergen as a Stigma Free Zone. The Bergen County Board of Chosen Freeholders Resolution identifies that: *'the Stigma-Free Zone is designed to spark public interest, raise awareness of mental illness, decrease the stigma and encourage those who need care to seek treatment and feel supported with-in the Stigma-Free Zone'*.

This awareness began in Paramus and is now being adopted by other towns as well throughout the County. This exciting initiative will hopefully encourage those in our community in need of assistance and support to receive services in a safe and nurturing environment. You may wish to encourage your community to participate in hope it will improve services for your family. Your support is needed to promote Mental Health Awareness for our Community-Please call and find out how you can be involved!!! 201-796-6209, 102

In May 2014 Mental Health Awareness Month

- over 50 attendees participated in the May 7th Open House celebration of Children's Mental Health Awareness Week at the FSOBC.
- During May, Bergen County Department of Health, Division of Mental Health, shared the listings from the 'mind your health calendar' found on the website of Mental Health America
<http://www.mentalhealthamerica.net/may>

One such posting included on May 27th: *'Reminisce about something hilarious that you've seen or done. Laughter boosts the immune system.'* Share a saying at the FSOBC Support Group!
You may want to check the site, to view additional messages!

Youth Partnership of Bergen County

Attention Bergen County Youth (Ages 14-21) - This is your opportunity to promote mental health awareness by participating in community service projects as well as educational and cultural events. For more information and a meeting schedule, please contact: Eldar Ganiev, the Youth Partnership Coach.

(917)740-7766 or at yp@fsobergen.org

Check the FSOBC website for details: www.fsobergen.org

Family Resources

From the Bergen One -Stop Career Center website: 'serves prospective workers, employers and at-risk youth in Bergen County, and strives to provide the county with a skilled labor force'. Phone: 201-329-9600

Office of Advocacy (OOA) within Department of Children and Families (DCF) serves as central point of communication for families with concerns questions. The Office of Advocacy can be reached by calling the toll free number 1-877-543-7864 Monday through Friday from 8:30am to 4:30pm or by emailing: askdcf@dcf.state.nj.us


The North Hudson Community Action Corporation runs two centers where you can enroll for health care. Hackensack and Garfield locations- call 201-210-0200

Bergen Volunteer Medical Initiative provides free primary and preventive medical care to Bergen County residents who are working, meet income requirements and have no health insurance. Appointment required for eligibility assessment before a patient can be seen. 241 Moore Street, Hackensack, NJ 201-342-2478

'2ND FLOOR' is a confidential and anonymous helpline for New Jersey's youth and young adults. If you are between the age of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing call (888) 222-2228.

Case Management Program Office at Special Needs of the County of Bergen (Recovery related to Hurricane Sandy and Resiliency to prepare for the advent of future storms) Ronnie Bassman-Agins at 201- 580-1083, RBassmanAgins@co.bergen.nj.us

The Mental Health Association in New Jersey- NJ Mental Health Cares continues to serve as a gateway to clinical outpatient mental health services and additional substance use disorder services for survivors of Superstorm Sandy. This includes anyone living in Bergen County or any of the other disaster-declared counties in New Jersey at the time of the storm. However, an individual does not need to be directly affected by the storm to be eligible for services. Call 866-202-Help (4357)

Warm Line  The FSOBC offers telephone support to family members, caregivers and to those that reach out from the Bergen County community that need support with resources. Call 201-796-6209 Ext. 102