



# FSOBC NEWS

0-108 29<sup>TH</sup> STREET, FAIR LAWN, NJ 07410



**SUMMER-FALL 2015**

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/ behavioral challenges/developmental/intellectual/substance abuse challenges.

We are here for you. Give us a call!

**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 Bergen County Mental-Health Stigma-Free Campaign

The FSOBC has joined the 'Stigma-Free Campaign, a Bergen County-wide program which aims to reduce the stigma associated with mental illness'. This effort, as you know, is very important. All of us together have to be a voice for awareness and acceptance of those with mental health challenges and all other challenges that may make others think they are different.

Information regarding this initiative and how **you or your town** can support this county-wide effort can be found at the

**Bergen County website:** [www.bergenhealth.org/mental](http://www.bergenhealth.org/mental)  
A "Stigma-Free Campaign Municipality Toolkit is available through the Bergen County Department of Health Services, Division of Mental Health. For further information, please call the FSOBC at 201-796-6209, 102 or Bergen County Division of Mental Health 201-634-2750

## Support Groups at the FSOBC

### Evening Support Groups, Every Wednesday, 7:00-8:30PM

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

Light Supper, 3<sup>rd</sup> Wednesdays, 6:30PM, August 19<sup>th</sup>  
September 16<sup>th</sup>, October 21<sup>st</sup>, November 18<sup>th</sup>

**Wednesday, August 19th (6:30pm)** A Light Dinner & 'Ice Cream Social' -**Register by 8/17, call 201-796-6209, 105**

### Grandparents Raising Grandchildren Monthly Support Group in Englewood (4th Tuesday) 12:45pm-2:15pm

Support, Resources and Monthly Speakers  
September 29<sup>th</sup>, (Tuesday), October 27<sup>th</sup>, November 24<sup>th</sup>,  
Englewood location, call 201-796-6209, ext 102 for specifics

### Children's Interagency Coordinating Council(CIACC) Family Advisory Committee (FAC) meeting at the FSO Wednesday, September 16<sup>th</sup> (6:30pm-8:30pm)

Please register at 201-796-6209, 102

## FSOBC Fall Educational Series

### Monday, September 28th (7:00-8:30pm)

**Topic:** Social Anxiety usually begins in childhood and adolescent years. Parents play an important role in identifying and helping children overcome social anxiety. Learn to distinguish a shy child from one with social phobia, and learn how parents can empower—rather than enable—children with social anxiety.

**Presenter:** Sue Heguy, LCSW Care Plus NJ Clinician & Trainer  
**Register by Thursday, September 17th (201)-796-6209, ext 102**  
email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### Monday, October 5th(7:00-8:30pm)

**Topic:** "Positive Parenting: Core principles to Modify your Child's Behavior"

**Presenter:** AIM Positive, Mr. Scott Rossig, M.Ed, BCBA  
Zach Ikkanda, M.S. Ed, BCABA  
**Register by Thursday, October 1st (201)796-6209 ext 102**  
email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### Monday, November 9th (7:00-8:30pm)

**Topic:** Come learn about 'Mindful Meditation' and how these techniques can make a difference for you and your family!

**Presenter:** Lucien Duquette, Ph.D.  
**Register by Thursday, November 5th (201)796-6209 ext 102**  
email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### Monday, December 14th (7:00-8:30pm)

### snow date, December 15<sup>th</sup> (7:00-8:30pm)

**Topic:** Winter Wellness-Minus the Scale

Find out why 'Wellness means much more than eating right and exercising'!!

**Presenter:** Ellen Indoe, MA, CHES; Amy Faus MPH, CPH, CHES,  
Bergen's Promise Behavioral Health Home  
**Register by Thursday, December 10th (201)796-6209 ext 102**  
Email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

**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!!! (2014-2015)

To the following presenters for participating in the FSOBC Educational Series, the Grandparents Raising Grandchildren Monthly Support Group

- ❖ Staci Block, MSW, LCSW, 'Reflections', a program of the Bergen County Division of Family Guidance
- ❖ Lucien Duquette, Ph.D.
- ❖ Lisa Fedder, MSW, LCSW, LCADC, Core Counseling
- ❖ Maria Flores, SPAN (Statewide Parent Advocacy Network)
- ❖ Dana Fried, Children's Aid and Family Services
- ❖ Joseph Galasso, PsyD of The Core Group
- ❖ Carolyn Hayer, Statewide Parent Advocacy Network (SPAN)
- ❖ Megan Maletich, BS, CHES, Englewood Health Department
- ❖ Lydia Mejia, BA, Kinship Care Services, a program of Care Plus NJ
- ❖ Libby Morley, MSW
- ❖ Claudette Murdock, RN, BSN, Englewood Health Department
- ❖ Scott Rossig, M.Ed, BCBA, AIM Positive
- ❖ Pari Sharif, MA, LPC, LRC, CTTS, PsyA
- ❖ Joanne Stickles, MA
- ❖ Ellen Taner, MA, State & National Parenting and Family Education Trainer and Advocate
- ❖ Eva Tobias, FSOBC Board Member
- ❖ Barbara White, Program Coordinator, NJ Self-Help Group Clearinghouse

Food Donation for FSO 3rd Wednesday  
Stefano's Pizza & Restaurant, Elmwood Park

Weekly Donation  
Tasty Bagels, Saddle Brook

Holiday Gifts for Families  
Flames of Giving  
Denise Guilbert, Saddle Brook  
Kessler Institute, Saddle Brook  
New York Life Insurance Company, Saddle Brook

### 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.  
201-300-7328 or at [yp@fsobergen.org](mailto:yp@fsobergen.org)  
Check the FSOBC website for details:  
[www.fsobergen.org](http://www.fsobergen.org)

### A Summer Program for Teens (RISE-2015)

Reflections InterACTIVE Summer Experience

'For teens (entering 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> grade or just finished high school) living in Bergen County and interested in doing rehearsals, workshops and performances, over the summer that address teen issues through the use of improvisation. This is a county-funded program, so there is no cost to attend. Interested teens can join any time over the summer. A teen can attend one rehearsal or attend all of them or whenever able to participate. Every Tuesday night, June 30<sup>th</sup>-August 25<sup>th</sup> (no RISE, August 11<sup>th</sup>) Time: 5:30-8:00pm Where: 1 Bergen County Plaza, Division of Family Guidance-2<sup>nd</sup> Floor, Hackensack

For further information contact: Staci Block, MSW, LCSW  
201-336-7361, Email: [SBlock@co.bergen.nj.us](mailto:SBlock@co.bergen.nj.us)

### 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**

### Family Resources

- Mom 2 Mom Helpline for Parents of Special Needs Children 877-914-6662
- 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 and 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](mailto: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.