The following is an informal listing of resources about services, supports and other information that a family living in Hudson County and involved in the New Jersey Early Intervention System may find useful. Resource information was correct at the time of printing. Please verify important information about laws, regulations, procedures and agencies since they change frequently. A resource listing in the Hudson County Guide by Helpful Hands, the Northeast Regional Early Intervention Collaborative, Inc. (NREIC), does not constitute an endorsement of any specific organization, entity, opinion, or methodology of treatment by NREIC. Ask your healthcare professional or legal professional if you have specific questions regarding your family’s unique needs.

* Special Thanks to: Nicole Pratt; Hudson County Service Coordination Unit; and the NREIC Board of Trustees for their assistance and support in developing this guide for Early Intervention families in Hudson County.
STATE GOVERNMENT AGENCIES

DEPARTMENT OF CHILDREN AND FAMILIES (DCF)

DCF is focused on strengthening families and achieving safety, well being and permanency for all NJ’s children.

- Division of Youth and Family Services (DYFS) .................................................. 609-292-6920
- Division of Child Behavioral Health Services ...................................................... 609-292-4741
- Division of Prevention and Community Partnership ........................................... 609-984-0678
- Office of Training and Workforce Development .............................................. 609-777-2018
- Division of Central Operations ........................................................................... 609-984-7770
- Office of Education .............................................................................................. 609-588-3165
- HOTLINES:
  - Child Abuse and Neglect .................................................................................. 800-835-5510
  - NJ Foster Care ................................................................................................. 877-NJ FOSTER
  - NJ ADOPT ....................................................................................................... 877-99ADOPT

DEPARTMENT OF COMMUNITY AFFAIRS (DCA) .................................................. 609-292-6055

http://www.state.nj.us/dca

DCA provides a variety of services to low-income families, women and persons with disabilities. Services include assistance with rentals, the Federal Section 8 voucher program, and emergency shelter grants and homelessness prevention.

DEPARTMENT OF EDUCATION .............................................................................. 609-292-4469

- Department of Early Childhood Education ....................................................... 609-777-2074
- Department of Special Education ........................................................................ 609-292-0147

DEPARTMENT OF HEALTH AND SENIOR SERVICES ........................................ 800-367-6543

DEPARTMENT OF HUMAN SERVICES .................................................................. 609-292-3717

The Department of Human Services, provides support services for people with disabilities and their families, as well as programs for mental health consumers, protective services for children, the NJ Medicaid Program, food stamps, child care, financial assistance and adoption services

DEPARTMENT OF LABOR & WORKFORCE DEVELOPMENT ................................ 609-292-2323

  State Disability Insurance .................................................................................. 609-292-7060
  *NJ Relay for Deaf, Hard of Hearing/Speech Impaired Text ................................ 800-852-7899

DEPARTMENT OF LAW AND PUBLIC SAFETY .................................................. 609-292-4925

DEPARTMENT OF MILITARY AND VETERAN’S AFFAIRS .................................. 609-826-5090

DEPARTMENT OF TRANSPORTATION .................................................................. 609-530-2000

DEPARTMENT OF THE TREASURY ..................................................................... 609-292-6748
DISABILITY RELATED STATE RESOURCES

NEW JERSEY COUNCIL ON DEVELOPMENTAL DISABILITIES........................................800-216-1199  www.njddc.org
The New Jersey Council on Developmental Disabilities is New Jersey’s planning body for developmental disabilities issues. Members are appointed by the governor and approved by the NJ Senate. The Council develops and monitors the State Plan for Services to People with Developmental Disabilities and administers the federally assisted Basic State Grant Program, and publishes People with Disabilities and Families magazine.

DISABILITY RIGHTS NEW JERSEY (FORMERLY NJP&A)........................................800-922-7233  www.drnj.org
Disability Rights New Jersey is a non-profit consumer directed organization that serves as New Jersey’s federally funded protection and advocacy system for persons with disabilities. The program was established to protect and advocate for the rights of citizens with disabilities in the areas of guardianship, habilitation, medical treatment, education, employment, protection from harm, transportation, and other civil rights. It provides legal services and responds to complaints from individuals and their families, as well as from community groups. It also provides training for people with disabilities and their families to assist them to advocate for themselves.

EDUCATION LAW CENTER.......................................................... .............................................973-624-1815  www.edlawcenter.org
ELC advocates on behalf of public school children for access to an equal and adequate education under state and federal laws.

ELIZABETH M. BOGGS CENTER ON DEVELOPMENTAL DISABILITIES.............732-235-9300  http://rwjms.umdnj.edu/boggscenter
The Elizabeth M. Boggs Center on Developmental Disabilities, UMDNJ-Robert Wood Johnson Medical School, provides community training and technical assistance, interdisciplinary pre-service preparation of students and fellows, and dissemination of information, research findings and educational materials.

OFFICE OF THE CHILD ADVOCATE (AS OF 5/10)......................................................609-984-1188

OFFICE FOR CIVIL RIGHTS.........................................................................................800-872-5327

SPAN (STATEWIDE PARENT ADVOCACY NETWORK)........................................800-654-7726  www.spannj.org
The mission of SPAN is to empower families and inform and involve professionals and others interested in the healthy development and educational rights of children. SPAN provides information and support to families of children with developmental delays, disabilities and special health needs.
HUDSON COUNTY RESOURCES

Official Hudson County Website........................................www.hudsoncountynj.org

ADOPTION:

Adoption Hotline.............................................................................................................800-992-3678
Call to learn how you can change a child's life by becoming an adoptive parent.

ADVOCACY – (for CHILDREN & DISABLED):

Family Support Organization of Hudson County.......................................................201-915-5140
www.fsohc.org
The Family Support Organization of Hudson County is a family-run, county-based organization that provides direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral challenges.

Disability Rights New Jersey (formerly NJ P & A) ....................................................800-922-7233
www.drnj.org
Disability Rights New Jersey, formerly New Jersey Protection and Advocacy, Inc is a non-profit consumer directed organization that serves as New Jersey’s federally funded protection and advocacy system for persons with disabilities. The program was established to protect and advocate for the rights of citizens with disabilities in the areas of guardianship, habilitation, medical treatment, education, employment, protection from harm, transportation, and other civil rights. It provides legal services and responds to complaints from individuals and their families, as well as from community groups. It also provides training for people with disabilities and their families to assist them to advocate for themselves.

Hudson County Child Abuse Advocacy Center (CAC)..............................................201-915-1234

SPAN (Statewide Parent Advocacy Network).........................................................800-654-SPAN
www.spannj.org
The mission of SPAN is to empower families and inform and involve professionals and others interested in the healthy development and educational rights of children. SPAN provides information and support to families of children with developmental delays, disabilities and special health needs.

DEVELOPMENTAL DISABILITIES/SPECIAL NEEDS:

Center for Children with Special Needs.................................................................201-915-2059
Center for Independent Living............................................................201-533-4407
Heightened Independence & Progress- www.hipcil.org...........................................201-533-4409
A community-based, consumer organization that provides information and referral, peer counseling, skills training, advocacy and a variety of services based on individual needs.
Early Intervention Services - www.njeis.org ................................................................. 888-653-4463
If your child should be crawling, walking or talking, but isn’t, call for information about a free developmental evaluation and supports and services for your eligible child under the age 3.

Easter Seals Society of New Jersey .............................................................. 732-257-6662

Hudson County Special Child Health Services ........................................... 201-915-2514

Hudson Milestones .................................................................................... 201-434-7783
www.hudsonmilestones.org
A Hudson County based organization dedicated to the care, support and advancement of people with developmental disabilities and their families seeking to achieve, to the maximum extent possible, the individual’s life goals and establishing self-sufficiency in the community.

NJ Division of Developmental Disabilities .................................................. 800-832-9173
www.state.nj.us/humanservices/ddd/about_ddd.html
  ▪ DDD Regional Office ................................................................. 973-977-4004
    (Serving Bergen, Hudson and Passaic counties)

DDD is a state funded program that coordinates and/or provides a variety of services for people who have a lifelong developmental disability that substantially limits them. These services are not an entitlement, and there is no guarantee of funding.

NJ Early Intervention System Referral # for Hudson County ............... 888-653-4463
If your child should be crawling, walking or talking, but isn’t, call for information about a free developmental evaluation and supports and services for your eligible child under age 3.

  ▪ Helpful Hands, the Northeast Regional Early Intervention Collaborative, Inc ........................................... 973-256-8484

Helpful Hands is a non-profit organization serving Bergen, Hudson & Passaic counties, whose goal is to promote quality, family-centered early intervention services.

The Arc or Hudson County ........................................................................ 201-319-9229
Serving individual’s with developmental disabilities and their families across the life span.

DOMESTIC VIOLENCE:

Statewide- Domestic Violence Hotline .................................................. 800-572-7233
Provides a statewide 24-hour, seven-day-a-week domestic violence hotline to serve domestic violence victims and others seeking information about domestic violence. The Hotline provides bilingual service and is accessible to the hearing impaired.

Women Rising ...................................................................................... 201-333-5700
270 Fairmount Avenue, Jersey City, NJ 07306 (24 hour hotline)

EARLY CHILDHOOD PROGRAMS & ENRICHMENT:

Head Start/Early Head Start of Hudson County Referrals

Head Start North Hudson Community Action Corp ........................................... 201-863-7511
401 Palisade Avenue, Union City, New Jersey 07087

Jersey City Head Start ........................................................................... 201-656-1500
http://www.jerseycityheadstart.com/welcome.html
Bayonne Head Start.........................................................................................201-437-7222
www.greatschools.net/new-jersey/bayonne/preschools/Beof-Bayonne-Head-Start/4758/
Head Start Toll Free Information........................................................................866-763-6481

Child Care Resource and Referral Agencies - Hudson County.........................201-451-8888
www.njaccrra.org

The NJ Association of Child Care Resource and Referral Agencies is a non-profit organization composed of child care resource and referral agencies. It promotes a universally accessible, affordable & quality of early care & education responsive to parental choice.

Urban League of Hudson County. .................................................................201-451-8888
www.ulohc.org

The Urban League provides services in the areas of education, mentorship, economic development, job placement, childcare, family counseling and programs for seniors.

Office of Early Care and Education.............................................................609-984-5321

EARLY CHILDHOOD PROGRAMS:

Early Childhood Programs-Preschool
Certain public schools maintain FREE preschool for eligible 3 and 4-year-olds. Eligibility for the “wrap-around services” will be based on the family’s income. Check the following districts to see if they still provide such services in Hudson County:

Harrison Public School District........................................................................973-483-2128
Hoboken Public Schools....................................................................................201-356-3630
Jersey City Public Schools...............................................................................201-714-4387
Union City Board of Education......................................................................201-348-5880
West New York School District.......................................................................201-553-4110

HEALTH CARE /THERAPEUTIC SERVICES:

Bayonne Women’s Health Center.................................................................201-823-1250

Center for Children with Special Needs.......................................................201-915-2059
953 Garfield Avenue, Jersey City, NJ 07304

Family Planning Centers

- Family Planning Center of West New York..............................................201-866-3807
  5305 Hudson Avenue, West New York, NJ 07093

- Hoboken Family Planning, Inc.................................................................201-963-0300
  124-30 Grand Street, Hoboken, NJ 07030

- Metropolitan Health Center.................................................................201-478-5800
  935 Garfield Ave, Jersey City, NJ 07304-3194

- Family Health Services...........................................................................201-946-6430
  935 Garfield Ave. Jersey City, NJ 07304

- Meadowview Campus ............................................................................201-223-1133
  595 County Ave., Bldg. 1, Secaucus, NJ 07094

Feeding and Swallowing Disorders Clinic.....................................................973-754-4330
St. Joseph’s Medical Center, 703 Main Street, Paterson, NJ 07503
Jersey City Medical Center-Developmental Pediatrics.......................................................... .201-915-2059

Hudson Perinatal Consortium Inc.................................................................................................................. 201-876-8900
This is the Lead-planning agency for Maternal and Child Health Services in Hudson County.

Jersey City Medical Center Child & Adolescent Services.......................................................... 201-915-2272

Lead Screening and Treatment.......................................................................................................................... 201-547-4568
Lead is a toxic material that can damage a child’s nervous system as well as cause anemia and stomach irritation. Uniform screening for lead exposure and follow up education for the parent is provided.

Proyecto Vision: A Bilingual Website for Latinos with Disabilities
www.proyectovision.net/index.html
This website provides a vast amount of employment resources, news, opportunities, events, announcements, and other information relevant to the Latino community and disability.

North Hudson Community Action Corporation Health Centers:
(Federally Funded Quality Health Centers)
- West New York Site - 5301 Broadway, West New York, NJ.............................................. .201-866-9320
- Union City Site - 714-31st Street, Union City, NJ ................................................................. .201-863-7077
- Jersey City Site - 324 Palisade Avenue, Jersey City, NJ.......................................................... .201-210-0200
- North Bergen Site - 1116-43rd Street, North Bergen, NJ..................................................... .201-210-0200

Private Therapy Centers for Children
Pediatric Therapeutic Resources, LLC............................................................. .201-792-3840
Sensory Kids LLC......................................................................................................................... .201-324-1722
Bayonne Pediatric Therapy Center.......................................................................................... .201-436-0014

IMMIGRATION:

Immigration Offices and Procedures in New Jersey

MENTAL & BEHAVIORAL HEALTH:
Jersey City Medical Center Dept. of Psychiatry & Behavioral Health............................. 201-915-2000 x 3683

Christ Hospital ............................................................................................................................. .201-795-8375

Catholic Community Services ......................................................................................................... .201-653-6515

Salvation Army Counseling Services ......................................................................................... .201-435-7355

Mt. Carmel Guild ............................................................................................................................ .201-864-0270

Community Mental Health of St. Mary .................................................................................... .201-792-8200

Puerto Rican Family Institute, Inc. ............................................................................................. .201-610-1446
Family Support Organization of Hudson County .......................................................... 201-915-5140
www.fsohc.org

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

Hudson County Crisis Intervention Contact.............................................................. 866-367-6023
Provides access to emergency services and counseling for non-medical emergencies and crisis intervention.

System of Care intake & referral number .................................................................. 877-652-7624

PROTECTIVE SERVICES: ADULTS & CHILDREN

Adult Protective Services (APS) .................................................................................. 201-295-5160
Investigates complaints of suspected abuse, neglect, and/or exploitation of vulnerable adults 18 or older.

Division of Youth and Family Services (DYFS) ......................................................... 609-292-6920
- Hudson Central Local Office, 438 Summit Ave, JC, NJ 07306.............................. 201-795-0423
- Hudson North Local Office, 1 Harmon Meadow Blvd, Secaucus, NJ .............................. 201-865-4101
- Hudson South Local Office, 690 Broadway, Bayonne, NJ ...................................... 201-823-5000
- Hudson West Local Office, 1 Harmon Meadow Blvd, Secaucus, NJ ...................... 201-863-3179

Hudson County Family Success Centers
www.hudsoncountychildabusepreventioncenter.org

These centers promote the safety and well-being of Hudson County children by providing programs and services which develop and strengthen the community’s capacity to nurture children and prevent child abuse.

- Family Success Center at Horizon Health Center ................................................. 201-451-4767
  Serving the Jersey City community & Bayonne
- West Hudson Family Success Center ...................................................... 201-998-0803
  Serving Kearny, Harrison & East Newark

SOCIAL SERVICES:

Hudson County Board of Social Service................................................................. 201-420-3000
Division of Family Development, 257 Cornelison Ave, Jersey City, NJ 07306 can help with these issues:
- Child Care
- Drug/Alcohol Assistance
- Emergency Assistance, End Hunger NJ, Food Stamps, Energy Assistance Program
- Hispanic Outreach and Advocacy
- Medicaid
- Refugee Resettlement
- Supportive Assistance to Individuals and Families (SAIF)
- Work First NJ (NJ’s TANF Program), Support for Working Families
- Social Services for the Homeless (SSH)
- Special Initiatives & Transportation
- Social Security Income (SSI)
**WIC (Women, Infants & Children) of Hudson County** - The WIC program provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of five. WIC services include nutrition education, immunization screening and health care referrals.

- **North Hudson WIC Program**  
  5301 Broadway, Lower Level, West New York, NJ 07093  
  (201) 866-4700, flor@nhcac.org; Service Areas: HUDSON except for Bayonne & Jersey City

- **Jersey City WIC Program**  
  201 Cornelison Avenue, 2nd Floor, Jersey City, NJ 07304  
  (201) 547-6842, DMurray@jcnj.org; Service Areas: Bayonne and Jersey City

**SPECIAL EDUCATION AND EARLY INTERVENTION SERVICES:**

**Hudson County School District Board of Education listings:**  
Call your local school district if your child is age 3 or over, and you would like them evaluated for special education services:

- Bayonne………………………………………………………… 201-858-5870
- East Newark…………………………………………………….. 973-481-6800
- Guttenberg………………………………………………………… 201-861-3100
- Harrison……………………………………………………..… 973-483-2128
- Hoboken……………………………………………………………… 201-356-3630
- Jersey City………………………………………………………… 201-714-4387
- Kearny………………………………………………………….….. 201-955-5082
- North Bergen…………………………………………………….. 201-295-2858
- Secaucus……………………………………………………… 201-974-2068
- Union City……………………………………………………… 201-348-5880
- Weehawken…………………………………………………….. 201-422-6125
- West New York………………………………………………… 201-553-4110

**Hudson Milestones – www.hudsonmilestones.org**............................................................ 201-434-7783
A Hudson County based organization dedicated to the care, support and advancement of people with developmental disabilities and their families seeking to achieve, to the maximum extent possible, the individual’s life goals and establishing self-sufficiency in the community.

**NJ Early Intervention System Referral # for Hudson County**..................................................888-653-4463
If your child should be crawling, walking or talking, but isn’t, call for information about a free developmental evaluation and supports and services for your child under age 3.

- **Helpful Hands, the Northeast Regional Early Intervention Collaborative, Inc.**  
  ........................................................... 973-256-8484

Helpful Hands is a non-profit organization serving Bergen, Hudson & Passaic Counties, whose goal is to promote quality, family-centered early intervention services.

**St. Joseph’s School for the Blind - www.sjsnj.org**..................................................201-876-5432
This school serves students from 0-21, who are blind or partially sighted and may have other disabilities.

**Therapeutic Nursery-Jersey City Medical Center**..................................................201-915-2285

**United Cerebral Palsy (UCP) of Hudson County**..................................................201-436-2200
UCP of Hudson County provides a comprehensive array of advocacy and support services to children and adults with multiple physical and developmental disabilities.
DIAGNOSIS SPECIFIC RESOURCES

AUTISM
Autism New Jersey (formerly COSAC) www.autismnj.org ....................................................... 800-4-AUTISM
Autism Family Services of New Jersey................................................................. 887-AFS-4477

BLIND/VISUALLY IMPAIRED
National Federation of the Blind-NJ. .................................................. 973-743-0075
New Jersey Council of the Blind................................................................. 609-882-2446
New Jersey Foundation for the Blind............................................................... 973-627-0055

CEREBRAL PALSY
Cerebral Palsy of North Jersey................................................................. 973-763-9900
United Cerebral Palsy of Hudson County.................................................. 201-662-0080

COGNITIVE DISABILITY (formerly known as Mental Retardation)
The Arc of New Jersey................................................................. 732-246-2525

COMMUNITY ACCESS UNLIMITED.............................................................. 908-354-3040

CLEFT LIP/PALATE ........................................................................... 407-566-8304

DEAF/HARD OF HEARING/HEARING IMPAIRMENT
Division of Deaf and Hard of Hearing............................................................. 800-792-8339

DOWN SYNDROME
National Down Syndrome Society (NDSS, www.ndss.org) ....................................................... 800-221-4602
The Judy Center for Down Syndrome (Healthcare) .................................................. 201-996-JUDY

EPILEPSY/SEIZURE DISORDERS ............................................................... 800-336-5843

FETAL ALCOHOL SYNDROME ................................................................. 973-972-8930

FRAGILE X SYNDROME ................................................................. 800-688-8765

HEAD INJURY/TRAUMATIC BRAIN INJURY................................................ 732-738-1002

SPEECH................................................................. 908-359-5308
New Jersey Speech and Hearing Association

SPINA BIFIDA................................................................. 908-782-7475
INTERNET RESOURCES

ADVOCACY
www.drnj.org
www.spannj.org
www.edlawcenter.org

ATTENTION DEFICIT DISORDERS (ADD/ADHD)
www.add.org
www.chadd.org

AUTISM
www.njautism.org (formerly COSAC)
www.autismlink.com
www.autism-pdd.net
www.autismsociety.org
www.autismusa.net
www.autismspeaks.org

CEREBRAL PALSY
www.ucp.org
www.cpofnj.org

CHILDREN WITH SPECIAL NEEDS:
www.disabilityinfo.gov

Exceptional Parent Magazine
www.eparent.com

National Association for the Education of Young Children (NAEYC)
www.naeyc.org

National Information Center for Children & Youth with Disabilities (NICHEY)
www.nichy.org

National Organization for Rare Disorders
www.rarediseases.org

Zero to Three
www.zerotothree.org
INTERNET RESOURCES

**DENTAL CARE:**
www.njda.org

**DOWN SYNDROME:**
National Down Syndrome Society (NDSS)
www.ndss.org
National Down Syndrome Congress (NDSC)
www.ndsccenter.org
The Arc of New Jersey
www.arcnj.org

**EARLY INTERVENTION – BIRTH TO THREE:**
New Jersey Early Intervention System
www.njeis.org
http://www.state.nj.us/health/fhs/eis/index.shtml
Northeast Regional Early Intervention Collaborative
www.nreic.org
Zero to Three Resource on the first three years of life
www.zerotothree.org

**FAMILY SUPPORT:**
Family Support Center of NJ
http://www.fscnj.org
New Jersey Statewide Parent to Parent
parent2parent@spannj.org
Statewide Parent Advocacy Network (SPAN)
http://www.spannj.org
National Information Center
www.nichcy.org
The Family Village
http://www.familyvillage.wisc.edu
National Center for Learning Disabilities
http://www.nclld.org/publications-a-more?gclid=CLOo7Itqs5wCFBSN5QodYVr9mw
INTERNET RESOURCES

HEALTH CARE:

HealthyChildren.org
This site offers reliable, timely information about specific conditions or general guidance. Site is backed by 60,000 pediatricians of AAP

New Jersey Family Care – Medicaid managed care
http://njfamilycare.org

Proyecto Vision: A Bilingual Website for Latinos with Disabilities
http://www.proyectovision.net/index.html

INCLUSION:

Circle of Inclusion from birth to age 8
http://www.circleofinclusion.org

NJ Inclusive Child Care Project
http://www.spannj.org/njiccp/

New Jersey Coalition for Inclusive Education
http://njcie.net

NJ SOCIAL SERVICE RESOURCES:

www.njhelps.org
At this website, you can find out about services and programs for children, families and individuals. You can also prescreen for eligibility for programs such as Food Stamps, Medicaid and others.

New Jersey State Library:
A web site has been created that provides assistance to New Jersey residents and businesses to help them through tough economic times.

http://gethelp.njlibraries.org/

RIGHTS AND LAWS:

The Americans with Disabilities Act (ADA)
www.usdoj.gov/crt/adahom1.htm

The Individuals with Disabilities Education Act (IDEA)
www.ed.gov/offices/OSERS/Policy/IDEA/the-law.html

N.J.A.C. 8:17 Early Intervention System
http://www.state.nj.us/health/fhs/eis/policies.shtml

SIBLING SUPPORT:
http://www.siblingsupport.org
http://www.bellaonline.com/articles/art33375.asp
http://www.supersibs.org
INTERNET RESOURCES

SEIZURE DISORDERS/ EPILEPSY:
Epilepsy Foundation
http://www.epilepsyfoundation.org

SENSORY PROCESSING DISORDER:
Sensory Processing Disorder Foundation
http://www.spdfoundation.net/

SPECIAL EDUCATION:
NJ Department of Education
http://www.nj.gov/education/specialed/
http://www.state.nj.us/education/ece/

Wrightslaw
www.wrightslaw.com
HOTLINE NUMBERS

Addictions Hotline of NJ: 800-238-2333
Gambling Addiction: 800-426-2537
Assistive Technology Resource Center: 800-DIAL-TEC
Adoption Hotline of NJ: 800-992-3678
Catastrophic Illness in Children’s Relief Fund: 800-335-3863
Child Abuse/Neglect Hotline: 877-652-2873
Child Behavioral Health Services: 877-652-7624
Foster and Adoption Services: 800-992-3678
Child Care Help Line: 800-332-9227
Child Support Hotline: 877-655-4371
Commission for the Blind & Visually Impaired (CBVI): 877-685-8878
Division of Deaf and Hard of Hearing: 800-792-8339
Division of Developmental Disabilities: 800-832-9173
Division of Disability Services: 888-285-3036
Division of Family Development: 800-792-9773
Division of Medical Assistance and Health Services: 800-356-1561
Division of Mental Health Services (DMHS): 800-382-6717
Domestic Violence: 800-572-7233
Family Helpline: 800-843-5437
Foster Home Recruitment line: 877-653-6783
Good Neighbors/Community Living for People with Disabilities: 877-347-5463
Home Energy Assistance: 800-510-3102
HOTLINE NUMBERS

Medicaid……………………………………………………………………………………………………800-356-1561
Medicaid Fraud and Abuse Hotline………………………………………………………………………………888-937-2835
Medicare……………………………………………………………………………………………………800-MEDICARE
New Jersey Child Care Helpline………………………………………………………………………………800-329-2273
NJ Family Care Info line (Medicaid managed care)…………………………………………………………800-701-0710
NJ Family Care/Medicaid Call Center……………………………………………………………………………………………800-356-1561
NJ Foster Care……………………………………………………………………………………………………877-NJ FOSTER
NJ Disaster Mental Health……………………………………………………………………………………………877-294-4357
NJ Kid Care (Medicaid managed care for children)………………………………………………………….800-257-6249
NJ Food Stamps Program……………………………………………………………………………………………800-687-9512
NJ Housing Resource Center (HRC)………………………………………………………………………………877-428-8844
NJ Self Help Group Clearinghouse……………………………………………………………………………………….800-367-6274
NJ Workability…………………………………………………………………………………………………….888-285-3036
Pharmaceutical Assistance to the Aged & Disabled (PAAD)……………………………………………………800-792-9745
Postpartum Mood Disorders Hotline……………………………………………………………………………….800-328-3838
Safe Haven for Infants……………………………………………………………………………………………………877-839-2339
Support for Working Families (Transitional Supports)…………………………………………………………877-951-9514
Traumatic Brain Injury Fund………………………………………………………………………………………..888-285-3036
2-1-1 This phone number connects callers to various human services in their communities………………………….211
Universal Service Fund (help with utility bills)………………………………………………………………………………866-240-1347
Women’s Referral Center…………………………………………………………………………………………800-322-8092
Work First NJ (Welfare for Families and Individuals)………………………………………………………….800-792-9773
Youth Helpline…………………………………………………………………………………………………………888-222-2228
HUDSON COUNTY PARENT GROUPS
(Information from the Statewide Parent Advocacy Network START Project)

**School Based Parent Groups:**

Bayonne Special Education Parent Group
Contact: Donna Christensen & Lucy Hanh; e-mail: NJTSREP@yahoo.com  Fax: 201-858-0722

East Newark Special Education Parent Advisory Council
Contact: Alain Mollinedo (Special Education Coordinator); Phone: 973-481-6806

Jersey City Special Education Parent Advisory Group
Contact: Jenny Garcia - email: Acapela7@msn.com/Pam Gardner email: pgardner@jcboe.org

Just Education
Location: Hoboken, NJ; Contact: e-mail Just Education @gmail.com

DCF Regional School Hudson Campus Special Ed Parent Group
Contact: Elsa Hernandez (Asst Principal); Tel. 201-865-4913, e-mail: Elsa.hernandez@dcf.state.nj.us

Weehawken Special Education Parent Group
Contact: Liza Cruz; e-mail: alexiaangel8860@verizon.net

**Disability Based Parent Groups:**

The Arc of Hudson County
Contact: Nadia Cabana Tel. 201-319-9229, e-mail: ncabana.arc@verizon.net
Location: 405-409 36th St., Union City, NJ 07087; 2nd Friday of the month at 6 p.m.

ASPHEN Hudson
Contact: Mary Engebretsen; Tel. 201-892-8572, e-mail: maryengebretsen7@aol.com
Target group: Asperger's Syndrome, PDD, High Functioning Autism

Autism NJ Support Group-English
Contact: Austin NJ 609.883-8100 ext. 45
Facilitator: Tamara Bannon, LMSW, BCBA; Location: JCC, Bayonne 7-9 pm.

Autism NJ Support Group-Spanish
Contact: Susana Albistur 201-864-7262; Padres Ayudando a Padres
Facilitator: Claudia Moreno, Ph.D; Location: Iglesia San Augustin de 7-9 pm

Epilepsy Foundation of New Jersey's Family CO-Options Program
Contact: Aaron Ott 973-244-0850 ext. 302
For families registered with the Division of Developmental Disabilities,

New Jersey Self Help Clearing House
1-800-367-6274; www.njgroups.org/

Winning Angels
Contact: Yolanda Quintero
Tel. 1-800-654-SPAN Ext. 211, e-mail: 4yolanda@gmail.com
Target Group: Autism, ADHD, Down syndrome and others
Location: Meets monthly at different locations
RECREATION

ARTS:

VSA Arts New Jersey........................................................................................................................................732-745-3885

FITNESS:

BAYONNE JEWISH COMMUNITY CENTER........................................................................................................201-436-6900

HOBOKEN FAMILY FITNESS. www.hobokenfamilyfitness.com.................................................................201-344-6119
Contact: e-mail: dana@hobokenfamilyfitness.com; Interactive music classes, storytime & kid’s fitness

HOBOKEN YMCA ...........................................................................................................................................201-963-4100
Contact: Aquatics Director Igancio Sanchez; e-mail: aquatics@hobokenYMCA.org
YMCA offers swim classes for ages 6 months and older over 8 week sessions

MUSIC:

MUSIC FOR AARDVARKS OF HOBOKEN.................................................................................................917-400-4524
Contact: e-mail: hobokenaardvarks@gmail.com; 230 Willow Avenue, Hoboken, NJ 07030

MUSIC TOGETHER OF HUDSON COUNTY............................................................................................201-869-4704
http://www.musicplaystudios.com;
Each class is 45 minutes. Infant classes are for children newborn – 8 months. Mixed Aged classes are for children newborn – 5 years

MUSIC PLAY STUDIOS:
Classes are offered at the following locations: Hudson Athletic Club in Hoboken; CLUB H: Hoboken; Newport Fitness Center in Jersey City; The Case Museum in Jersey City; Palisades Fitness Center in North Bergen; The Monroe Arts Center @ WEELCARE in Hoboken

PLAY GROUPS:

Jersey City and Hoboken Moms Meet-up Group
Expecting Moms and moms of kids up to 5 yrs. Come out and make some new friends and playmates for your little ones! Join us for lunch, play, happy hour, to share experiences, give support, and enjoy good company. Moms aged 25 to 40 are welcome! Moms in surrounding areas are also welcome although most activities will be held in Jersey City and Hoboken. http://moms.meetup.com/1179/

The Hudson County chapter of Mothers & More features playgroups for all ages of kids and moms.
www.mothersandmore.org

Playgroup at Resurrection Parish
Our Jersey City Playgroup brings children and their caregivers together for fun and companionship. Fee of $75 per semester or $140 per year (Sept.-June) allows you and your child/children access to open playtime anytime between 10am-12pm, Mon.-Fri. Contact Stephanie at sandrewsdiaz@yahoo.com.
THERAPEUTIC FUN PROGRAMS:

Sensory Kids LLC..................................................................................................................201-324-1722
Sensory Kids’ mission is to assist children to be active learners in their daycares and schools, comfortable, social playmates to their peers, interactive with toys, games, fine and gross motor activities, and self-confident in their adaptive self-care needs.

Special Olympics Young Athlete Program............................................................................609-896-8000
An innovative program to meet the physical and developmental needs of children, ages 2 ½ to 7, in the areas of physical activity and play, with an emphasis on sports skills.

Helpful Hands, NREIC
65 Willowbrook Blvd. Suite 206, Wayne, New Jersey 07470
973-256-8484