

**Bergen County
Teen Handbook**



**A Resource Guide to
Teenage Life**

**Bergen County
Workforce Investment Board
327 Ridgewood Avenue
Paramus New Jersey 07652
(201) 343 - 8830**

In collaboration with:

**Department of Human Services
Division of Family Guidance
One Bergen County Plaza - 2nd Floor
Hackensack, New Jersey 07601
(201) 336 - 7350**

**TEEN HANDBOOK
2004 Edition**

VOTING INFORMATION

Your vote matters! Make your voice heard. Register to vote when you turn 18.

**Bergen County Commissioner of Registration - 201-646-3176
Leagues of Women Voters - 800-792-8683**

RUNAWAYS

Thinking about running away? Sometimes things get rough at home, and you feel trapped, with nowhere to turn. You may be abused or neglected, or you just cannot get along with your parents. Problems at school could be worrying you. You want to do something - anything - and running away may seem like the answer. Running away is probably more dangerous than the situation you are facing. Think about it. Where will you sleep? How will you get money for food? Before you run, make a call to get some help with your problems. The strangers on the street are not going to make them better.

Child Find - 800-426-5678

Information of lost children.

Juvenile/Family Crisis Unit - 201-336-7360

National Runaway Switchboard - 800-621-4000

New York City Runaway Hotline - 800-246-4646

Operation "Home Free" - 800-999-9999

A one-time only service to provide transportation home (Trailways). Report to the nearest police station to request this service. 24 hours.

Runaway Hotline - 800-231-6946

Women's Referral Central - 800-426-5678

Youth and Crisis Runaway Hotline - 800-448-4663

WE HOPE YOU FOUND THIS HANDBOOK TO BE RESOURCEFUL AND FIND IT TO YOUR BENEFIT. WE, AT THE BERGEN COUNTY WORKFORCE INVESTMENT BOARD ARE HERE FOR YOU, AND WANT TO HELP. FEEL FREE TO CALL WITH ANY ADVICE OR QUESTIONS.

Searches

Your possessions can be searched without a warrant:

- By your parents at any time.
- By your teachers and principals on school property.
- If you have fled in a car to a house, the house may be searched.
- In your house by the police if any adult resident gives them permission.
- If the police believe there is a weapon in a car, unlocked areas may be searched.

If there has been a crime, the whole car may be searched.

If you are served with a search warrant, ask to see the warrant before you let the police enter your home. Ask for a copy of the warrant, and make sure you get a receipt for anything removed from your home. **REMEMBER:** you do not have to make any statement.

MONEY PROBLEMS

Bergen County Board of Social Services – 201-368-4200

Bergen County Food Bank – 201-489-9454

Birthright – 201-845-4545

Board of Public Utilities – 800-624-0241

Assistance when utilities are shut off.

Center for Food Action – 201-934-5085 (Mahwah); 201-703-9857

(Elmwood Park); 201-569-1804 (Englewood)

Food Stamp Program – 201-368-4200

Heat and Emergency Assistance – 201-968-0200

Minority Business Program – 973-645-2531

Urban League of Bergen County – 201-568-4988

US Small Business Administration Loan Assistance – 973-645-3572

The Bergen County Workforce Investment Board

Wishes to Acknowledge the Continuing Support of
THE COUNTY OF BERGEN



COUNTY EXECUTIVE
Dennis McNerney

THE BOARD OF CHOSEN FREEHOLDERS

Valerie Vainieri Huttle, Chairwoman

Tomas J. Padilla, Vice Chairman

James M. Carroll

David L. Ganz

Bernadette P. McPherson

Richard A. Mola

Louis A. Tedesco, Jr.

Published, Researched, and Prepared by:

The Bergen County Workforce Investment Board
327 East Ridgewood Avenue—Room 103
Paramus, NJ 07652

Table of Contents

HEALTH AND CRISIS	
Crisis Phone Lines	1
Counseling Services	1
Adoption	2
Drug and Alcohol	2
Gambling	4
Gay/Lesbian/Bisexual/Transgender	4
General	5
Rape / Sexual Assault	8
Child Abuse	8
Sexual Abuse / Incest	9
Suicide	9
Medical Emergencies / Hospitals	10
Sexuality / Birth Control / Pregnancies	11
Prenatal Care	12
Support Services	12
Abortion Services	13
STIs and STDs	13
HIV / AIDS	14
Eating Disorders	15
Smoking	15
Special Needs	15

Office on the Disabled – 201-336-6500
Superior Court of NJ-Bergen – 201-646-2800
 General Number; Juvenile Number – 201-646-3307

LEGAL SERVICES

If you have been taken into police custody:

- Do not argue, talk or resist.
- Stay clam and polite.
- Tell the officers that you cannot tell them anything without first talking with a lawyer or your parents.
- Ask the court to appoint a lawyer for you if you cannot pay for one. Everyone is entitled to legal advice.

Do not sign anything without advice from a lawyer or you parents.

Remember: The police DO have the right to search you for concealed weapons. They DO NOT have the right to read you your rights unless trying to get a statement. The police ARE REQUIRED to call your parents/guardians if you are under 18. You can be tried and punished as an adult for felonies if you are over the age of 14. Harsh punishment, including prison, can be ordered even if you are tried as a juvenile.

Bergen County

Bar Association – 201-488-0032

Legal Services – 201-487-2166

State

Division of Civil Rights – 201-977-4500

Further listings can be found in the yellow pages.

American Civil Liberties Union – 201-642-2084

Public Defender -- 201-996-8030

HOTLINES

- AIDS** – 800-342-2437
- Alcohol/Drug Information** – 800-262-2463
- Educational Financial Aid** – 800-792-8670
- Gam-A-Teen** – 800-425-4837
- Gambling** – 800-426-2537
- Kid Save** – 800-543-7283
- STD Information** – 800-227-8922
- 9 Line** – 800-999-9999
- drugs, runaways, homeless

GENERAL INFORMATION NUMBERS

- American Civil Liberties Union** – 212-549-2585
- Works in courts, legislatures, and communities to defend and preserve the rights given by the Constitution and laws of the United States
- Bergen County Bar Association** – 201-488-0032
- Lawyer referral
- Bergen County Department of Health, Office of Behavioral Health** – 201-634-2751
- Bergen County Division of Family Guidance** – 201-336-7350
- Bergen County Medical Society** – 201-489-3140
- Doctor referral
- Bergen County Probation** – 201-646-2121
- Bergen County Youth Services Commission** – 201-646-3534
- Better Business Bureau** – 609-588-0808
- Reports regarding poor business practices
- Center for Food Action** – 201-569-1804
- Community Resource Council** – 201-343-6543
- Conklin Youth Center** – 201-646-2756
- Cult Information Services** – 201-833-1212
- Food and Drug Administration** – 973-526-6000
- Consumer complaints
- Juvenile Detention Center** – 201-599-6185
- New Jersey Regional Community Policing Institute** – 201-818-7015
- Northeast New Jersey Legal Services** – 201-487-2166
- Lawyer referral

- Community Centers for Mental Health 16
- EDUCATION**
- Education Guarantee 17
- Residency 17
- Student Rights 18
- Student Records 18
- Corporal Punishment 18
- Religious Freedom 18
- Academic Penalties 19
- Special Education Programs 19
- Pregnancy 19
- Searches 19
- Free and Reduced Price Lunches 20
- Truancy 20
- Exclusion from Extra-Curricular Activities 20
- Expulsion, Suspension, and other Punishments 20
- Suspension (10 Days or Less) 20
- Suspension (More than 10 Days) 21
- College and University Information 21
- Scholarships and Financial Aid 22
- Dropping Out 24
- Post-High School Education 25
- Community College 25
- Four-Year Institutions 25
- Private Career Schools 26
- Armed Forces 27
- Service Academies 28
- Military Colleges 28
- OCCUPATIONS**
- Career Counseling 28

Job Training	29
Jobs in Demand	32
Job Openings	33
Part-Time / Summer Jobs	34
Internships	35
Bergen County Town Information	36
Community Opportunities	38
SOCIAL / CULTURAL / RECREATIONAL	
Local Organizations.....	40
Museums	44
Other Amusements	45
Emergency Housing	47
DRIVING AND TRANSPORTATION	48
GENERAL INFORMATION	
Hotlines / General Information Numbers	50
Legal Services	51
Searches	52
Money Problems	52
Voting Information	53
Runaways	53

Motor Vehicle Accidents

If you are involved in a motor vehicle accident:

- Do not leave the scene
- Get the names and addresses of any other people involved in the accident and of any witnesses
- Call the police or 911

Do not move seriously injured victims unless they are in danger from fire of traffic.

Motorcycle Information

To operate a motorcycle you must be at least 17 years old, have a valid motorcycle operator’s license or endorsement on your driver’s license. (There are separate written and road tests for this.) You must also have valid registration and insurance cards and you must use a helmet and shield of goggles.

NJ Transit 800-772-2222 (Bus and train schedules) or visit www.njtransit.com

GENERAL INFORMATION

REFERRAL INFORMATION TO MOST OF BERGEN COUNTY YOUTH RESOURCES

Community Resource Council of Bergen County – 201-646-3676; 201-343-6543

CRC Youth Hotline-1866 For R Youth

Phone: 201-343-4900 Fax: 201-343-6900

Email: CRC-Helpline@RCN.Com

Address: 387 Main Street, Hackensack, NJ 07601

Contact: Diana Di Girolamo, Executive Director

Shelter Our Sisters

405 State Street
Hackensack, New Jersey 07601
(201) 836-1075

Spring House

Bergen County Dept. of Health Services
327 East Ridgewood Avenue
Paramus, New Jersey 07652
(201) 261-3582

West Bergen Mental Health Care

120 Chestnut Street
Ridgewood, New Jersey 07450
(201) 444-3550

Hotlines:

Bergen County Community Action Programs-201-488-5100
Bergen County Housing Coalition- 201-488-6767
Birthright- 201-845-4545
Crossroads- 201-836-1243
Shared Housing for One-Parent Families- 201-568-3942
Sojourner's Place- 201-646-3422
Urban League of Bergen County- 201-568-4988
Youth Haven- 201-881-1611

Driving and Transportation

Office of Motor Vehicles 609-292-6500

Moped Information

To operate a moped you must be 15 years old, pass the eye, written, and road tests, have a permit and then a photo license, and have the moped titles, registered, and insured. You must wear a helmet. Insurance: All insurance companies offer 10% discount if a student has a Driver's Training Certificate. To obtain this, you must have behind-the-wheel as well as classroom instruction. Driving schools are listed in the Yellow Pages. Some insurance companies offer a "good student" discounts to those who have a B average or better. For more information call the office of motor vehicles.

Health and Crisis

If you are ever in a helpless situation and need someone other than a friend or family member to turn to please call the following numbers.

CRISIS PHONE LINES

Alternatives to Domestic Violence – 201-336-7575

Child Abuse: Emergency & Weekends – 800-792-8610

Housing – 201-646-2233 *tries to resolve problems within families in order to keep them in tact*

Juvenile/Family Crisis Unit – 201-336-7360

PESP – 201-262-4357

Rape Crisis (*psychiatric emergency screening program*) – 201-487-2227

Runaways – 800-231-6946; 800-448-4663

Suicide – 201-262-4357



COUNSELING SERVICES

The following agencies and services offer individual, family and group counseling. Some are focused on specific areas, such as alcohol abuse or rape. Others are more general. If...

- You feel a need to talk with someone about how things are going in your life
- You are having trouble with any of your relationships
- You feel worthless and that nobody cares
- You avoid friends and activities
- You lose your temper easily
- You are feeling excessive anxiety

You are having sleep or eating difficulties, counseling can help you to come to grips with troubling issues and feelings

Adoption Counseling

Catholic Community Services – 201-440-7077 (Hackensack)

Drug and Alcohol Related Counseling

Adapt – 201-996-5999

Hackensack Medical Center

Outpatient treatment program for adolescents 11-18.

Adolescent Substance Abuse Program (A.S.A.P.) – 201-336-7350

(Hackensack)

Bergen County Division of Family Guidance; A three-part program including parent participation. You can also visit the website

www.NJdrughotline.org.

Ala-call – 800-322-5525 www.snj.com/ala-call

An addiction hotline open 24 hours a day.

AlAnon – Alateen – 973-744-8686 9-5 Mon-Fri; 973-783-3766 Sat & Sun.

If you have a family member with a drinking problem, call the non-profit organization, AlAnon. They also offer separate teen meetings.

www.al-anon.alateen.org

Council on Alcoholism & Drug Abuse of Bergen INC – 201-488-8680

Non-profit, provides information about alcohol and drugs, provides referrals, operates the Safe Ride program.

Bergen Regional Medical Center Outpatient Addiction Clinic – 201-967-4222 (Paramus) www.bergenregional.com

Are you 17 or older and having trouble with drinking or drugs? The Bergen Regional Medical Center Clinic can give outpatient or inpatient (21-28 days) support. Call for more information.

Bergenfield Community Assembly of God Church – 201-387-8181

10 Foster St. (Bergenfield)

EMERGENCY HOUSING

Bergen County CAP Family Service

241 Moore Street

Hackensack, New Jersey 07601

(201) 489-2449

Center For Food Action (Emergency Rental Assistance)

192 W. Demarest Ave.

Englewood, New Jersey 07631

(201) 569-1804

Community Action Program

Drop-In Center/Warner House/Ladder Project

67 Orchard Street

Hackensack, New Jersey 07601

(201) 488-5100

Comprehensive Behavioral Health Care

516 Valley Brook Ave

Lyndhurst, New Jersey 07071

(201) 935-3322

Juvenile/Family Crisis Unit – 201-336-7360

Youth Haven – 201-881-1611

Interreligious Fellowship Family Shelter

479 Maitland Ave

Teaneck, New Jersey 07666

(201) 833-8009

Mid-Bergen Community Mental Health Center

610 Industrial Ave.

Paramus, New Jersey 07652

(201) 265-8200

Salvation Army

89 State Street

Hackensack, New Jersey 07601

(201) 342-6531

Holiday Bowl – 201-337-6516
29 Spruce St (Oakland)
Ice House Skating Rink – 201-847-8444
111 Midtown Bridge Approach (Hackensack)
Inline Skating Club – 973-473-8900
551 Main Avenue (Wallington)
Mackay Ice Rink – 201-568-3133
130 W. Englewood Ave (Englewood)
Medieval Times Dinner and Tournament – 201-933-2220
149 Polito Ave. (Lyndhurst)
Montvale Lanes – 201-391-3400
14 Grand Ave. (Montvale)
New Lodi Lanes – 201-471-7100
58 Terhune Ave (Lodi)
Northern Valley Golf Center – 201-768-0990
153 Homans Ave. (Closter)
Palistage (JCC on the Palisades) – 201-569-7900
411 East Clinton Ave. (Tenafly)
Players Guild of Leonia – 201-947-9606
130 Grand Avenue (Leonia)
The Roller Rink – 201-391-9068
1-A Chestnut Ridge Rd. (Montvale)
Sportsworld Indoor Amusement Park – 201-262-1717
200 State Highway 17 (Paramus)
Teaneck New Theatre – 201-836-6384
West Fort Lee Road and Larch Avenue (Bogota)
Wallington Lanes – 973-773-9100
299 Paterson Ave (Wallington)

For other activities and interests see: Comics, music instructions, theaters, sports equipment, art instruction, dance instruction and more in your yellow pages.

C.A.R.E. – 201-833-3000—Holy Name Hospital (Teaneck)
Center for Addiction Rehabilitation and Education. This service provides outpatient only medical detoxification, day/evening intensive rehabilitation program

Care Plus NJ – 201-265-8200 www.careplusnj.org
610 Valley Health Plaza (Paramus)
This service provides counseling for ages 14-21.

Carrier Center for Counseling – 800-933-3579 (Paramus)
www.carrier.org
Help if you have a drug or alcohol problem and live in the Ridgewood area.

Church of St. John the Divine (Episcopal) – 201-288-0002
(Hasbrouck Heights) www.saintjohnthedivine.com
This service provides counseling for ages 14-17.

Drop in School Based Youth Services – 201-646-0722
First & Beech St. Rm. 163 (Hackensack)
This service provides counseling for ages 14-21.

Furman Clinic/Challenge Program – 201-670-1940 (Ridgewood)
The Clinic provides referral, evaluation, outpatient counseling, and after-care services. Fees are adjustable.

Giant Steps – 201-792-8290
Intensive outpatient day treatment and after-school program.

Latin-American Institute – 201-525-1700
10 Banta Place (Hackensack) www.latinamericaninstitute.org
This service provides counseling for ages 14-21 as well as an alcohol and drug program.

St. Joseph's Church (Roman Catholic) – 201-768-2371
280 County Rd. (Demarest)
This service provides counseling for ages 14-16.
www.stjosephdemarst.org

Straight & Narrow, Inc. – 973-345-6000 (Paterson)
3-phase program, 30 days – 5 months.

“Teens Count” – 201-569-6667 (Englewood)
www.vanostinstitute.org/tcount.htm
A free program of the Van Ost Institute for Family Living, Inc. Ages 13-18. For teens with family members who are involved with addictions. A variety of other services for people who have drug or alcohol abuse.

Gambling Counseling

Church of St. John the Divine (Episcopal) – 201-288-0002
Weekly meetings of Gamblers Anonymous (Hasbrouck Heights)

Gam-Anon New Jersey – 973-815-0988 www.njgamanon.org
(Passaic) For families of gamblers, with groups in Fair Lawn and Paramus.

Gamblers Anonymous of New Jersey – 877-994-2465
Meetings held weekly in Fair Lawn, Carlstadt, Westwood, and Hasbrouck Heights.

Gay/Lesbian/Bisexual/ Transgender Youth Counseling

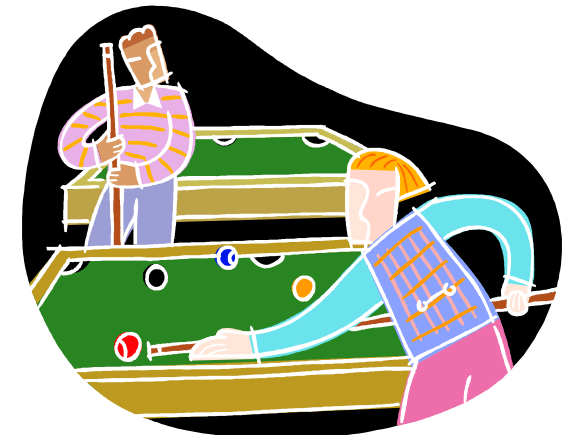
Adolescent Support Group – 201-385-4400
Vantage Health System, with offices in Dumont, Englewood, and Rockleigh.

Drop in School Based Youth Services – 201-646-0722
First & Beech St. Rm. 163 (Hackensack)
This service provides counseling for ages 14-21.

The Hermitage – 201-445-8311
335 North Franklin Turnpike (Ho-Ho-Kus)
New Jersey Children's Museum – 201-262-5151
599 Valley Health Plaza (Paramus)
NJ Naval Museum – 201-342-3268
78 River Street (Hackensack)
Ridgewood Historical & Preservation Society – 201-447-3242
650 Glen Ave. (Ridgewood)

OTHER AMUSEMENTS:

American Stage Company – 201-692-7744
River Rd. and Route 4 (Teaneck)
Bergen County Players, Inc. – 201-261-4200
298 Kinderkamack Rd. (Oradell)
Bergen County Zoological Park (Van Saun Park Zoo) – 201-262-3771
216 Forest Ave (Paramus)
Bowler City – 201-343-3545
85 Midtown Bridge Approach (Hackensack)
Bowl – O – Drome – 201-998-9621
200 Schuyler Ave (North Arlington)
Brunswick Fair Lawn Lanes – 201-797-5400
22 Maple Ave (Fair Lawn)
Brunswick Interstate Lanes – 201-327-1500
225 Interstate Shopping Center (Ramsey)
Campgaw Mountain
201-327-7800 - Fyke Road (Mahwah)
Dielt Ice Skating Rink
201-666-9883
639 Broadway (Westwood)
Great Escape – 201-460-9617
84 Meadow Road (Rutherford)
Hillman's Golf Land Inc.
201-796-1265
700 River Drive (Elmwood Park)



Unitarian Society of Ridgewood – 201-444-6225
113 Cottage Place (Ridgewood)
This service provides a wide variety of social, cultural and recreational experiences for ages 14-21. www.usr.pair.com

Wyckoff Baptist Church – 201-891-1651
495 Wyckoff Ave (Wyckoff)
A Teen Youth Club for ages 14-21.

Wyckoff Family YMCA – 201-891-2081
691 Wyckoff Ave (Wyckoff)

YMCA and YWCA of Ridgewood – 201-444-5600
112 Oak St. (Ridgewood)

YMCA of Bergen County – 201-487-6600
360 Main St. (Hackensack)

YWCA of Bergen County – 201-487-2224
75 Essex Street (Hackensack)

YMHA and YWHA of Bergen County – 201-666-6610
605 Pascack Rd. (Washington Township)

RECREATION

MUSEUMS:

American Labor Museum Inc. – 973-595-7953
83 Norwood (Haledon)

Aviation Hall of Fame Museum – 201-288-6344
400 Fred Wehran Drive (Teterboro)

Belskie Museum of Art & Science – 201-768-0286
280 High Street (Closter) www.belskiemuseum.com

Bergen Museum of Art & Science – 201-265-1248
E. Ridgewood & Fairview Ave (Paramus)

Galy (Gay and Lesbian Youth) and Gay Activist Alliance of NJ – 973-285-1595
(Morristown) Listing of groups, social events and activities as well as Counseling.

Unitarian Society of Ridgewood – 201-444-6225
113 Cottage Place (Ridgewood)
This service provides counseling for ages 14-21. www.usr.pair.com

General Counseling

Adolescent Family Therapy Program – 201-336-7350
Bergen County Division of Family Guidance (CRYF)
21 Main St., (Hackensack)

Bergen County Juvenile Fire Prevention Program – 201-797-2660
610 Industrial Ave. (Paramus) Serves anyone between the ages of 2-18 who expresses a continuing interest in fire-fire play.

Bergen Regional Medical Center – 201-967-4000
230 E. Ridgewood Ave; Children and Adolescent Outpatient Unit:
www.bergenregional.com

Bergenfield Community Assembly of God Church – 201-387-8181
10 Foster Street (Bergenfield)
This service provides counseling for ages 14-21.

Cancer Care, Inc. – 201-444-6630
141 Dayton St. Suite 204 (Ridgewood)
This service provides bereavement counseling for ages 14-21.
www.cancercare.org

Care Plus NJ – 201-265-8200
610 Valley Health Plaza (Paramus)
This service provides general and suicide counseling for ages 14-21.

Church of St. John the Divine (Episcopal) – 201-288-0002
(Hasbrouck Heights) This service provides many types of counseling.

Comp Care, Inc. – 201-646-0333 – 395 Main St. (Hackensack)
201-935-3322 – 516 Valley Brook Ave. (Lyndhurst)
201-441-9335— 117 Kinderkamack Rd. (River Edge)

These agencies are community mental health centers serving the residents of Bogota, Emerson, Hackensack, Hasbrouck Heights, Little Ferry, Lodi, Maywood, New Milford, Oradell, River Edge, Rochelle Park, South Hackensack, Carlstadt, East Rutherford, Garfield, Lyndhurst, Moonachie, North Arlington, Rutherford, Wallington, Wood Ridge.

Corpus Christi Youth Ministry and Life Teen– 201-288-7045
261 Boulevard (Hasbrouck Heights)
This service provides counseling for suicide, dating/family violence, and sexual abuse.

Drop in School Based Youth Services – 201-646-0722
First & Beech St.— Rm. 163 (Hackensack)
This service provides general, suicide, child abuse, sexual abuse/incest, rape/sexual assault and dating/family violence counseling. Ages 14-21.

Fair Lawn Mental Health Center – 201-797-2660
17-07 Romaine St. (Fair Lawn)
Outpatient Therapy: county-wide specialized children’s services for DYFS clients; parenting skills and social skills training.

Bergen Family Center – 201-342-9200 – 10 Banta Pl. (Hackensack)
This service provides general, child abuse, sexual abuse/incest, rape/sexual assault counseling for ages 17-21.

Gilda’s Club Northern New Jersey – 201-457-1670
575 Main St. (Hackensack) www.gildasclubnj.com
This service provides counseling for cancer support for ages 14-21.

Meadowlands YMCA – 201-935-5540
Veteran’s Boulevard (Rutherford)

Palisades Interstate Park – 201-768-1360
Cultural & Education: concerts plays, dance exhibits.
Recreation: trails, picnic areas, boat basin, and more.

Reflections –201-646-3297
Division of Family Guidance, 21 Main St. Rm 110 West (Hackensack)
A teen improvisational theater group that addresses adolescent issues. The cast members discuss topics that are of importance during the teen years. They then create scenes (often drawn from their own personal lives) and perform them for schools, camps, community groups, ect. Interactive discussion then takes place with the audience members.

Resurrection Baptist Church – 201-387-8111
203 Washington Ave. (Dumont)
A Teen Youth club for ages 14-16.

Salvation Army – 201-342-6531
89 State St. (Hackensack)
Offers Friday night gym activities for youths up to 16 years old.

Second Reformed Church (Protestant) – 201-444-8038
475 Lafayette Ave. (Wyckoff)
This service provides a Teen Youth Club for ages 14-16.

Sojourner Truth – 201-646-3422
125 Essex St. (Hackensack)
This service provides a wide variety of social, cultural, and recreational experiences.

St. Joseph’s Church (Roman Catholic) – 201-768-2371
280 County Rd. (Demarest) www.stjosephdemarst.org
This service provides a wide variety of social, cultural, and recreational experiences and a Teen Youth Club for ages 14-16.

Church of the Presentation (Roman Catholic) – 201-327-1313 x34
271 W. Saddle River Rd (Upper Saddle River)
This organization offers a wide variety of recreational, social and cultural experiences for ages 14-21. www.churchofpresentation.org

Community Church of Glen Rock – 201-444-4625
354 Rock Rd (Glen Rock)
This organization offers a wide variety of recreational experiences and a Teen Youth Club for ages 14-16.

Community Resource Council of Bergen County – 201-343-4900
387 Main St. (Hackensack)
This organization offers a wide variety of recreational, social and cultural experiences for ages 14-21.

Corpus Christi Youth Ministry – 201-288-7045
261 Boulevard (Hasbrouck Heights)
This organization offers a wide variety of recreational experiences and a Teen Youth Club for ages 14-21.

Drop in School Based Youth Services – 201-646-0722
First & Beech St. Rm. 163 (Hackensack)
This organization offers a wide variety of social and cultural experiences for ages 14-21.

“Just Say No” International – 800-258-2766
1777 N. California Blvd., Suite 210, Walnut Creek, CA 94596
Helps communities form clubs of children 7-14, who are committed to not using drugs or alcohol.

Latin-American Institute – 201-525-1700
377 Park St. (Hackensack)
This service provides a wide variety of recreational experiences and a Teen Youth Club for children between the ages of 14-21.
www.latinamericaninstitute.org

Hackensack Medical Center – 201-996-2000
48 Second St., (Hackensack) www.humed.com
Child and Adolescent Unit, Outpatient Mental Health Services

Latin-American Institute – 201-525-1700
10 Banta Place (Hackensack) www.latinamericaninstitute.org
This service provides general, suicide, child abuse, sexual abuse/incest and dating/family violence counseling for ages 14-21.

Mid-Bergen Community Mental Health Center – 201-265-8200
610 Industrial Ave. (Paramus)
The Mental Health Center at the Paramus location serves the residents of Elmwood Park, Fair Lawn, Hillsdale, Montvale, Paramus, Park Ridge, Saddle Brook, Washington Township, Westwood, and Woodcliff Lake.

Pascack Mental Health Center – 201-391-1355
114 Kinderkamack Rd. (Park Ridge)

Second Reformed Church (Protestant) – 201-444-8038
475 Lafayette Ave. (Wyckoff)
This service provides general counseling for ages 14-21.

St. Joseph’s Church (Roman Catholic) – 201-768-2371 Call Fr. Bill after this week
280 County Rd. (Demarest) www.stjosephdemarst.org
This service provides general and dating/family violence counseling for ages 14-16.

Unitarian Society of Ridgewood – 201-444-6225
113 Cottage Place (Ridgewood)
This service provides general counseling for ages 14-21.
www.usr.pair.com

West Bergen Mental Health Center

201-444-3550—120 Chestnut St. (Ridgewood)

201-934-1160—Cherry Lane (Ramsey)

This mental health center provides services for residents of the following towns: Allendale, Franklin Lakes, Glen Rock, Ho-Ho-Kus, Mahwah, Midland Park, Oakland, Ramsey, Ridgewood, Saddle River, Upper Saddle River, Waldwick, and Wyckoff.

RAPE OR SEXUAL ASSAULT

Sexual assault, including rape, is unwanted sexual intercourse or other forced sexual acts. Both men and women can be forced to have sex with persons of the same or opposite sex. Some types of sexual assault – rape, anal and oral sex – are felony crimes. You are a victim ~ not a guilty party. Rape is a crime of violence and is sexual only in method. In nearly all sexual assault cases, the victim and offender know each other; however, a stranger can just as easily commit the crime. Any type of forced sexual intercourse is rape.

Bergen County Prosecutor’s Office Sex Crimes Unit – 201-646-3600**Family Services of Bergen County** – 201-342-9200**NJ Division of Youth & Family Services** – 800-792-8610**Rape Crisis Hotline** – 201-487-2227**Sexual Harassment** – 877-666-6625; 201-488-2804 x21**CHILD ABUSE**

If someone hits you in a way that leaves bruises, or causes other serious injury, you are a victim of physical abuse. Not even your parents or other family members have the right to do this. Child abuse is against the law. Do not hesitate to contact any one of these sources.

DYFS NJ Child Abuse Reports – 800-792-8610**Family Help Line** – 800-843-5437**Family Life Center** – 201-996-3501**Family Services of Bergen County** – 201-342-9200

This service includes family, individual and group counseling for adolescents who have been sexually abused.

Bergen County 4-H Youth Development Program – 201-599-6164

327 E. Ridgewood Ave. (Paramus)

This organization offers a wide variety of indoor and outdoor recreational and educational experiences for youth that promote leadership, citizenship, career goals, and life skill development.

Bergenfield Community Assembly of God Church – 201-387-8181

10 Foster St. (Bergenfield)

This organization offers a wide variety of recreational, social and cultural experiences for ages 14-21. There is a Teen Youth Club for ages 14-16.

Birthright – 201-845-4545

19 W. Pleasant Ave (Maywood)

This organization offers a wide variety of social and cultural experiences for ages 14-21.

Bogart Memorial Church (Reformed – Christian) – 201-487-1029

Larch Ave & West Fort Lee Rd (Bogota)

This organization offers a wide variety of recreational, social and cultural experiences for ages 14-16. www.njcommunity.com – “Faith and Values”

Boys Club of Garfield – 973-478-7662

490 Midland Ave (Garfield)

Features of this club include a full-sized gym room, exercise room, arts and crafts and music room. The program is open to all Bergen County boys 7-17 years old, for \$15 a year.

Boy Scouts of America, Bergen Council – 201-342-8600

1060 Main St. (River Edge)

Boys/Girls Club of Lodi – 973-473-7410

460 Passaic Ave. (Lodi)

This year-round program offers physical education, social, cultural and vocational shops, a kitchen, a game room, a library, and pre-school and after-school programs – all of which are offered to all Bergen County residents. There is a \$20 fee.

Unitarian Society of Ridgewood – 201-444-6225
113 Cottage Place (Ridgewood)
This service provides volunteering for ages 14-21. www.usr.pair.com

Vincent K. Tibbs Child Development Center – 201-568-3937
183 William St. (Englewood)
This service provides volunteering for ages 14-21.

Volunteer Center of Bergen County, Inc – 201-489-9454
64 Passaic St. (Hackensack)
You can also check out your local library, school, Red Cross, nursing home, day-care center, rescue squad, ect., for other volunteer jobs.

Women’s Rights Information Center – 201-568-1166
108 W. Palisades Ave. (Englewood)
This service provides volunteering for children between the ages of 17-21. www.womenrights.org

Social/Cultural/Recreational

LOCAL ORGANIZATIONS

Bergen County Department of Parks & Recreation – 201-646-2680

Bergen County Division on Disability Services – 201-336-6500
1 Bergen County Plaza (Hackensack)
This organization offers a wide variety of recreational experiences for ages 17-21.

Bergen County Special Services – 201-646-2910
125 Essex St. (Hackensack)
This organization offers a wide variety of recreational, social and cultural experiences and a Teen Youth Club for ages 14-21.

Institutional Abuse – 609-292-0617
NJ Governor’s Task Force on Child Abuse and Neglect– 800-422-4453
NJ Parents Anonymous – 800-843-5437

SEXUAL ABUSE/INCEST

If someone – a family member, relative, teacher, etc – touches you in a way that makes you unhappy, uncomfortable, and ashamed or confused, you may be a victim of sexual abuse. Incest is sexual abuse within the families, and it happens a lot. It may not include sexual intercourse, and it can happen to boys, too. It might involve a parent, sibling or a grandparent. This person may tell you that unless you keep “our secret”, something bad will happen to you. Even if fear is used as a threat (instead of force), sexual abuse is against the law. It is hard to know what to do if you’re a victim of any, but anything is better than doing nothing. You may love the parent or adult involved and not want to get them in trouble; however, help is available for you and the adult. Remember, it is NOT YOUR FAULT. One in every five young people will suffer some sort of sexual abuse. Tell someone – a trusted teacher, counselor or youth leader. You can also call:

Adult and Teen Survivors of Rape – 201-487-2227

Teen group age 13-17.

DYFS – Division Youth and Family Services 800-792-8610

Family Services of Bergen County – 201-342-9200

Rape Crisis Hotline – 201-487-2227

Shelter Our Sisters – 201-994-9600

Survivors of Incest Anonymous – 212-502-3600

SUICIDE

Sometimes the pain you feel may seem unbearable. If you feel that suicide is your only way out, talk to someone. You can be helped, and you deserve to be! Call **201-262-4357**. If a friend talks to you about ending his/her life, take it seriously. Do not keep it a secret. GET HELP. Go to a trusted adult or call one of the resources in this book. 201-262-4357 is a 24 hour hotline. You can also call your local police or

hospital. Warning signs of suicide may include:

- Suicide threats
- Statements about wanting to die
- Sudden mood changes in behavior (withdrawal, moodiness, showing no feeling)
- Depression (crying, sleeplessness, hopelessness, loss of appetite, no future plans)

Final arrangements (giving away possessions)

*Note- many of the other hotlines above can be used for self-help as well.

Health Services

MEDICAL EMERGENCIES

Call 911, your local police department or ambulance, or get to the nearest hospital emergency room immediately.

HOSPITALS

Bergen Regional Medical Center – 201-967-4000

230 E. Ridgewood Ave (Paramus) www.bergenregional.com

Englewood Hospital & Medical Center – 201-894-3000

350 Engle St. (Englewood) www.inglewoodhospital.com

Hackensack Medical Center – 201-996-2000

30 Prospect Ave (Hackensack) www.humed.com

Holy Name Hospital – 201-833-3000

718 Teaneck Rd. (Teaneck) www.holyname.org

Pascack Valley Hospital – 201-358-3000

Old Hook Rd. (Westwood) www.pvhospital.org

Poison Control Center – 800-962-1253 www.aapcc.org

The Valley Hospital – 201-447-8000

223 N. Van Dien Ave (Ridgewood) www.valleyhealth.com

Community Resource Council of Bergen County – 201-343-4900

387 Main St. (Hackensack)

Volunteering for ages 14-21.

Corpus Christi Youth Ministry – 201-288-7045

261 Boulevard (Hasbrouck Heights)

Volunteering for ages 14-21.

Crossroads Independent Living Program – 201-836-1243

26 Parker Lane (Teaneck)

Volunteering for ages 16 ½ -21.

Drop in School Based Youth Services – 201-646-0722

First & Beech St. Rm. 163 (Hackensack)

Volunteering for ages 14-21.

Family and Social Service Federation

201-342-9200 – 10 Banta Pl. (Hackensack)

201-568-0817 – 44 Armory St. (Englewood)

Volunteering for ages 17-21.

Gilda's Club Northern New Jersey – 201-457-1670

575 Main St. (Hackensack)

Volunteering for ages 14-21. www.gildasclubnj.com

Grace Korean United Methodist Church/Youth Group – 201-358-8733

105 Fairview Ave. (Westwood)

Volunteering for ages 14-21.

St. Joseph's Church (Roman Catholic) – 201-768-2371

280 County Rd. (Demarest)

This service provides volunteering for ages 14-16.

www.stjosephdemarst.org

Westwood – 201-664-7100
Woodcliff Lake – 201-391-4977
Wood Ridge – 201-939-0202 www.wood-ridgenj.org
Wyckoff – 201-891-7000

COMMUNITY OPPORTUNITIES

Giving to others is a gift to yourself as well. Meet new people, expand your understanding of them, and take pride in making a difference. Whether it is reading to a child, working the phones or feeding the hungry, your community needs the gift that only you can give – yourself! The possibilities are endless. For a broad range of opportunities, call the:

American Cancer Society – 201-343-2222
20 Mercer St. (Hackensack)
Volunteering for ages 14-21.

Bergen County Special Services – 201-646-2910
125 Essex St. (Hackensack)
Volunteering for ages 14-21.

Bergenfield Community Assembly of God Church – 201-387-8181
10 Foster St. (Bergenfield)
Volunteering for ages 14-21.

Bridges to Employment/Work Path – 201-336-6926
21 Main St. Rm. 110W (Hackensack)
Volunteering for ages 17-21.

Church of St. John the Divine (Episcopal) – 201-288-0002
(Hasbrouck Heights)
Volunteering for ages 14-17.

Church of the Presentation (Roman Catholic) – 201-327-1313 x34
271 W. Saddle River Rd (Upper Saddle River)
Volunteering for ages 14-21.

Other Medical Services

SEXUALITY/BIRTH CONTROL/PREGNANCY

Let's talk about sex:

Sexual feelings are normal. But you may have some questions:

What are my values?

Am I living according to what I believe?

Why am I doing this?

Do I feel pressure to have sex?

Am I willing to risk pregnancy? AIDS, STDS, or infertility?

Am I ready to accept the responsibilities of being a parent?

Could I support the child?

Could I put it up for adoption?

Could I have an abortion?

Decisions about sex may be the most important decisions you will ever make. So, think before you act! There are many ways to show affection without intercourse. Set your own limits and stick to them. You do not need parental consent to obtain a pregnancy or VD test or birth control devices.

Bergen County Birthright – 201-845-4646 / 800-550-4900
19 W. Pleasant Ave (Maywood)

Bergen County Office for Children – 201-646-3694
21 Main St. Rm. 202W (Hackensack)
Childcare information. www.bergenonline.org/children

Carrier Center for Counseling – 800-933-3579
625 From Rd. (Paramus) www.carrier.org

Corpus Christi Youth Ministry – 201-288-7045
261 Boulevard (Hasbrouck Heights)
Pregnancy/birth information and sex education.

Drop in School Based Youth Services – 201-646-0722
First & Beech St. Rm. 163 (Hackensack)
Pregnancy/birth information and sex education.

Metropolitan Medical Associates – 201-567-0522
40 Engle St. suite B-1 (Englewood)
www.metropolitanmedicalassociates.com

Planned Parenthood – 201-489-1140
575 Main St. (Hackensack) www.plannedparenthood.org
Birth control, pregnancy and VD testing.

Women’s Choice – 201-489-2266
10 Zabriskie St. (Hackensack) www.womenschoicemedical.com
Free pregnancy testing.

PRENATAL CARE

Local hospital clinics; see hospitals, beginning of Health Section.

Birthright – 201-845-4646
Drop in School Based Youth Services – 201-646-0722
Healthstart – 201-996-2491 www.state.nj.us/health/fhs/healthstart
Center for Medicaid-eligible pregnant women and children under two.
La Leche League of New Jersey – 201-837-5910
Breast-feeding advocates. www.lalecheleague.org
1-800-No Abort – housing for pregnant teens

SUPPORT SERVICES FOR TEENS WITH CHILDREN

American Red Cross – 201-487-7470 (Hackensack) www.redcross.org
Bergen County Birthright – 201-825-4646 (Maywood)
Children’s Aid & Family Services – 201-487-2022 (Hackensack)
Christian Homes for Children – 201-342-4235 (Hackensack)
Life Advocates – 201-934-0887 (Allendale)
Pregnancy help center.
New Hope Inc. – 201-641-4155 (Hackensack)

Lodi – 973-365-4005 www.lodi-nj.org
Lyndhurst – 201-804-2457 x3
Mahwah – 201-529-5757 www.mahwahtwp.org
Maywood – 201-845-2900
Midland Park – 201-445-5720 www.mpnj.com
Montvale – 201-391-5700 www.montvale.org
Moonachie – 201-641-1813
New Milford – 201-967-5044 www.nj.community.com/sites/newmilford
North Arlington – 201-991-6060
Northvale – 201-767-3330 www.boroughofnorthvale.com
Norwood – 201-767-7200 www.norwoodboro.org
Oakland – 201-337-8111 www.oakland-nj.org
Old Tappan – 201-664-1849 www.oldtappan.net
Oradell – 201-261-8200 www.oradell.org
Palisades Park – 201-585-4100
Paramus – 201-265-2100
Park Ridge – 201-573-1800 www.parkridgeboro.com
Ramsey – 201-825-3400 www.ramseynj.com
Ridgefield – 201-943-5215
Ridgefield Park – 201-641-4950 www.ridgefieldpark.org
Ridgewood – 201-670-5500 www.ridgewoodnj.net
River Edge – 201-599-6300
River Vale – 201-664-2346
Rochelle Park – 201-587-7730
Rockleigh – 201-768-3355 www.rockleigh.org
Rutherford – 201-460-3000 www.rutherford-nj.com
Saddle Brook – 201-587-2900
Saddle River – 201-327-2609
South Hackensack – 201-440-1815
Teaneck – 201-837-1600 www.teanecknjgov.org
Tenafly – 201-568-6100 www.tenaflynj.org
Teterboro – 201-288-1200
Upper Saddle River – 201-327-2196
Waldwick – 201-652-5300
Wallington – 973-777-0318
Washington Township – 201-664-4404 www.twpofwashington.us

BERGEN COUNTY TOWN INFORMATION

Many of these towns offer a variety of sports, a Youth Center, PAL, theater, performing arts, DARE, field trips, career and job training, tutoring, counseling, and Summer Youth Programs. Contact your town for information.

Allendale – 201-818-4400 www.allendale.org
Alpine – 201-784-2900
Bergenfield – 201-387-4055 www.bergenfieldboro.com
Bogota – 201-342-1736 www.bogotaonline.org
Carlstadt – 201-939-2850
Cliffside Park – 201-945-3456
Closter – 201-784-0756 www.closterboro.com
Cresskill – 201-569-5400 www.cresskillboro.com
Demarest – 201-768-0167 www.demarestnj.org
Dumont – 201-387-5022
East Rutherford – 201-933-3444 www.eastrutherfordnj.net
Edgewater – 201-943-1700
Elmwood Park – 201-796-1457
Emerson – 201-262-2380
Englewood – 201-871-6637 www.cityofenglewood.org
Englewood Cliffs – 201-569-5252
Fair Lawn – 201-794-5340 www.fairlawn.org
Fairview – 201-943-3300
Fort Lee – 201-592-3570 www.FortLeeNJ.org
Franklin Lakes – 201-891-0048 www.franklinlakes.com
Garfield – 973-340-2001
Glen Rock – 201-445-7700 www.glenrocknj.net
Hackensack – 201-646-3980 www.hackensack.org
Harrington Park – 201-768-1700 www.njcommunity.com/sites/hp
Hasbrouck Heights – 201-288-0195 www.hasbrouck-heights.nj.us
Haworth – 201-384-4785 www.njcommunity.com/sites/haworth
Hillsdale – 201-666-4800 www.hillsdalenj.org
Ho Ho Kus – 201-652-4400
Leonia – 201-592-5780 www.leoniaboro.com
Little Ferry – 201-641-9234 www.littleferrynj.org

Teen Parent Program, Career & Life Counseling Center, Bergen County Technical School – 201-343-6000 (Hackensack)
Urban League of Bergen County – 201-568-4988 (Englewood)
West Side Infant Day Care Center – 201-568-2571 (Englewood)
1-800-No Abort – Shelter for pregnant teens and infants to age 1.

ABORTION SERVICES

Abortion Services of NJ – 201-871-0740
Bergen Regional Medical Center – 201-967-4000
Metropolitan Medical Associates – 201-567-0522
Women's Choice – 201-489-2266

STIs and STDs

- Have reached epidemic numbers
- Do not go away by themselves
- Can occur more than once in the same person
- Can be treated and/or prevented
- Do not require parental consent for testing or treatment
- May have no detectable symptoms

If there are any symptoms, they may include: painless blisters or sores, itching in the genital area, painful, burning urination (mostly males), or discharge from the vagina or penis.

Free testing for STIs and AIDS are available at:

Hackensack Medical Center Outpatient Clinic – 201-996-2121
30 Prospect Ave (Hackensack) www.humed.org
National VD Information Hotline – 800-227-8922
Planned Parenthood – 201-489-1140
575 Main St. (Hackensack) www.plannedparenthood.org

HIV & AIDS

One million Americans are infected with the HIV virus. This means one in every 250 men, women and children. Since there are fewer infections among the aged, the rate of infections is actually higher than one in 250 for younger people.

MYTH: AIDS is only a gay disease.

FACT: The fastest increase in HIV infection is among heterosexual women and injected drug users.

MYTH: You can tell who is infected by how they look, groom themselves or by their lifestyle.

FACT: HIV is invisible for years at a time. ANYONE can have the virus

Early detection of the HIV virus can lead to a longer, healthier span of time before the onset of AIDS. If you have had any unprotected sex, you owe it to yourself to have one AIDS test immediately, following another six months after the unprotected sex.

Free, anonymous AIDS testing:

Bergen County Health Services – 201-487-3243

151 Hudson St. (Hackensack)

Walk-in Monday, Noon – 2:30

Friday 9 – 11:00am, 1 – 3:30pm. Other days by appointment.

<http://www.umdnj.edu/psyevnts/njBERGEN.html#BERGEN>

Bergen County HIV/AIDS Consortium and Resource Center – 201-461-2700

Center for Help in Time of Loss – 201-666-0009

For parents who have lost a child to AIDS.

Hyacinth Foundation – 800-433-0254 www.hyacinth.org

Support services, information, hotline for anyone affected by AIDS.

New Jersey Buddies – 201-837-8125 www.njbuddies.org

Housing for HIV-positive men.

formation and leave them on doorsteps or pass them out at supermarkets and all of the places you left the first note. Ask friends and neighbors if they need help with odd jobs around the house, ect.

Summer Youth Employment & Training Program of the Job Training Partnership Act Program – 201-329-9600

INTERNSHIPS

Having an internship is a great way to become accustomed to a particular field or industry. Companies both large and small are willing to hire an intern on either a paid or unpaid basis. An internship will allow you to see if a certain type of job is the right one for you. Employers who have internship programs will likely be on hand to help you learn in an actual business environment as opposed to a classroom, and be especially mindful of your learning process.



Even if you cannot find information regarding an internship position at a specific company, contact that company! Some businesses have lengthy application phases, and you will never know unless you start by calling or visiting the location of your desired internship.

Some key resources on the internet to look for internship opportunities:

<http://internships.wetfeet.com>

<http://www.internweb.com>

Also check out the website of the company that you are interested in. Oftentimes, a business will only announce on its own site that it has an available internship.

Mid-Level Skill Demand Jobs:

Office supervisors
Retail sales supervisors
Flight attendants

Basic Level Skill Demand Jobs:

Retail salespersons
Cahiers
Food preparation workers

PART-TIME/SUMMER JOBS

Before you are 16 and old enough to get a regular job, there are some things you can do to earn money and get experience. You may even meet adults who may help you to find employment later. You can baby-sit, mow lawns, wash cars, pet sit, deliver newspapers, or volunteer at church, school or in your community.

Some questions to ask yourself:

- How will I get to and from my job?
- How many hours and days a week can I work?
- Am I willing to give up some of my spare time?

Do I have any special skills – typing, auto repair, photography, etc?

How to get a Job:

Post a note in a supermarket, store, laundry room or similar place with the service you want to provide, other relevant information, and a phone number where you can be reached. Check bulletin boards in stores, community center, places of workshop, ect. Make flyers with all your in-



EATING DISORDERS

Anorexia Nervosa, Bulimia, Overeating

Anorectics diet excessively, leading to severe weight loss. They are obsessively preoccupied with food and terrified of being fat. Bulimics go on eating binges, then purge, causing excessive weight fluctuation. Both diseases are serious and can be life-threatening. It is important to get medical attention immediately from a doctor experienced in the treatment of eating disorders. Obsessive overeating often occurs during times of stress.

Anorexia/Bulimia Clinic of NJ – 201-797-2550 (Fair Lawn)
Center for Treatment of Eating Disorders – 973-740-1262 (Livingston)
www.edhelp.com
Drop in School Based Youth Services – 201-646-0722 (Hackensack)
Eating Disorder Support Group – 201-996-5994
Hackensack Medical Center (Hackensack)
NJ Chapter American Anorexia/Bulimia Assoc. – 800-522-2230
Overeaters Anonymous Northern Jersey Chapter – 973-746-8787 (Bloomfield) www.overeatersanonymous.org

SMOKING

American Cancer Society (Hackensack) – 201-343-2222
American Lung Association of NJ – Northern Jersey Office (Fairfield) 973-227-7720 www.lungusa.org
Bergen County Department of Health Services – 201-634-2600
Quit Smoking Program www.bergenhealth.org/tobacco/Quitting.html

SPECIAL NEEDS

Bergen County Special Services – 201-646-2910
www.bergen.org/spserv
Community Resource Council of Bergen County – 201-343-6543
Publishes a directory of services for people with disabilities.
DIAL (Disabled, Information, Awareness & Living) – 973-470-8090 (Passaic)
Drop in School Based Youth Services – 201-646-0722
Office on the Disabled of Bergen County – 201-336-6500

COMMUNITY CENTERS FOR MENTAL HEALTH

Vantage Health System - 201-385-4400
2 Park Ave. (Dumont)

Englewood Center - 201-567-0500
93 W. Palisades Ave. (Englewood)
Services for residents of and employees in: Alpine, Bergenfield, Closter, Cresskill, Demarest, Dumont, Harrington Park, Haworth, Northvale, Norwood, Old Tappan, River Vale, Rockleigh, Tenafly, Cliffside Park, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Leonia, Palisades Park, Ridgefield, Ridgefield Park, and Teaneck.

Jewish Family Service - 201-837-9090
1485 Teaneck Rd. (Teaneck)

There are numerous websites out there to help YOU find the right job. The hot entry level jobs are listed in these websites as well.

<http://www.njnextstop.org/industry01.asp>

<http://www.northjerseyjobs.com/>

Top Ten Industry Job Generators

1. Health Services
2. Business Services
3. Social Services
4. Engineering and Management Services
5. Security and Commodity Brokers
6. Local Government Education
7. Eating and Drinking Places
8. Education Services
9. Insurance Carriers
10. Amusement and Recreation Services

Job Openings:

The most new jobs are projected in service and professional occupational groups. These two groups will account for more than two out of every five job openings between 2000 and 2010.

Service occupations—for example, food service workers, home health aides, guards, and child care workers—are expected to provide an average of 11,200 job openings per year.

High Skill Demand Jobs:

Registered nurses
Elementary school teachers
General and operations managers

Women’s Rights Information Center – 201-568-1166

108 W. Palisades Ave. (Englewood)

This service provides career counseling and job training jobs for ages 17-21. www.womenrights.org

Workforce – 201-599-6273 (Paramus)

A program for high school dropouts, ages 16-21. It provides services in job readiness training and basic education and preparation for the GED, vocational assessment and counseling, substance abuse assessment and education, and life skills education. (9am-4:30pm M-F)

YMCA of Greater Bergen County – 201-487-6600

360 Main St. (Hackensack)

This service offers career and job training. Information available for part-time and summer jobs is available.

JOBS IN DEMAND

Bergen One-Stop Career Center Services

Services are delivered to customers in a variety of ways:

- One-on-one consultants
- Group programs and activities
- Self-directed efforts

Training programs and business consultations

Services to job seekers include:

- Job listings
- Job search assistance
- Consultation on and access to training and education programs
- Information on employment, wages, and economic trends
- Workshops in employment skills and support

Unemployment insurance benefits

EDUCATION



The information provided in this section is taken from the New Jersey Student Rights Manual, published by the American Civil Liberties Union of New Jersey, and the Student Codes of Conduct: A Guide to Policy Review and Code Developments, published by the New Jersey Department of Education.

EDUCATION GUARANTEE

A free public education is guaranteed by the New Jersey Constitution for all residents of the State between the ages 5 and 20. In addition, the state law requires regular attendance at a public school or an equivalent program for all those between the ages of 6 and 16. You may not be denied an education because of your race, sex, religion, ethnic background, disability, socioeconomic background, or geographic location.

RESIDENCY

You are entitled to be educated in the school district in which you reside unless you have special educational needs which require a program that is not available in your district. If you live in the school district with you parents, guardian, or in an alternative living arrangement set up by the Division of Youth and Family Services, you are a resident of that district. There are special rules for homeless students who live in temporary shelters.

STUDENT RIGHTS

You have specific rights regarding your privacy and liberty in a school setting. Your school must provide a basic curriculum and set standards for promotion and graduation. You have the right to know, in advance, all the rules that govern your conduct in school, such as dress, smoking and graduation requirements, etc. Your school can discipline you, although you do have some rights if you are threatened with suspension or expulsion. As a student, you have a right to privacy, but some of your freedom of speech and freedom from search and seizure rights are limited in the school setting. You have a right to equal treatment while in school. Only in sex education courses and contact sports may a school maintain separate classes for male and female students. Public facilities and resources must be made available to all groups on an equal basis. A free public education is your right. Please call for further information regarding suspensions, expulsions and other educational issues: **Education Law Center** – 973-624-1815

STUDENT RECORDS

Your parents, legal guardian, or you (if you are over 18 and officially signed out of school) have the right to see your entire student record according to the procedures set up by the school. Your request to see the files should be honored within a reasonable amount of time. You may take notes or make copies of any items in the record. You have the right to request that misleading or inaccurate information be removed, and to have clarifying material added.

CORPORAL PUNISHMENT

New Jersey law prohibits any conduct which inflicts bodily pain or suffering. A teacher or school official may use reasonable force to stop a disturbance or protect people or property.

RELIGIOUS FREEDOM

Your religious freedom is guaranteed by the Constitution. You may decline to participate in any ceremonies, religious songs, pledges or sex education classes if these are against your religious or ethical beliefs. Your conduct may not infringe on the rights of those who do participate.

Latin-American Institute – 201-525-1700

377 Park St. (Hackensack)

This service provides special education. They also have tutoring and a program for drop outs. www.latinamericaninstitute.org

NJ Division of Vocational Rehabilitation – 201-487-7890 (Hackensack)

A state agency which provides services to enable disabled persons to become or remain employed. Services offered include vocational counseling and training, medical treatment, physical therapy, psychiatric treatment, job placement and post-employment services.

NJ State Employment Services – 201-996-8950 (Hackensack)

The service offers both job placement and on-the-job training. You must present your social security card, proof of age, a financial statement of your parents (if living at home) or your own, and if you are a male born after 1960, your draft registration card. The service will certify that you qualify for job training and refer you to an appropriate program.

St. Joseph's Church (Roman Catholic) – 201-768-2371

280 County Rd. (Demarest)

This service provides career training and career counseling for ages 14-16. There are tutoring and sex education classes. Information about summer jobs is available. www.stjosephdemarst.org

Teaneck Women Train & Work – 201-837-8560

182 W. Englewood Ave. (Teaneck)

This service provides career counseling and job training for ages 17-21. www.njcommunity.com/sites/twtw

Urban League: Career & Educational Guidance Program – 201-568-

4988 (Englewood)

Vincent K. Tibbs Child Development Center – 201-568-3937

183 William St. (Englewood)

This service provides career and job training for ages 14-21.

Bridges to Employment/Work Path – 201-336-6926

21 Main St. Rm. 110W (Hackensack)

This service provides career counseling and job training. Information about part-time and summer jobs is available. A program also for drop-outs ages 17-21. They provide tutoring.

Career & Life Counseling Center for Women – 201-343-6000

(Hackensack)

Bergen Technical High School

For women 14 and older.

Drop in School Based Youth Services – 201-646-0722

First & Beech St. Rm. 163 (Hackensack)

This service provides career counseling and job training. Information about part-time and summer jobs is available. They provide tutoring.

Edison Job Corps Center – 908-985-4800 (Edison)

The program is co-ed for people ages 16-21. Parental consent must be given for those under 18. The corps prefers that referrals be made through schools or public agencies.

Exploring Program of the Bergen County Boy Scout Council

201-342-8600 (River Edge)

Career choice orientation, citizenship development, etc.

Friendship House – 201-488-2121 (Hackensack)

This service provides career counseling and job training for ages 14-16. Information about part-time jobs is available.

Job Training Partnership Act Program – 201-329-9600 (Hackensack)

Career, skills and job exploration program for those under 18, vocational training, on-the-job training, also training and educational counseling for adults.

ACADEMIC PENTALTIES

A teacher may not lower your grade(s) to punish you for general misbehavior.

SPECIAL EDUCATION PROGRAMS

Some students have difficulty learning certain basic school subjects in the way they are usually taught. These students may have average or above average intelligence. A student with a learning disability needs a carefully planned, individualized approach, which may require alternative presentation or testing methods. If you think that you may have a learning disability or other special education needs, contact your school guidance counselor.

Other sources of help are:

Bergen County Special Services School District – 201-265-6300

The Forum School – 201-444-5882 www.TheForumSchool.com

The Forum School is a private, non-profit, non-sectarian day program for developmentally atypical children through 16 years of age

Health Resources – 800-544-3284

Latin-American Institute – 201-525-1700

Learning Disabilities Association – 908-542-7282

Office on the Disabled – 201-336-6500

PREGNANCY

You have a right to remain in your regular program if you are pregnant as long as your doctor says you are physically able. You must be provided with adequate instruction in order to continue or make up school work without penalty when you decide to leave. After your child is born, you have the right to return to classes as soon as you are able.

SEARCHES

As a result of recent court decisions, the Supreme Court of New Jersey ruled that school officials are free to conduct reasonable searches of student property and lockers, if they have reasonable grounds to suspect that the search will reveal evidence that the student has violated, or is

violating, either the law or the rules of the school. To make sure students understand, school districts should issue written notices to students that lockers or other storage facilities are subject to periodic inspection.

FREE AND REDUCED PRICE LUNCHES

If your school participates in the National School Lunch Program, you may be entitled to a free or reduced-price lunch if your family receives federal, state or local assistance or if your family's income falls within certain guidelines. Check with your school to see if you qualify.

TRUANCY

According to the Compulsory Education Law and the Juvenile Code in New Jersey, all teens under the age of 16 are required to attend school. If you do not have a valid reason for nonattendance, you and your family may be required to go to court. If you have a problem that prevents you from going to school, you should talk to your counselor or a counselor at the Juvenile/Family Crisis Unit at 201-336-7360.

EXCLUSION FROM EXTRA-CURRICULAR ACTIVITIES

You may not be excluded from activities such as sports or school clubs unless there is a legitimate reason.

EXPULSION, SUSPENSION, AND OTHER PUNISHMENTS

Any time you are sent home from school or prevented from going to class, you have been suspended. Your right to an education is basic and may not be taken away without just cause. Some of those causes are: continued and willful disobedience, open defiance of the authority of any teacher, conduct which constitutes a danger to the physical well-being of other students, assault, and habitual use of profanity. You can be given a detention or other minor punishment without a hearing.

SUSPENSION (10 DAYS OR LESS)

In this case, you have the right to an informal hearing which, in many cases, is conducted by the school principal prior to the suspension. If you have been suspended, you have the right to:

To Get a Job in NJ:

You will need your social security number, working papers, and a green card in some cases. To get a Social Security number, go to a Social Security office with your birth certificate and some other form of I.D. (example, school I.D. card). There are two offices in Bergen County: 22 Sussex St., Hackensack or 201 Rock Rd, Glen Rock, or call 800-772-1213. Fill out an application. You will be mailed a Social Security card in 6-8 weeks. If necessary, you can get a letter providing that you have applied. To get working papers, you must be 14 and have a promise of employment from your employer, stating the hours you will work and what you will be paid. You also need proof of your age, a statement of physical fitness signed by your doctor, and your school records signed by your principal.

JOB TRAINING

Bergen County One Stop Career System – 201-329-9600

540 Hudson St. (Hackensack)

This service provides career counseling and job training, resume writing, interviewing skills, and assistance in finding a job.

Bergen County Special Services – 201-646-2910

125 Essex St (Hackensack)

This service provides career counseling and job training. Information about part-time and summer jobs is available for ages 14-21. They have sex education courses, provides special education, tutoring and GED readiness courses. They have vocational/transition assessment, technology assessment and behavioral assessment.

Bergenfield Community Assembly of God Church – 201-387-8181

10 Foster St. (Bergenfield)

This service provides career counseling and job training. Information about part-time jobs is available.

Service Academies:

US Military Academy (West Point, NY) – www.usma.edu
US Naval Academy (Annapolis, MD) – www.usna.edu
US Air Force Academy (Colorado Springs, CO) – www.usafa.edu
US Coast Guard Academy (New London, CT) – www.cga.edu

Military Colleges:

Norwich University – www.norwich.edu
Virginia Military Institute – www.vmi.edu
The Citadel – www.citadel.edu
Virginia Tech Corps of Cadets – www.vtcc.vt.edu
North Georgia College & State University – www.ngcsu.edu
Texas A&M Corps of Cadets – www.aggiecorps.org
Mary Baldwin Women's Institute for Leadership – www.mbc.edu

Occupations

CAREER COUSLING

A college or associates degree or technical training is a tremendous advantage in getting the kind of job you can turn into a career.

What to do:

- Talk to your school counselor about careers.
 - Go to the library and read about different kinds of careers.
 - Ask people you know about their jobs.
 - Find out what educational training you will need for the careers that interest you.
 - Ask your school counselor about requirements, scholarships and financial aid.
- Try to get work or volunteer experience in jobs/careers you think you would like.

- Know the charges.
 - Receive an explanation of the charges the school has made against you.
 - Have an opportunity to present your side of the story.
- Participate in an informal conference between you and the principal, at which time your parents may question witnesses who made the complaint against you.

SUSPENSION (MORE THAN 10 DAYS) AND EXPULSION

In this case, school officials must provide you with a more formal hearing which includes:

- A written notice of charge(s).
 - The right to have representation at the hearing by your parent, friend, teacher, or attorney.
 - An impartial hearing officer.
 - Student defense.
 - The presentation of evidence and the opportunity to ask witness to testify in your behalf.
 - The opportunity to appeal any adverse decision against yourself.
 - A fair decision on evidence presented.
 - The opportunity to appeal any adverse decision against yourself.
- The ability to have your record of the hearing wiped clean if you are found not guilty.

COLLEGE AND UNIVERSITY INFORMATION

Deciding whether or not to attend college is one of the biggest decisions that every young man and woman must make and there are many factors to consider when judging if this path is right for you. Firstly, you must analyze your own desire to attend a two- or four-year institution. Do you feel that college will be the most beneficial option? What about trade school or the military? Next, you should also look at the financial considerations of a college education.

This section is designed to ensure that if you are interested in receiving a college diploma there are ways of making that dream a reality.

There are countless factors to consider when deciding where to attend college. Not only should the institution that you choose have your desired major but also be a place that you can truly see yourself spending large amounts of time. (Remember: college is a big step, and if you do not enjoy your surroundings it can make for a miserable time.) If you are unsure of your intended major don't worry. "Research conducted by Penn State and other institutions has shown that up to 80% of entering college students admit that they are not certain what they want to major in. ... In addition over 50% of first-year students change their majors at least once before graduation." Try choosing a school that has a variety of available majors and work from there. What were your strengths in high school? Did you excel in certain subjects? Maybe these would be good ideas to start with for possible majors.

Also considered in your choice of college should be its location. Do you want a school near to or far from your house? Would you prefer a very cold climate or a warmer one?

More than anything else, though, selecting a college should be about the feeling that you have when you walk on its campus!

Resources: Your Guidance Counselor
www.collegeboard.com
Fiske Guide to the Colleges

SCHOLARSHIPS AND FINANCIAL AID

FINANCIAL AID

Financial aid has helped millions of students continue their education. Fill out all financial aid forms accurately and legibly, and give yourself plenty of time before the deadlines. Do not lessen your chances because your forms are so messy that no one can read them, or because they get held up in processing to correct information.

Jersey Tractor Trailer Training
178 Manor Road
East Rutherford, NJ 07073
(201) 460-0875
www.jerseytrailertraining.com
Tractor trailer training

ARMED FORCES

There are over 4,100 military jobs available ranging from part- to full-time. The military may be an excellent alternative to a traditional college curriculum. Check out www.todaysmilitary.com for further information regarding positions available in the Army, Navy, Air Force, Marine Corp., and Coast Guard, as well as their respective Reserve Corps. and National Guard formations.

Additionally, the military can provide additional training through the Reserve Officer Training Corps. (ROTC) as well as Service Academies and Military Colleges.

The ROTC is a program offered by the Army, Navy/Marine Corp., and Air Force throughout our nation's colleges that allows a student to have college paid for by promising to fulfill a term of duty after college ends.

ROTC's are available in over 1,000 colleges and universities throughout the country, and provide students with an excellent post-high school option. More information can be found at the following websites:

US Army - www.armyrotc.com
US Navy/ Marine Corps - www.nrotc.navy.mil
US Air Force - www.afrotc.com

PRIVATE CAREER SCHOOLS

Lincoln Technical Institute
Mahwah Campus
70 McKee Drive
Mahwah, NJ 07430
(201) 529-1414
www.lincolntech.com

Automotive technology, air conditioning, refrigeration and heating technology

Dover Business College
E81 Route 4 West
Paramus, NJ 07652
(201) 843-8500

www.doverbusinesscollege.org
Computer electronics/networking, business computer programming
computer information specialist

The HoHoKus School of Secretarial & Medical Sciences
10 South Franklin Turnpike
Ramsey, NJ 07446
(201) 327-8877

www.hohokus.com
Ultrasound technology, medical office assisting, computer operations,
business administration

American Business Academy
66 Moore Street
Hackensack, NJ 07601
(201) 488-9400
www.abanj.com

Medical assisting, business administration administrative specialist

You should fill out both the FAFSA (Free Application for Federal Student Aid) and the CSS PROFILE. The easiest way to access these files is from their respective websites: <http://www.fafsa.ed.gov> and <http://profileonline.collegeboard.com>. The deadlines for these come quickly, so do not wait to ascertain the necessary information!

Student Aid on the Web by the US Department of Education is also a great resource on financial aid as well as college selection and statistics. Find information at <http://studentaid.ed.gov>.

SCHOLARSHIPS

One of the best ways to afford a college education regardless of income is through scholarships, which also can be known as grants. Scholarships can come from countless places, starting at your own high school and college. See what your schools offer. Ask around to see how you become eligible to receive these usually lucrative awards, and don't be shy in getting to know the people in your Guidance and Financial Aid Offices. They are there to help!

Consult your parents about scholarships that may be available through their workplaces. Many companies, especially larger organizations, provide financial assistance for children of employees.

Civic organizations within your area are also a key place to earn significant amounts of money. Check your local chapters of associations, such as the Elks, Veterans of Foreign Wars, and Knights of Columbus. Also check if your town sponsors an Auxiliary to each agency designed specifically for women. Call your City Hall to explain your situation and see if they can provide you with a listing of all of the organizations within your area. Once you have this information, do not hesitate to contact all of them to inquire about scholarships to local students. Be sure to do this early as deadlines quickly approach.

Finally, an additional source to tap would be large corporations and national charities and organizations. This information can most easily be

obtained through online databases, such as www.fastweb.com, which chronicles data on thousands of scholarships that are available throughout the country. Personalize the system to fit your needs, and it will allow you to avoid scanning through the system yourself. Hence, it will only deliver to you relevant scholarships that you may be interested in applying for. Be sure to also look at bound books from your local library that detail scholarships. If your library does not stock them, ask your librarian for information on the Bergen County Cooperative Library System (BCCLS), and borrow from another library.

The main concept to remember when searching for scholarships is to not be intimidated by long applications or seemingly astronomical odds of actually winning. Do the best you can. Set aside as much time as possible towards working on funding your college experience. And every dollar helps. Even if an award seems small, go for it anyway! If you win, you not only have a few extra bucks in your pocket, but also may make some future contacts to help when you might need a summer job or simply advice.

You may also want to call the following agencies for more information:

Bergen County Special Services – 201-646-2910

Educational Hotline – 800-962-4636

Gifted Child Society – 201-444-6530

190 Rock Rd. (Glen Rock)

This offers services for gifted and talented children and Saturday and summer programs as well.

NJ Department of Higher Education Office of Student Assistance – 800-792-8670

DROPPING OUT

If you drop out, you still have other ways to earn a high school diploma or an equivalent: G.E.D. (General Educational Development). Test and free preparation classes are available from Workforce – 201-599-6273 or Adult Learning Center – 201-489-1551.

POST-HIGH SCHOOL EDUCATION

If you are interested in attending college or university, you may want to seek the advice of your school guidance counselor. The Educational Hotline provides information about colleges and other post-secondary school education opportunities. 800-962-4636

COMMUNITY COLLEGE

Bergen Community College

400 Paramus Road

Paramus, NJ 07652

(201) 447-7100

www.bergen.edu

FOUR-YEAR INSTITUTIONS

Farleigh Dickinson University

1000 River Road

Teaneck, NJ 07666

(201) 692-2000

www.fdu.edu

Ramapo College of New Jersey

505 Ramapo Valley Road

Mahwah, NJ 07430

(201) 684-7500

www.ramapo.edu

Felician College

262 South Main Street

Lodi, NJ 07644

(201) 559-6000

www.felician.edu