

# HRG Community Resource Guide

www.HRGCommunityNews.com

Fall/Winter '18-online



**Check out the resources on social media**

## *Our Blog:*

**Resources** for  
homeless/low income.

**Where to get FREE** Services:  
Clothing, Food, Meals.  
**Free events** in Bergen County!

[WWW.hrgmediaorg.wordpress.com](http://WWW.hrgmediaorg.wordpress.com)

## **In this issue:**

- **Meet the Social Work Intern**
- **Resources for the community in need**
- **Special Events for the Holidays!**
- **River Mission's "Oasis": Tuesdays, 11am**
- **Code Blue & BC Sit Up Shelters**

**JOIN US ON FACE BOOK**

[www.facebook.com/HRG.Resources.News/](http://www.facebook.com/HRG.Resources.News/)

OUR MAIN ONLINE NEWS PAPER:

[www.HrgCommunityNews.com](http://www.HrgCommunityNews.com)

(w/ free resources link)

Call: 201-357-0828 Fax: 201-883-9366

All Resources can be found online

[Editor@HrgCommunityNews.com](mailto:Editor@HrgCommunityNews.com)

#IfItsFreeIts4MeThisWeek

\*Johnson Public Library: Meet the Social Work Intern

\*Holiday Meals

\*New Bridge Medical Center Recovery Programs

\*Meals on a Budget Series

\*Code Blue & Sit up shelters

Check our blog! [www.HrgMediaOrg.Wordpress.com](http://www.HrgMediaOrg.Wordpress.com)

**Code Blue: IMPORTANT for homeless and vulnerable: When the temperature is 32 degrees or below with precipitation, or if 25 degrees or lower without precipitation, no one in New Jersey can be refused shelter. Bergen County Sit Up Shelter Dec. 15- Mar. 14**

**\*\*\* Bergen County homeless hotline- 1-888-3-BERGEN**



## **Bergen County Housing Health and Human Services Center**

120 South River Street, Hackensack 201-336-6475.



The Bergen County Housing Health and Human Services Center (Homeless Shelter) offers a wide variety of services for our homeless and low income community. If you want to know what services you might qualify for, they have a knowledgeable staff that can direct you. Through **Next Step**, you can get a wide variety of resources and programs that might fit your needs. Many organizations are there to help with your needs in our community.

### ***Discharged from shelter for behavioral issues? Here's how to appeal:***

- Meet with the Coordinator for Program Services. If not satisfied, contact the Center Director to schedule an appeal.
- Not satisfied with the meeting with the Center Director meeting? Contact the Housing Authority of Bergen County's Executive Director.

### ***Denied shelter admission-or discharged?***

Not satisfied with the meeting with the Program Manager? Contact the Director of the Shelter at 201-336-6475.

- Not satisfied with the meeting with the Director of the shelter?
- Then contact the Center Director by calling 201-336-6475. Not satisfied with the meeting with the Center Director? Then you need to contact the Housing Authority of Bergen County's Executive Director.

## **GRIEVANCE/APPEAL PROCEDURE**

If an individual is not accepted for shelter or has been negatively discharged, they may appeal this decision as follows:

- For individuals denied shelter admission or discharged from the shelter on a clinical basis they should contact the Coordinator for Program Services and if the issue is not resolved contact the Center Director and finally the Housing Authority of Bergen County.
- For individuals who are denied shelter admission or discharged from the shelter for all other reasons should contact the Program Manager and if the issue is not resolved they should contact the Shelter Manager and if the issue is not resolved they should contact the Center

Director and finally the Housing Authority of Bergen County. If you're still having trouble, contact Director of Human Services.



We have a great **Board of Chosen Freeholders** that really wants to help the residents of Bergen County. If you have any concerns, the public open session meetings are usually on Wednesday, 7:30 pm, @ One Bergen Plaza. Or call and make an appointment: 201-336-6526

### **Freeholder Board Representation and Committee Liasons**

Bergen County Housing Authority Liaison: Germaine Ortiz

Workforce Development: Tracy Zur

New Bridge Medical Center: Tracy Zur

Board Social Services: Mary Amoroso and Tracy Zur

Community-Action (GBCA): Mary Amoroso and David Ganz

Human Services Chair: Dr. Joan Voss, Mary Amoroso and Germaine Ortiz

**-PROBLEMS WITH ANY AGENCY, YOU MAY CONTACT [hrg\\_mediagroup@yahoo.com](mailto:hrg_mediagroup@yahoo.com)-**

**Johnson Public Libray, Hackensack, NJ**



**Sign up to talk  
to our social  
work intern  
today!**

## **YOU TALK SHE LISTENS**

Schedule:

Monday 12 pm-4 pm, Wednesday 9 am-2 pm

Thursday 9 am-2 pm,

1st Sat. of the month 10 am-2 pm (instead of Mon.)



  
#JPLHereToHelp

**Meet the Social work intern: Mon. Wed. Thurs. at Johnson Public Library**



**How to Receive Recovery, Addiction Services, and Detox at New Bridge Medical Center (NBMC)** <https://www.newbridgehealth.org/addiction-treatment/>

- 1) Call Access Department **800-730-2762**.
- 2) Bring five days change of clothes. (Preferably tee-shirts, sweat pants or other comfortable clothes)  
(Hygiene products and, meals provided.)

**Charity Care Income Criteria and Required Information**

Patients are required to submit at least one (1) document from each of the four (4) categories listed below:

1. Valid Identification: Driver's License, State/County ID, Social Security card, Birth Certificate, and, if homeless, with none of the above forms of identification, attestation form will be completed.
2. Proof of New Jersey Residency for Date(s) of Service: Utility bill for date of service, valid driver's license, support letter. If homeless with none of the above forms of residency, attestation form will be completed.
3. Income Information: If employed, must present one of the following: Weekly income – Four (4) most recent pay stubs, Bi-weekly income – Two (2) most recent pay stubs, letter from employer on company letterhead (to include beginning date of employment, hourly wage, and number of hours worked weekly).

For more information on addiction services and detox, email Mike at:

[mpaoello@newbridgehealth.org](mailto:mpaoello@newbridgehealth.org) (NBMC is a presumptive eligibility hospital.)



**Meals on a Budget Series**

**Utilizing your local food pantry:** <https://www.hrgcommunitynews.com/meals-on-a-budget-series>

If you are struggling to pay the bills and the government has cut your food stamps, here is some great information on food pantries and recipes that may help you save money. There are so many food pantries in the area. Sometimes it's hard to figure out what to make for dinner. But budgeting, knowing what to buy, and what is usually available for free can be a great help. No one in NJ or in this country should go hungry!

<https://www.hrgcommunitynews.com/meals-on-a-budget-series>

**Anyone in need call: (973) 772-469**  **VFW Post 2867 Garfield**

## The River Mission, serving homeless and low income.

Meeting at Second Reformed Church, Corner of Union and Anderson St (by Anderson Park), Hackensack.  
**Sunday service and dinner, 6pm. Oasis, Tuesdays, 11am-1:30pm. Bible and Bagels, Wednesday 6pm.**  
Free clothing and other essentials! Check them out!



### Center for Food Action

**CFS locations:** -192 W Demarest Ave, Englewood (201) 569-1804 Open until 5:00 pm.  
-316 1st St., Hackensack (201) 883-9375. -Call for other locations.

### BABY PANTRIES

**LIGHTHOUSE**-809 MAIN ST, HACKENSACK MON-FRI 9-4 (201) 501-8876  
**BABY BASICS**-PARAMUS MON-FRI (201) 261-2800 CFA- Refer - information area

### FREE CLOTHING

**RIVER MISSION** Tuesday, 11-1:30; Wednesday, 6-7pm; Sundays, 6pm-8pm, at Second Reformed Church, Hackensack.  
**CHURCH EMMANUEL** Thursday at 7pm and Sunday at 10am, 34 Van Wattering Pl., Hackensack - across from the shelter on South River Street.  
**TRANSITION PROFESSIONALS- X-OFFENDERS** 269 Passaic St. Hackensack.  
**HOPE for X-Offenders**- Food and clothing-259 Passaic St Hackensack.

**For more info about anything in the HRG Guide, call or text (201) 357-0828**

### FREE MEALS

**Varick Church** on Atlantic St. (across from Friendship House) **LUNCH** every 3rd Saturday, 11:30.  
**New Hope Church** (next to CFA on 1st St.) Odd months-3rd Saturday, 12pm, **LUNCH**.  
**Trinity Church**-11:30am, 2nd Saturday of the month, **LUNCH**. 218 Passaic St, Hackensack.  
**The River Mission**-Family style **DINNER** and service, 6pm, Sundays. Second Reformed Church, Hackensack.  
**Church Emmanuel**-Thursday **DINNER** at 7:00pm, and Sunday **LUNCH** at 10:00am, 34 Van Wattering Place, Hackensack, across from the shelter on South River Street.  
**Family Promise of Bergen County**-Daily **DINNER** at 5:00pm, 120 South River Street, Hackensack.  
**Mount Olive**-Central Ave, **LUNCH** 4th Saturday of the month, 11 am.  
**Church Emanuel**- 34 Van Wattering Place, Hackensack, Thursday, 7:30 service and **DINNER**, and clothing pantry. Sunday-10:30 service, **LUNCH** and clothing pantry.  
**Bergen County Meals on Wheels Program:** 201-336-7420; Fax: 201-336-7436. Home delivered meal programs serving Bergen County residents. Call to see if you qualify.

 **FREE LUNCH AT SENIOR CENTERS** SUGGESTED \$1.25 DONATION

### FOOD PANTRIES

**Bogota**- Saint Joseph's Church, 115 E Fort Lee Rd (201) 342-6300 food pantry: Kristina (201) 390-0867.

**Cliffside Park** -Church of the Epiphany RC, 247 Knox Ave (201) 943-7320.

**Fair Lawn**- Saint Anne's Church, 15-05 St Anne St (201) 791-1616 ask for Lenora.

**Garfield/Lodi** -St. Joseph Church, 8 St. 40 Spring Street Lodi, NJ Tel. 973-779-0643.

## Hackensack-

-1st Baptist Church, EMERGENCY FOOD--CALL FIRST: (201) 487-1244. Anderson Park.

-Buddies (HIV Pos.) M-F, 9-5, 149 Hudson St, Hackensack.

-Mt. Olive-2nd & 4th Thursday. 10-12 Central avenue Hackensack

-Holy Trinity Church 2nd Sat. & 4th Pangborn St. Hackensack CFA-call 201-343-6543 M-F

Leonia -St. John the Evangelist Church, 235 Harrison St. Must set up with Boro Hall to register, then they will set up an appointment with St. John's. (201) 947-4545 by appointment, residents only.

Little Ferry -St Margaret's, 3rd Wednesday of the month. Liberty St.

No. Arlington/Lyndhurst- Queen of Peace Church, Sat. 8:30 am, 200 Ridge Rd, No. Arlington (201) 991-0235.

Rochelle Pk -Sacred Heart: 201-843-8812 Emergency basis only, every Saturday.

New Jersey Food and Clothing Rescue Food delivery <https://www.facebook.com/njfoodclothingrescue>

## Passaic County food pantries for Bergen County Residents:

-Emergency Basis-CUMAC, Phone: 973.742.5518.

-Surrounding Ridgewood is: Social Services of Ridgewood, NJ Social Service Assoc. Basic financial assistance. 6 Station Plaza, Ridgewood NJ, (201) 444-2980

-Passaic: St. Maria of Paris Food Pantry- 200 3rd St. **\*\* Must call FIRST!\*\*** (201) 747-8706 must be Garfield/Passaic residents; must show photo ID, proof of income and expenses (SSI, EBT, USF/leap)

## PET PANTRIES

ANIMAL ORGANIZATIONS FOR PET NEEDS CLAWSADOPT.ORG-63 N. WASHINGTON AVE BERGENFIELD (201)768-0200 <http://www.clawsadopt.org> and animal shelter has free food\*\*\*

**\*\*NOTE: If you are homeless and you have pets, CLAWS might be able to help!**

In some cases, Bergen County Animal Shelter can house your pet while you are at "The Center".

Bergen County Animal Shelter 100 United Lane Teterboro, Teterboro, NJ 201-229-4600



*The Bergen County Mental Health Board Meeting* is once a month from 6-7 pm at the above address. All are welcome! Call for details 201-336-7000

**On Our Own Wellness Center**, 177 Hudson St, Hackensack, **Veteran Services.**

**BERGEN COUNTY Division of Veterans Services:** One Bergen County Plaza, 2nd Floor, Hackensack NJ 07601 (201) 336-6325. <http://www.co.bergen.nj.us/veterans>

\*Transition Professionals- 285 Passaic St. Hackensack X-offender re-entry program 201-883-9361

\*\*Bergen County homeless hotline 1-888-323-7436, 24/7.

\*\*Bergen County Homeless prevention hotline 201-336-6490.

Bergen County CAP Weatherization Assistance Program and USF/LIHEAP 316 State St., Hackensack- 201-488-5100.

**Bergen County Board of Social Services:** 218 Route 17 N, Rochelle Park, New Jersey, 201-368-4200.

Hours: Weekdays 8:00 am-4:30 pm, Tuesday's until 8:00 pm.

Services: Food Stamps, General Assistance, TANF, Family Care.

**Note:** If you need to apply for EBT, try to use the online app. This way you are in the system when you have to go over there- <https://oneapp.dhs.state.nj.us/>

**Care Plus** [www.careplusnj.org](http://www.careplusnj.org) 610 Valley Health Plaza, Paramus, NJ 07652 (201) 265-8200.

Mental Health housing help ICMS

**PATH** program helps mentally ill find housing & other things.

(201) 646-0333 various resources for counselors, therapists, doctors, etc. <http://www.cbhcare.com/>

**\*\*Center for Hope and Safety** (Formerly Shelter our Sisters) Battered Women's Shelter is in Hackensack. Their new number: (201) 498-9247 or (201) 944-9600.

**\*\*NOTICE: Buddies of North Jersey** 149 Hudson Street Hackensack NJ is offering FREE MC DONALDS gift cards for anonymous HIV testing drop by or call for information. [www.njbuddies.org/](http://www.njbuddies.org/)

**Heightened Independence & Progress (HIP) in Bergen County** and in **Hudson County** assists people with disabilities



and those with handicap needs - Call Hackensack Location (201) 533-4407.

**Senior Center:** 101 Hudson Street, Hackensack-Everything for seniors 60 and over you can check out our website for their information or call at: (201) 336-3322.

**Family Promise** of Bergen County has played a pivotal role in serving thousands of Bergen County's most vulnerable citizens - homeless, hungry & needy families and individuals. Contact Executive Director, Kate (201) 833-8009.

<http://www.familypromise.org>

**Greater Bergen Community Action** has many programs available in our community of Bergen County: 392 Main St, Hackensack, NJ 07601. <http://greaterbergen.org/> Hackensack NJ. (201) 968-0200.

**Ladder Project-** (201) 342-8469 -ACES project- 201-968-0200.

**ETC CAP'S Garfield location** 973-685-0005 ext. 1050- Cap's Head Start Program-201-968-0200.

**The Fair Housing Council:** Housing information: <http://fairhousingnj.org/> 131 Main Street #140, Hackensack. Offers clients expert housing & financial counseling. This includes in-person and telephone counseling, housing referrals Homelessness Prevention Counseling.

Government sponsored **free phones**-Lifeline Assistance, low income cell phone <http://www.assurancewireless.com/>  
<http://www.discoverlifeline.com/reachout-wireless/> <https://www.safelinkwireless.com/Safelink/enroll> lifeline

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## **Homeless Shelters and Halfway Houses:**

(For some of the shelters, we will only list a phone number and not the address)

**\*\*\* Bergen County homeless hotline- 1-888-3-BERGEN**

**Center For Hope and Safety (Shelter Our Sisters): Emergency Shelter Program, 201-498-9247.**

This program offers safe and confidential housing 24/7, A variety of services are provided.

**Family Promise Bergen: Working family shelter-** 201-833-8009

### **Homeless and Pregnant Teens:**

- **Conklin Youth Shelter Teterboro** (201) 336-3953 200
- **Lighthouse** 809 Main St Hackensack, NJ (201) 501-8876
- **PHASES (BCCAP)** (201) 489-6586 in Hackensack
- **Covenant House** (800) 999-9999

**Zoe's Teaneck** (973) 458-1007 – or Ramsey hotline (800) 662-2678 (888) 323-7436

### **Family Shelter:**

Call Social Services (201) 368-4200 (You must be receiving TANF benefits).

**BC Homeless Shelter:** (201) 336-6475

If you cannot get into a Bergen county shelter you can try some of the Paterson's shelters and some programs that can help:

**Eva's Village (Main Facility)** 393 Main St Paterson, NJ (973) 523-6220

**Eva's Men's Shelter** 389 Main Street Paterson, NJ (973) 247-0143

**Eva's Women's Shelter** Jackson Street Paterson, NJ (973) 279-1004

**Eva's Hope Residence for Mothers and Children Women's Shelter**  
25 Jackson Street Paterson (973) 742-2302

**Family Promise of Passaic County** Director Catherine S. Boccard  
PO Box 1588 Passaic (973) 928-6007

**Good Shepherd Mission Shelter,** 336 Broadway, Paterson, (973) 742-9244

### Halfway Houses:

The Ladder Project for Men Hackensack - Substance Use Program (201) 342-0029

Spring House for Women Paramus - Substance Use Program (201) 261-3582

Teen Challenge – Substance Use Program – Contact Church Emmanuel at 34 Van Wattering Place, Hackensack for information. (NOT FOR TEENS) Incl. Housing..

**If you are in Bergen County NJ and are homeless and need shelter for tonight, call the Bergen County Homelessness Prevention Hotline at 888-3-Bergen.**

**H.A.R.T. Program (Heroin Addiction Recovery Team). There is help! Recovery starts today! No hassle. THE H.A.R.T. . Contact Paramus Police non-emergency line for details: (201) 262-3400, or Careplus for further information.**

## **IS YOUR TOWN STIGMA FREE??**

**Want a resolution to become Stigma Free? Contact Michele Hart-Loughlin, Program Coordinator: 201-634-2745. Bergen County Department of Health Services Division of Mental Health, One Bergen County Plaza, 4th Floor, Hackensack.**

[mhartlo@co.bergen.nj.us](mailto:mhartlo@co.bergen.nj.us)

If you have a mental illness and you have legal needs; you have rights! Bergen County Mental Health Law Project, One Bergen County Plaza 4th Floor Hackensack. Phone: 201-634-2762.



**Meals on a Budget Series, Utilizing your local food pantry:**

**Check out different recipes that you can make for under \$3.00 for a family of 4.**

<https://www.hrgcommunitynews.com/meals-on-a-budget-series>

**Did you know you Can buy herbs & some plants on Snap? Click the link above.**

**Check out all kinds of useful youtube videos:**

<https://www.youtube.com/channel/UCHLZ2yWJg6Rs3mrJ4YuU4Rw>

**On youtube just go to: [HRG Media; Resources & News](#)**

**Check out [HRG Media Group](#) on YouTube! Complete with informative and instructional recipe videos! [CLICK HERE to go to HRG YouTube.](#)**

**Here are some basic recipes for you:**

**Lemon Dill Chicken w/ a lite cream sauce over egg noodles**

Melt butter, add a touch of garlic, some dill, then whisk in milk or half-and-half with about a teaspoon of flour until the sauce thickens and is smooth. For the chicken breast, sauté in olive oil, butter, some salt pepper and dill. The egg noodles only take about 8 minutes. Some of the food pantries give out frozen chicken. Check St. Cecilia's in Englewood and your local CFA (Center for Food Action).



### **Simple Quiche, with bacon or....**

Preheat oven to 350 degrees. Ingredients: 6 eggs, 1 cup milk, salt, pepper, paprika pinch, and any additions that you want! Brown bacon as you normally would, then break up into little pieces. Shred Swiss cheese. Tear stems off of spinach. Put bacon, cheese, and spinach in bottom of pie crust. Beat the liquid ingredients and seasonings. Pour liquid in to the crust about 2 cm. from top as it will rise. Bake 60 minutes, then cool on rack about 20 min.

### **Buttermilk Chicken:**

Combine 1/2 cup panko bread crumbs, 2 tbs grated Parmesan cheese, 2 tbs kosher salt, pinch of pepper, 1-1/2 teaspoons paprika, 1 teaspoon onion powder, 1/2 teaspoon garlic powder, 1/4 teaspoon chili powder.

Prep chicken by letting dark meat set in buttermilk bath over night. Dip chick parts in the dry mix; lay on baking sheet, top with oil spray (like Pam). Bake for 1 hour. They should be golden brown.

This recipe might be made with chicken from your local food pantry, such as St. Cecilia's in Englewood, or CFA. Both usually give out chicken, so the cost per meal is about two dollars.

These recipes came from: <https://www.hrgcommunitynews.com/meals-on-a-budget-series>. Check out the HRG online You Tube channel online: Hrg media group & newsm or email us at: [editor@hrgcommunitynews.com](mailto:editor@hrgcommunitynews.com)

### **Holiday Meals and Events!**

**Thanksgiving Breakfast**, Salvation Army at 2nd Reformed Church, corner of Union and Anderson, Hackensack.

**Thanksgiving**-Bergen County Housing Health and Human Service Center, 1-4 pm. (201) 336-6475.

**Thanksgiving**-Christ Church, 251 State Street, Hackensack, 2 to 6 pm.

**Christmas**-Bergen County Housing Health and Human Service Center, 1-4pm.

**Christmas Eve Service**-Second Reformed Church, Hackensack, (201) 343-7550.

**On Our Own**-Holiday celebrations, (201) 489-8402.

**Contact organizations for time and information, which can be subject to change.**

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## You can check out our online newspaper:

Join us- Facebook for daily updates in our Community: [www.facebook.com/HRG.Resources.News/](http://www.facebook.com/HRG.Resources.News/)

HRG Bergen: <http://homelessresourceguidenewsorg.zohosites.com/>

HRG Passaic: <http://hrgresourceguideofpassaiccounty.zohosites.com/home.html>

HRG Hudson: <http://hrgresourceguideofhudsoncounty.zohosites.com>

Please join us and “LIKE” us on Facebook



At our interactive Facebook page you can find resources and ask our FB Family questions and get answers for resources that you might need! Check us out and interact. We want to make all of our communities a better place! We have a resource guide online with over 3,500 free resources in Bergen, Hudson, Passaic and Union Counties and soon Mercer County!

All the resources -free clothing, food, shelters and other free things and events in your area are listed, so please join us on Facebook:

<https://www.facebook.com/HRG.Resources.News/>

Any questions, email us @ [Editor@HrgCommunityNews.com](mailto:Editor@HrgCommunityNews.com) & we will send you our Facebook link.

Thank you for using the free resources for any information about us on any social media [WWW.HrgCommunityNews.com](http://WWW.HrgCommunityNews.com)

*Anything in this guide that might be incorrect or if you have any comments, concerns or questions please feel free to call us: 201-357-0828. Fax-201-883-9366. Email us @ [hrg\\_mediagroup@yahoo.com](mailto:hrg_mediagroup@yahoo.com)*



**Local news & Resources**