



**COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES
DIVISION OF DISABILITY SERVICES**

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Division Director

ALL ABILITIES SUPPORT GROUP PROGRAM

Program Description: The All Abilities Adult Support Group Program sponsors four (4) support groups that meet physically and virtually for adults aged 60 and older and/or disabled adults aged 18 and older. Program functions include socialization; group discussions; activities geared to promote personal fitness; arts & crafts; ceramics; trivia games; exercises; physical therapy (limited); music & reminiscence sessions; guest speakers; and occasional leisure (i.e., recreational) outings.

There is NO FEE to participate in this program.

Group Meeting Schedule:

*(*Schedule subject to change)*

ENGLEWOOD

Friday

9:30 AM - 12:30 PM

ENGLEWOOD

MS Support Group

3rd Saturday (of each month)

10:00 AM – 12:00 PM

MAYWOOD

Monday

10 AM-12 PM

MIDLAND PARK

1st Wednesday (of each month)

10:00 AM - 12:00 PM

How to Apply: If interested in joining one of the groups, please contact Daniel S. Kotkin at (201) 336-6504 or dkotkin@co.bergen.nj.us for further information.