



COUNTY OF BERGEN
DEPARTMENT OF HUMAN SERVICES
DIVISION ON DISABILITY SERVICES
Providing Programs and Services for 40 Years
One Bergen County Plaza 2nd Floor • Hackensack, NJ 07601-7076
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POST STROKE AND DISABLED ADULT SUPPORT GROUP PROGRAM

Program Description: The Post Stroke and Disabled Adult Support Group Program sponsors four (4) support groups that meet weekly. 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. No fee is charged to participate.

Location, Days, & Time of Support Group Meetings:

- ENGLEWOOD** Friday, 9:30 AM - 1:00 PM, Southeast Center for Independent Living, 228 Grand Avenue, Englewood.
- ENGLEWOOD** MS Support Group 3RD Saturday (of each month) 10:00 AM – 12:00 PM, Ebenezer Baptist Church, 216 4th St, Englewood.
- MAYWOOD** Thursday, 9:00 AM - 11:30 AM, Maywood Senior Center, 145 West Magnolia Avenue, Maywood.
- RIDGEWOOD** Tuesday, 10:00 AM - 12:00 PM, Village Hall- Garden Room (1st Floor), 131 North Maple Ave., Ridgewood.

How to Apply: If interested in joining one of the groups, please contact Daniel S. Kotkin at the Division on Disability Services at (201) 336-6504 for further information.



*Program funding provided by the Bergen County Division of Senior Services, and services are available at no cost to the participant