

HRG Community Resource Guide

www.HRGBergenCommunityNews.com

2020-online

In this issue:

- Community Resources
- Food pantries
- Resources for low income/homeless



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OUR MAIN ONLINE NEWS PAPER:

www.HrgBergenCommunityNews.com

(w/ free resources link)

Our Blog:

**Resources for
homeless/low income.**

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

WWW.hrgmediaorg.wordpress.com

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

All Resources can be found online

Editor@HrgBergenCommunityNews.com

#IfItsFreeIts4MeThisWeek

Check our blog! www.HrgMediaOrg.Wordpress.com

Check out local news: www.hrgbergencommunitynews.com



"Breakfast with Benny" at Transition Professionals
269 Passaic Street, Hackensack



~~~~~  
BREAKFAST  
**WITH BENNY**

~~~~~  
SUNDAYS | 9:45AM

EMPOWERMENT AND WELLNESS SEMINAR THAT
CREATES AN ENCOURAGING ATMOSPHERE OPEN
TO EVERYONE!!

**Ben Kimmel:
Motivational
Speaker**

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 not resolved they should 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.

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:

mpaolello@newbridgehealth.org (NBMC is a presumptive eligibility hospital.)

FREE MEALS

Varick Church on Atlantic St. **LUNCH** 3rd Saturday, even month 11:30.

New Hope Church (next to CFA on 1st St.) -3rd Saturday, odd months 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-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.

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.



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

FOOD PANTRIES

New Listings-

There are many places with food pantries, like churches, service organizations, and government agencies. Here are food pantries in Bergen County listed alphabetically by town. PLEASE NOTE: This information may change at any time. Please call ahead for updated times and days.

If the town you are looking for is not listed here, please contact:

- Center for Food Action for their location nearest you: 201-569-1804, or
- The Office of Concern Food Pantry at Saint Cecilia's Parish, 55 West Demarest Ave, Englewood, 201-568-1465. Open to all Bergen County residents.
- Shiloh AME Zion Church, 129 William St. Third Thursday each month 9am to 5pm. Call ahead to register: 201-289-1718. Open to all of Bergen County.

Bergenfield

- St. John the Evangelist, 29 N Washington Ave. 201-384-0101.

Bogota

- Saint Joseph's Church, 115 E Fort Lee Rd. Call Kristina, 201-390-0867 to verify address.

Carlstadt

- St Joseph's Church, 20 Hackensack St., East Rutherford. Monday, Wednesday, Friday, 10am to noon. Carlstadt proof of address required. 201-939-3441.

Cliffside Park

- Church of the Epiphany RC, 247 Knox Ave. 201-943-7320.

Closter

- Closter Borough Hall, 295 Old Closter Dock Rd. 201-784-0600.
- Church of the Holy Communion, 66 Summit St., Norwood. 201-768-0634.

Edgewater

- Holy Rosary Parish, 365 Undercliff Ave. Last Tuesday of the month, 11am to noon. 201-945-6329.

Elmwood Park

- St Leo's Parish Food Pantry, 324 Market St. Once a month. 201-796-3521.

Englewood

- Center for Food Action, 192 West Demarest Ave. 201-569-1804.
- Office of Concern Food Pantry at Saint Cecelia, 55 West Demarest Ave. 201.568.1465. Serving all of Bergen County.
- Shiloh AME Zion Church, 129 William St. Third Thursday each month 9am to 5pm. Call ahead to register: 201-289-1718.

Fairlawn

- Human Services government office. 201-794-5333.
- Saint Anne's Church, 15-05 Saint Anne St.

Fairview

- Check with town Department of Human Services.

Fort Lee

- Church of the Epiphany RC, 247 Knox Ave. 201-943-7320.

Garfield

- Calvary Baptist Church, third Saturday, 11-12. Call ahead: 973-773-2444.
- St. Joseph Catholic Church, 40 Spring St., Lodi. 973-779-0643.

Glen Rock

- Social Service Association of Ridgewood.
- Saint Catharine Church Food Pantry. 201-661-3651.

Hackensack

- Center for Food Action, 316 First St.
- Emmanuel Church, 34 Van Wettering Pl. Free produce market, Friday, Saturday, Sunday, and Monday, 10am to noon.
- First Baptist Church, 15 Conklin Pl. 201-487-1244. Emergency Food.
- The River Mission-436 Union St. Sunday, 5:30pm; Tues 11:30am-1:30pm, Wednesday, 5:30pm. (201) 677-2299.
- Buddies of NJ, AIDS/HIV positive clients. 149 Hudson St. 201-489-2900.
- Mt. Olive Baptist Church, 260 Central Ave. 2nd and 4th Thursday, 10am-12pm, Friday, 11am.
- Holy Trinity Church, pantry, located at 17 Clinton Pl. Every 2nd & 4th Saturday (2nd & 3rd Saturdays in November & December), 8:30am-1:00pm or until supplies are exhausted.
- Trinity Church, 218 Passaic St. Tuesdays, 1:30. First come first served.
- Varick Memorial AME Zion Church, 120 Atlantic St. Every 3rd Saturday, 10am-4 pm, and 3rd Wednesday, 3-6pm, by appointment. Call Crystal: 347-364-7084.

Hasbrouck Heights

- Borough Hall, 320 Boulevard. Contact first to qualify: 201-288-0195.

Hillsdale

- Helping Hands Food Pantry, Hillsdale United Methodist Church, 349 Hillsdale Ave. Pantry is at the Church's south entrance, corner of Magnolia Ave & Washington Ave. Mondays, 5:30-7:00pm, and first Saturday of the month, 9:00-10:30am. 201-664-5231.

Ho-Ho-Kus

- St Bartholomew's Church, 70 Sheridan Ave. 201-444-5025.
- Social Service Association of Ridgewood.

Leonia

- Helping Hands Food Pantry, 818 Teaneck Rd. 201-837-1600 ext. 1825.
- St. John the Evangelist Church, 470 Broad Ave. 201-947-4545.
- United Methodist Church, 396 Broad Ave. 201-944-2970.

Little Ferry

- St. Margaret (serving Little Ferry and Moonachie), 31 Chamberlain Ave. 201-641-2988.

Lodi

- Calvary Baptist Church. 3rd Saturday, 11am-12. Call ahead: 973-773-2444.
- St. Joseph Catholic Church, 40 Spring St. 973-779-0643.

Lyndhurst

- Sacred Heart Church, 324 Ridge Rd. 201-438-1147.
- Saint Michael's, 624 Page Ave. 201-939-1161.
- Lyndhurst Municipal Annex, 253 Stuyvesant Ave. Tuesday through Thursday, 1 to 3:30 pm. For Lyndhurst residents who can show proof of hardship and proof of residency.

Mahwah

- Center for Food Action, 90 Ridge Rd. 201-529-2029.
- Christ Church, Suffern, NY. 845-357-1615.
- Ramapo Reformed Church. Contact first: 201-529-3075.

Moonachie

- CUMAC Paterson-emergency basis only.

New Milford

- Ascension Church; 256 Azalea Dr. 201-836-8961.

North Arlington

- Queen of Peace Church, 10 Franklin Pl. 201-997-0700.

Northvale

- St Anthony's RC Church, 199 Walnut St. Call ahead: 201-768-1177.

Norwood

- Church of the Holy Communion, 66 Summit St. 201-768-0634. (Also Harrington Park)
- Hillsdale United Methodist Church, 349 Hillsdale Ave. Call ahead for info:201-664-5231.

Oakland

- Our Lady of Perpetual Help Church, 25 Purdue Ave. 201-337-7596.
- Ponds Reformed Church, 341 Ramapo Valley Rd. 201-337-6744.

Paramus

- St Bartholomew's Church, 70 Sheridan Ave. 201-444-5025.
- Social Service Association of Ridgewood, Human Services Dept. Call ahead: 201-265-2100, ext. 6100.
- Center for Food Action, for Bergen Community College students: 400 Paramus Rd. Call for student services: 201-447-7215.

Park Ridge

-Tri-Boro Food Pantry, Pascack Reformed Church, 65 Pascack Rd.
Drive to church parking lot behind the building. Tuesdays and Thursdays, 9 to 11am.
201-573-9083.

Ridgefield Park

-Saint Joseph's Church, 115 E Fort Lee Rd. 201-342-6300.
201-390-0867 verify address.
-St. Francis Food for Friends, 114 Mt. Vernon St. 201-641-6464.

Ridgewood

-Social Service Association of Ridgewood & Vicinity. 201-444-2980.
-St. Luke's Church. (201) 444-0272.

River Edge

-St. Peter the Apostle Church, 445 Fifth Ave. Call ahead for appointment:
(201) 261-3366.

Rochelle Park

-Sacred Heart Church, Helping Hands Ministry. Call for emergency basis only:
201-843-8812.
-Rochelle Park Welfare office 201-581-7730.

Rockleigh

-Church of the Holy Communion, 66 Summit St., Norwood. Call ahead: 201-768-0634.

Rutherford

-Rutherford Community Food Pantry, 176 Park Ave. 201-460-3628.

Saddle Brook

-St. Philip the Apostle Church. Call ahead: 201-843-1888.
-First Reformed Church of Saddle Brook, Ackerman Ave. 201-843-6672.
-Center for Food Action, 224 Midland Ave. 201-703-9857.

South Hackensack

-North Jersey Vineyard Church. Call ahead: 201-440-2909.

Teaneck

-Faith and Hope Food Pantry, 480 Warwick Ave. 201-833-4501.
-Assembly of God, 185 West Englewood Ave. Call ahead: 201-837-9300.

Teterboro

-North Jersey Vineyard Church, So. Hackensack. Call ahead: 201-440-2909.

Waldwick

-Social Service Association of Ridgewood & Vicinity. 201-444-2980.
-St. Luke's Church. Call ahead: 201-444-0272.

Wallington

-N.J. Food & Rescue (Wallington & area). Call for a pick up appointment: 201-218-1707, or contact them via Facebook.

Woodcliff Lake

-Helping Hands Food Pantry, United Methodist Church. 201-664-5231.

Woodridge

-Assumption Church, 143 First St. 201-438-5555.

Wyckoff

-Wyckoff Reformed Church, 580 Wyckoff Ave. 201-891-1782.

Westwood

-St. Andrew's Church, 120 Washington Ave. (For Westwood and neighboring town residents.) 201-666-1100.

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)

Reminder; there are more on our resources blog/ Website; <https://hrgmediaorg.wordpress.com/>

REMEMBER: All Bergen Residents can contact CFA for a once a month appointment, and a weekly appointment with Saint Cecelia's Office of Concern. Also N.J. Food & Rescue has food if you can get to Wallington.

For veterans & seniors, emergency food: Bergen County Administration Building, Human Services Department, 2nd floor, One Bergen County Plaza, Hackensack. Business hours only (limited supply). 201-336-7474.



PET FOOD PANTRIES/RESOURCES FOR PETS

CLAWSADOPT.ORG-63 N. WASHINGTON AVE BERGENFIELD (201)768-0200

<http://www.clawsadopt.org> animal shelter has free food. In some cases, BC 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

Shelter Our Pets- Phone: 973-506-9696 <http://www.shelterourpets.org/>



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.hrgbergencommunitynews.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.



FREE LUNCH AT SENIOR CENTERS SUGGESTED \$1.25 DONATION

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

Reminder:

Have you checked out the: **On Our Own Wellness Center**, 177 Hudson St, Hackensack; Tues-Sat. 1-5



The Bergen County Mental Health Board Meeting Every third Monday from 6-7 pm located at the Bergen County Sheriff building 327 E. Ridgewood Ave Paramus.

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>

****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 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/

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

Homeless Shelters and Halfway Houses:

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

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
- 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. Bocard

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.

H.A.R.T. Program (Heroin Addiction Recovery Team). There is help! Recovery starts today! No hassle. THE H.A.R.T. PROGRAM WILL SOON BE EVERY DAY in Bergen County. Contact Paramus Police non-emergency line for details: (201) 262-3400, or Careplus for further information. **H.A.R.T. Program is now in Westwood P.D. As well: (201) 664-7000.**

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

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.hrgbergencommunitynews.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.

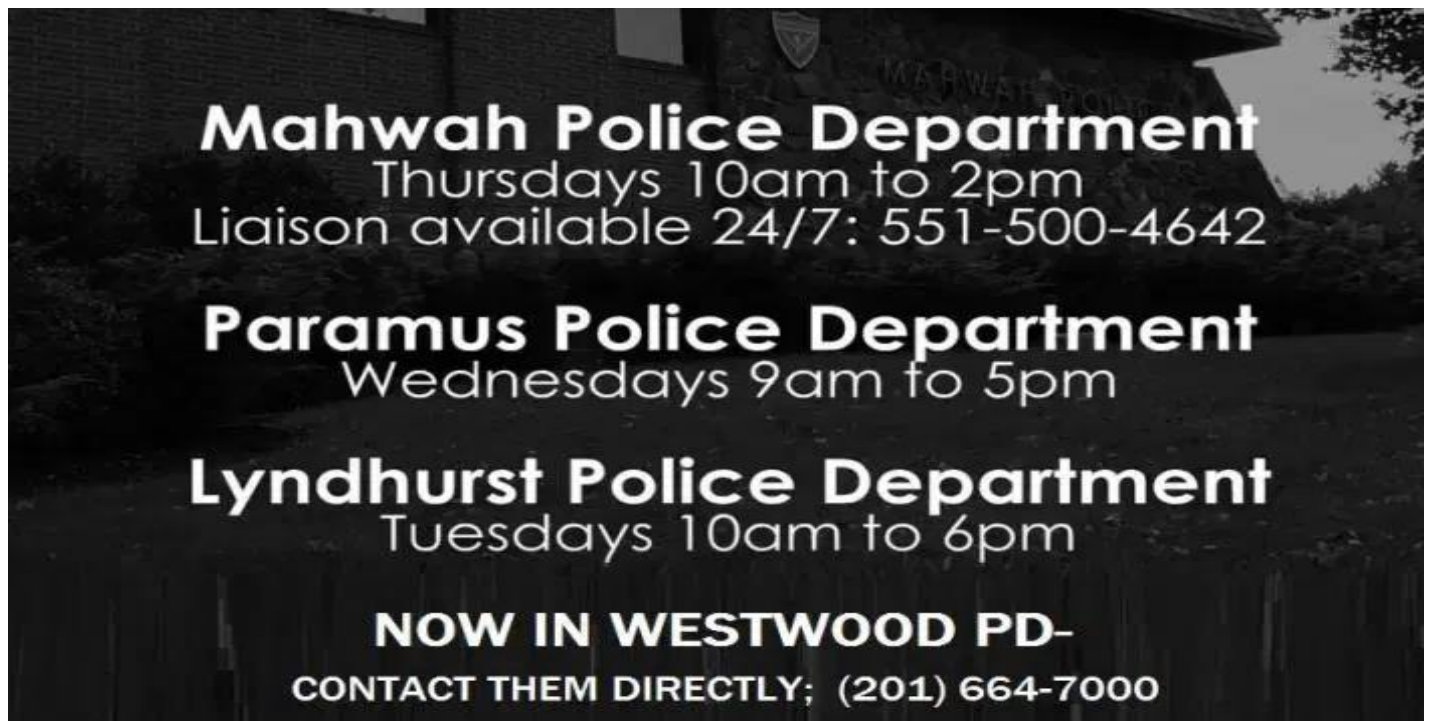
Buttermilk Chicken:

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.

Did you know the H.A.R.T. Program is now in Westwood?
Anyone can start their recovery today!



Mahwah Police Department
Thursdays 10am to 2pm
Liaison available 24/7: 551-500-4642

Paramus Police Department
Wednesdays 9am to 5pm

Lyndhurst Police Department
Tuesdays 10am to 6pm

NOW IN WESTWOOD PD-
CONTACT THEM DIRECTLY; (201) 664-7000

Are you looking for other Recovery programs, which some may include

free housing with in the treatment program? Emmanuel Christian Church in Hackensack, NJ is the intake site for Teen Challenge, (18 and over) & The Walter Hoving Home for women.



<http://www.ecchackensack.org/ministries>

Emmanuel Christian Church
34 Van Wattering Place, Hackensack, NJ 07601
(201) 487-8220 ecchackensack@gmail.com



Talking to the folks at NBMC, they have many programs available. (you can watch our Exclusive interview on our HRG Media Group channel)

If you need Detox- Call the Access Center – 800.730.2762 Operators are available 24 hours a day, 365 days a year. <https://www.newbridgehealth.org/addiction-treatment/>

Vivitrol Support Group-This group provides medical monitoring and group therapy for opioid and alcohol dependent patients who chose this modality. Participants attend a minimum one group per month. They receive prescriptions from a board certified addiction psychiatry or medicine specialist and may be monitored to ensure clean toxicology screens. Medicare and Medicaid are welcome.

They have many programs and are located right in Paramus NJ. Inpatient and outpatient treatment available. Call the Access Center 24/7 for **Mental Health and Substance Abuse Services 1-800-730-2762**; 230 East Ridgewood Avenue, Paramus, New Jersey 07652.

If you want to find out more about any recovery programs you can check out our HRG Media Blog resource site at: <https://hrgmediaorg.wordpress.com/> Just type recovery in the search area!

If you have any questions or comments you can always email any of the agencies in this guide!



Do you need some local Bergen County MH Resources? Here are some agencies you can check out! Remember if you need help with your MH or are having a mental health crisis in Bergen County call; 201-262-HELP. Do you know [the National Suicide hotline](https://www.nationalsuicidehotline.org/): Call 1-800-273-8255 .

<https://www.co.bergen.nj.us/mental-health-services/about-mental-health-services>

Everywhere you go is a first aid kit, It's time to have your Mental Health First aid kit! Find out how!

Here is some general information on commonly asked questions:

Having problems with your heart? Call 211, you can also contact the Njdca.gov if you are in a qualified multi-dwelling.

Did you know that 211 may be able to help you with eviction prevention? Call them today. There is also funding available there other sources like the Bergen County Housing Authority. Check them out at <https://habcnj.org/esg/>

Check out some of the HRG News Videos at:

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

You can check out our online newspaper: www.hrgbergencommunitynews.com

HRG Bergen: www.hrgmediaorg.wordpress.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@HrgBergenCommunityNews.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.HrgBergenCommunityNews.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)



Local news & Resources

Here's the new HRG Guide pocket edition!!

HRG Resources; "Helping anyone in need"

HRG Resource Guide Pocket Edition 2.1

Some Hackensack food pantries

Mon-Fri, Sat: Emmanuel Christian Church

34 Van Wattering Pl

10 am-12 pm produce market

Tues: River Mission Oasis, 2nd Ref. Church

436 Union St.

11:30 am-1:30 pm

Tues: Trinity Church produce market

218 Passaic St.

Starting at 1:30 pm

Wed: Carver Park product market

Corner of Clay & Second

Sign up starts 7 am

2nd & 4th Thu and Fri: Mt. Olive Food Pantry

260 Central Ave

Starting at 9:30 am

2nd & 4th Sat: Holy Trinity Church pantry

Hill House, 34 Maple Ave

9 am-11 am

Community Meals-anyone in need

Tues: River Mission Oasis 11 am-1 pm

436 Union St.

2nd Sat: Trinity Church 11 am

218 Passaic St.

3rd Sat. odd mos: New Hope Church 11:30 am

214 Berdan Pl.

3rd Sat. even mos: Varick Church 11:30 am

120 Atlantic St.

4th Sat: Mt. Olive Church 11:30 am-1 pm

260 Central Ave

Sundays: Emmanuel Church 10 am

34 Van Wattering Pl

Sundays: River Mission after service at 6 pm

Note: 365 days/yr the BC Housing, Health & Human Services Center (120 S River St.) has free lunch & dinner.

L: 11:30 am-12:30 pm D: 5 pm-6 pm



HRG Resource Guide Pocket Edition 2.1

HRG Resources: “Helping anyone in need”

Check out our HRG resource and event blog

<http://hrgmediaorg.wordpress.com>

All information & resources are posted weekly

Our Facebook page:

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

Want to text or give HRG a call about more resources for Bergen? 201-357-0828

Need housing help?

Need help with more resources?

For assistance, you can call

The Center:

Bergen County Housing, Health & Human

Services Center

120 So. River St.

Hackensack, NJ 07601

201-336-6475

HOMELESS HOTLINE 211

