



ALTERNATIVES TO DOMESTIC VIOLENCE



YOUTH EMPOWERMENT PROGRAM

ADV's Youth Empowerment Programs (YEP) are gender-inclusive safe spaces for teens and young adults to explore the contexts of power in their lives, to promote healing from harmful experiences of abuse, and to practice positive support-seeking practices.

SERVICES

- Healthy Relationships for Teens (HRTs) Groups: Teens will explore how to have healthy relationships with self, peers, and loved ones and to safely disrupt abuse in their environments. Groups meet weekly with several weekday and virtual/in-person options. HRT Group for youth identifying as LGBTQIAP+ also available.
- Healthy Relationship Consultations: free, educational, one-time sessions for individuals or small groups who are looking for clarity or constructive feedback about their relationships.
- Individual Counseling for Teens:
on a case by case basis

ELIGIBILITY

- Any youth ages 14–21 in Bergen County that is concerned about the health of their intimate relationships.
- Teens ages 14–15 must be registered by their legal guardian.
- Teens ages 16+ can register by themselves.

CONTACT US

- 📞 **24-Hour Crisis Hotline:** 201-336-7575
All calls will remain confidential
- 🌐 **Website:** www.co.bergen.nj.us/adv
- ✉️ **Email:** adv@co.bergen.nj.us
- 🕒 **Hours:** Monday–Thursday (9am – 5pm),
Friday (9am – 4:30pm)
- 📍 **Address:** One Bergen County Plaza,
2nd Floor, Hackensack, NJ 07601

Scan the
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to access
ADV's
website

