

**COUNTY OF BERGEN**  
**Department of Human Services**  
**Division of Family Guidance**

**MISSION STATEMENT**

Bergen County's Division of Family Guidance provides clinical, residential, educational, correctional, case management and monitoring services to at-risk children, adolescents, and families, particularly those who are otherwise unable to receive needed services.

**VISION**

The Division of Family Guidance is Bergen County's resource for youth and families in need.

**VALUES**

- Collaborative, Creative, and Empirically Driven Programming
- Safe, Respectful, Dependable and Therapeutic Environments
- Developmentally Appropriate Expectations
- Empowerment through Opportunity
- Community Safety

Children's After-School Treatment  
Services  
125 Essex Street  
Hackensack, NJ 07601

Phone: (201) 336-7358 or  
(201) 336-6900  
Fax: (201) 646-2729

**COUNTY OF BERGEN**



**James J. Tedesco III**  
*County Executive*

**BOARD OF  
COUNTY  
COMMISSIONERS**

**DEPARTMENT OF HUMAN SERVICES**  
**Melissa DeBartolo, Esq.**

**Division of Family Guidance**

**BERGEN**  
NEW JERSEY *County*

**Children's  
After-School  
Treatment  
Services**



**(C.A.T.S.)**

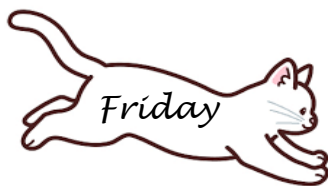
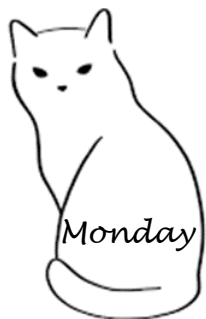
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**[www.co.bergen.nj.us/familyguidance](http://www.co.bergen.nj.us/familyguidance)**

## CHILDREN'S AFTER-SCHOOL TREATMENT SERVICES (C.A.T.S.)

### C.A.T.S. OVERVIEW

- ❖ A therapeutic after-school program designed to help improve the social skills of elementary and middle school-aged children.
- ❖ Includes play-based group therapy, art therapy, therapeutic recreational activities and family support services.
- ❖ Services are provided at no cost to participating families.
- ❖ Referrals are accepted from parents, schools, and other community agencies.



### C.A.T.S. SERVICES

- ❖ Targets social, emotional, and developmental issues which impact each child's development and growth.
- ❖ Curriculum utilizes evidence based practice which helps children to develop empathy, gain greater impulse control, practice problem solving methods, as well as increase their frustration tolerance through anger management and relaxation training.
- ❖ Groups are held Mondays, Wednesdays, and Fridays during the academic school year.
- ❖ The Friday program will focus specifically on the autism spectrum disorder youth population.
- ❖ The program follows the Bergen County Special Services school district's holiday, vacation, and school closing schedules.

**C.A.T.S. Groups take place at**  
321 East Ridgewood Ave., Paramus, NJ 07652



Across from  
New Bridge  
Medical Center

### GETTING STARTED AT C.A.T.S.

- ❖ The first step of joining C.A.T.S. is a phone screening with the parent/caregiver to determine a child's ability to benefit from the C.A.T.S. program.
- ❖ If a child seems appropriate for the C.A.T.S. program, an intake interview is scheduled with the parent/caregiver. During this process, the therapist collects detailed information about the child and the family.
- ❖ To learn more about the C.A.T.S. program, or to schedule a time to speak with a C.A.T.S. clinician, please contact us at:

#### Children's After-School Treatment Services

Phone: (201) 336-7358

or (201) 336-6900

Fax: (201) 646-2729

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

**C.A.T.S. Assessments take place at**  
125 Essex Street  
Hackensack, NJ 07601