

## EMPOWER HOUSE

### OVERVIEW

- ◆ Empower House is designed for young women ages 16 – 22 who may benefit from extra support from both peers and role models in a warm and nurturing group setting.
- ◆ The goal of Empower House is to assist young women to achieve their full potential and master the skills needed for transition to adulthood. To achieve this goal, the program provides clinical services and activities in a home-like atmosphere.
- ◆ The hours of the program are from 12:00 PM to 8:00 PM, Monday through Friday. Prosocial activities, a house meeting, and a family style meal are provided each evening.
- ◆ Empower House participants have the opportunity to explore their interests, meet people and enjoy new experiences in a safe, nurturing setting.

- ◆ **COMPETENCE**
- ◆ **CONFIDENCE**
- ◆ **CONNECTION**
- ◆ **CHARACTER**
- ◆ **CARING**



### PROGRAM INFORMATION

- ◆ Empower House participants may be self-referred or referred by youth-serving community agencies, organizations, or individuals.
- ◆ All program services are free for Bergen County female residents ages 16 – 22.
- ◆ Empower House is a voluntary program. Participants must commit to attend one evening and one therapy session a week, but are welcome to participate as many days as they choose.
- ◆ To learn more about Empower House or to schedule an intake appointment, please call (201) 336-6900 or (201) 336-6915.

## 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

### **Empower House**

125 Essex Street  
Hackensack NJ 07601

Phone: (201) 336-6900 or  
(201) 336-6915

Fax: (201) 646-2729

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

## COUNTY OF BERGEN



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

**Board of County Commissioners**

**Department of Human Services**

**Division of Family Guidance**

**BERGEN**  
NEW JERSEY *County*

**Empower House**  
**A Program for**  
**Young Women**



County of Bergen  
Department of Human Services  
Division of Family Guidance  
One Bergen County Plaza, 2nd Floor  
Hackensack, NJ 07601  
(201) 336-7350  
Fax: (201) 336-7370

[www.co.bergen.nj.us/bcdhs/divisions/family.htm](http://www.co.bergen.nj.us/bcdhs/divisions/family.htm)

Phone: (201) 336-6900 or (201) 336-6915  
Fax: (201) 646-2729