



**COUNTY OF BERGEN  
DEPARTMENT OF HUMAN SERVICES  
DIVISION OF DISABILITY SERVICES**

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Division Director

**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:

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

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

