

## **Social Services**

### **Bergen County Board of Social Services**

(201) 368-4200

218 Route 17 N. Rochelle Park, New Jersey 07662

**Hours of Operation:** Monday-Friday 8:00am - 4:30pm (Tuesday's until 8:00 pm)

The mission Bergen County Board of Social Services is to work within the guidelines of Federal and State statutes to help individuals and families meet their basic needs so they can achieve their highest potential.

### **Bergen County Office for Children**

(201) 336-7150

One Bergen County Plaza, 2nd Floor, Hackensack, NJ 07601

**Hours of Operation:** Monday-Friday 8:30am - 5:00pm

The Office organizes child care services in Bergen County to ensure that quality care that is accessible and affordable. Parents receive assistance when selecting child care, referrals to child care providers, and child care subsidies. The Office trains, registers, and oversees family child care, and provides professional development opportunities and technical assistance for the child care community.

### **Bergen Family Center**

44 Armory Street, Englewood, NJ 07631

(201) 568-0817

10 Banta Place, #2 Hackensack, NJ 07601

(201) 342-9200

Bergen Family Center supports, strengthens and enriches family life through innovative programs and quality services.

### **Head Start and Early Head Start**

(201) 384-9885

100 Portland Avenue, Bergenfield, NJ 07621

### **Head Start**

(201) 366-1020 ext. 2135

263 Lafayette Ave., Cliffside Park, NJ 07010

### **Head Start**

(201) 525-1600

40 Passaic Street, Hackensack, NJ 07601

Head Start provides free early childhood education and family services to low-income families in Bergen County.



**NorthWest Bergen**  
Regional Health Commission

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COMMISSION  
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HEALTH

**May, 2017**

## WIC

1-866-44 NJ WIC (446-5942)  
(973) 754-4575

WIC is a free supplemental nutrition program for Women, Infants and Children administered by St. Joseph Medical Center.

### **Bergen County WIC locations:**

1. Bergenfield Health Department 198 North Washington Avenue, Bergenfield 07621
2. Cliffside Park Head Start 263 Lafayette Avenue Cliffside Park, NJ 07010
3. First Presbyterian Church 457 Division Avenue, Carlstadt 07072
4. Garfield Weatherization Center 541 Midland Avenue Garfield, NJ 07026
5. Hackensack Health Department 205 State Street, Hackensack 07601
6. St John's Episcopal Church 301 East Main St Ramsey, NJ 07446
7. St. Marks's Episcopalian Church 118 Chadwick Road, Teaneck 07666
8. St. Paul's Episcopal Church 113 Engle Street Englewood, NJ 07631

## NJHelps

[www.njhelps.org](http://www.njhelps.org)

The NJ Helps Services Home Page is designed to give consumers a "one-stop" shopping resource for the wide range of programs, information and services provided by the Department of Human Services and its partners, to assist individuals, families and communities in throughout the State of New Jersey.

Contact information for specific programs or agencies are listed on the website.

## **Low Cost Dental Care**

### **Bergen Community College Dental Hygiene Clinic**

(201) 447-7180

Pitkin Building Room S-237 400 Paramus Road  
Paramus, New Jersey 07652

Preventive care only and it is located on the 3<sup>rd</sup> floor in the science wing.



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**Center for Dentistry HackensackUMC**

(551) 996-2111

30 Prospect Avenue, Hackensack, New Jersey 07601  
In St. John Building

**Hours of Operation:** Monday-Friday 8:00am - 4:30pm

**North Hudson Community Action Health Center**

(973) 340- 1182

535 Midland Avenue, Garfield, New Jersey 07026  
Internal Medicine, Pediatrics, Women’s Health and Dental

**Hours of Operation:**

Monday & Tuesday 8:30am - 5:00pm

Wednesday 8:30am - 7:00pm

Thursday & Friday and every 4<sup>th</sup> Saturday of the month 8:30am - 5:00pm

**Dental Lifeline Network**

(732) 296-6718

P.O. Box 2117 Edison, NJ 08818

Serves NJ residents who are permanently disabled, medically at-risk or 65 years or older.

**Health Care**

**Bergen Regional Medical Center Outpatient Clinic**

(201) 225-7130

230 E. Ridgewood Avenue, Paramus, NJ 07652

Contact credit department to determine if eligible for assistance.

**Bergen Volunteer Medical Initiative**

(201) 342-2478

241 Moore Street #1, Hackensack, New Jersey, 07601

[www.bvmi.org](http://www.bvmi.org)

Primary and preventive medical care to low-income working people in Bergen County without insurance or the means to pay for care.

**Hours of Operation:**

Monday 9:30am - 4:00pm

Tuesday/Wednesday 9:30am - 5:00pm

Thursday 9:30am - 7:00pm

Friday 9:30am - 3:00pm



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**North Hudson Community Action Corporation Health Center**

(201) 210- 0200

Primary care health services, a sliding fee scale is used.  
No patient is turned away because of an inability to pay for services.

1. 535 Midland Avenue, Garfield, New Jersey 07026 (973) 340-1182

2. 197 Van Brundt Street, Englewood, NJ 07632 (201) 568-4442

**Hours of Operation:**

Monday-Friday 8:30am - 5:00pm  
4<sup>th</sup> Saturday of the month 8:30am - 5:00pm

3. 25 East Salem Street 6<sup>th</sup> Floor, Hackensack, New Jersey 07601 (201) 996-2121

**Hours of Operation:**

Monday & Tuesday 8:30am - 5:00pm  
Wednesday 8:30am - 7:00pm  
Thursday-Saturday 8:30am - 5:00pm

**New Jersey FamilyCare**

(800) 701-0710

[www.njfamilycare.org](http://www.njfamilycare.org)

New Jersey's way of providing affordable health coverage for kids and certain low-income parents or guardians.

**Prevention of Blindness and Eye Health**

(877) 685-8878

Call for free screening locations and to schedule.

**Partnership for Prescription Assistance**

(888) 793-6765

<https://www.pparx.org>

Helps qualifying patients without prescription coverage get the medication they need through the program that is right for them.

**NJ 2-1-1 Partnership**

Dial 2-1-1 or (877)652-1148

<https://www.nj211.org>

[info@NJ211.org](mailto:info@NJ211.org)

NJ 2-1-1 can help you find solutions to personal needs by informing you of resources in your community like day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.



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# Meals on Wheels – Bergen County



## Pascack Valley Meals on Wheels – located in Westwood

Delivers to Alpine, Closter, Cresskill, Demarest, Dumont, Emerson, Fair Lawn, Harrington Park, Haworth, Hillsdale, Mahwah, Montvale, New Milford, Northvale, Norwood, Old Tappan, Oakland, Oradell, Paramus, Park Ridge, Ramsey, River Edge, River Vale, Rockleigh, Saddle River, Upper Saddle River, Tenafly, Township of Washington, Westwood, Woodcliff Lake

**Contact: (201) 358-0050**

## Community Wheels Inc –

Delivers to Allendale, Glen Rock, Ho Ho Kus, Midland Park, Ridgewood and Waldwick

Contact: (201) 447-8295

## Fair Lawn Meals on Wheels –

Delivers to Fair Lawn

**Contact: (201) 794-5333**

## Franklin Lakes Meals on Wheels –

Delivers to Franklin Lakes

**Contact: (201) 891-4067, (201) 667-1768**

## Kosher Meals on Wheels –

Delivers to Bergenfield, Cliffside Park, Dumont, Edgewater, Englewood, Englewood Cliffs, Fairview, Fort Lee, Glen Rock, Hackensack, Lodi, Maywood, New Milford, Paramus, Ridgefield Park, Ridgewood, Teaneck, Tenafly

**Contact: (201) 837-9090**

## Oakland Meals on Wheels –

Delivers to Oakland

**Contact: (201) 337-4542**

## Wyckoff Meals on Wheels –

Delivers to Wyckoff

**Contact: (201) 891-4840**

Bergen County Division of Senior Services operates a Meals on Wheels program.

**Contact: (201) 336-7420**