



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

One Bergen County Plaza • 2nd Floor • Hackensack, NJ 07601-7076  
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Department Director

**Anika S. Davis, Ed.S.**  
Division Director

**ALL ABILITIES 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:

<b>ENGLEWOOD</b>	Friday, 9:30 AM - 12:30 PM, Englewood Public Library, Room Two (2) 31 Engle St., Englewood, NJ
<b>ENGLEWOOD</b>	3 <sup>RD</sup> Saturday (of each month) 10:00 AM – 12:00 PM * <b>VIRTUAL</b>
<b>MAYWOOD</b>	Monday, 10 AM-12 PM, Maywood Senior Center 145 West Magnolia Ave., Maywood, NJ
<b>VIRTUAL</b>	3rd Thursday (of each month) 1:00 PM - 2:30 PM

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

**\*Program funding provided by the Bergen County Division of Senior Services. Services are available at no cost to the participant\***