



**For Emergencies call:
201-262-HELP(4357)
Or
Call 911**



**The Center for Children
and Youth is a Designated
Center of Excellence from
Columbia University**

Service Locations

West Bergen Mental Healthcare
120 Chestnut Street
Ridgewood, NJ 07450 

**West Bergen
Center for Children and Youth**
One Cherry Lane
Ramsey, NJ 07446 

West Bergen Counseling Group
860 Wyckoff Avenue
2nd Floor
Mahwah, NJ 07430 

Online@ www.westbergen.org



For additional information or to schedule
an appointment please
contact our **ACCESS CENTER**
at 201-485-7172

**Voted #1 in Nationwide
Customer Satisfaction by
Mental Health Corporations
of America (MHCA)**

Divorce Program



Who We Are...

West Bergen Mental Healthcare, recognizing the growing and unmet need for counseling and psychiatric services specifically for children, established the Center for Children and Youth in 1990. This high quality mental health center offers parents and children meaningful and effective services as they face a changing and challenging society.

When families experience a full range of needs and problems, they turn to the Center for help in managing behavioral issues, developmental concerns, family conflict, school difficulties and serious psychological problems such as major depression and severe anxiety. We provide research-based programs designed to address these needs.

The Center for Children and Youth has served more than 6,000 children, adolescents and their families.

West Bergen is committed to meeting the psychological needs of our clients with sensitivity and responsive, innovative services at the highest possible standard. We strive to improve the quality of life in the communities we serve...***one life at a time.***

Divorce Program...

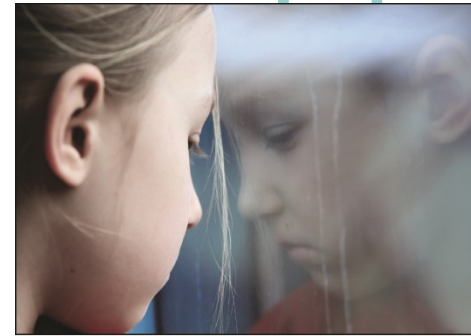
West Bergen's Center for Children and Youth offers a full comprehensive program to support families experiencing separation, divorce, and issues related to post-divorced families. Families contemplating separation can turn to us for assistance in beginning the process of telling their children in a healthy way.

West Bergen Is Here To Help...

Estimates have shown that over a million children are involved in divorces each year. The impact of divorce can have emotional and psychological consequences for children. Many children may experience the following symptoms:

- Impulsive and impatient behavior
- Anger at others
- Rebellious, defiant or conduct problems
- Self-destructive behavior
- Self-blame or guilt
- Drug or alcohol abuse
- Apathy or failure to accept responsibility
- Isolation and withdrawal
- Suicidal thought and behavior

The divorce transition for families can be very stressful and family members can feel extremely vulnerable and unsure of the many decisions they face. Post-divorced



families are also not immune to possible conflicts or challenges even years after the divorce has occurred. We aim to help families sort out the many emotional issues associated with this transitional time. Our interventions and services are geared towards resolving problems and reducing conflict. Parental conflict can have a long lasting negative impact on a child's growth and development. We are committed to helping these families resolve issues in a supportive environment.

West Bergen offers many programs such as therapeutic family counseling, and therapeutic groups for children, adolescents, and adults, all focused on understanding and treating the negative impact of divorce has on children. West Bergen has long recognized a need for a greater awareness of the challenges that families face and the need for this

specialized area. Our experienced therapists and mediators are specially trained to understand the complex dynamics that divorcing families face. We offer a variety of services to assist families.

Services Include:

- Family and Individual Therapy
- Group Support Programs
- Re-unification Therapy
- Parent Coordination
- Divorce Mediation
- Parent Education Classes