

Parent Community Resource Handbook

This list is composed of local, regional and national organizations that are designed to support parents, children and families. For more information about each resource, click the link to the website to explore further.

If any parent/caregiver of WNS is seeking support on a topic not listed here, please do not hesitate to reach out to the office and we will be happy to assist you.

Children's Specialized Hospital

Children's Specialized Hospital is the nation's leading provider of inpatient and outpatient care for children from birth to 21 years of age facing special health challenges — from chronic illnesses and complex physical disabilities like brain and spinal cord injuries, to developmental and behavioral issues like autism and mental health. At 13 different New Jersey locations, our pediatric specialists partner with families to make our many innovative therapies and medical treatments more personalized and effective...so children can achieve more of their goals.

<https://www.rwjbh.org/our-locations/pediatric-outpatient-facilities/childrens-specialized-outpatient-center-at-toms->



Seashore Pediatric Therapy Center

Seashore PTC provides Pediatric Physical, Occupational and Speech Therapy to children of all ages at our four convenient locations in Manahawkin, Toms River, Manalapan and Middletown, NJ.

Seashore is an In-Network Provider for Horizon BCBS of NJ and Aetna

<https://seashoreptc.com>



Inspire Behavior Counseling

We provide high quality and individualized Applied Behavior Analysis (ABA) consulting and training services for those caring for individuals with skill deficits and problem behaviors. We offer in-person services in Monmouth, Ocean, and Middlesex counties and virtual services throughout the rest of the state of NJ.

<https://www.inspirebehaviorconsulting.com>

Worrywell

At Worrywell, we support our patients in learning new ways of coping with emotions and limiting beliefs, breaking free of the constraints of the past and unhelpful patterns of behavior, and developing meaningful visions for the future, aligned with one's values.

<https://www.worrywellcollective.com>

Cheryl Kasper - Ocean County Social Skills

We are highly qualified and work with children, teens and adults. We specialize in anxiety, trauma, oppositional defiant disorders, ADHD, Autism Spectrum Disorders, obsessive-compulsive disorders, emotional/behavioral issues, depression, LGBT, grief and school issues. Social skills groups are also available for youth ages 7-21 who have ASD, ADHD.

<https://oceancountysocialskills.com>



Nutritious Meal and Snack Ideas

Learn how to eat healthy with MyPlate

Remember the food pyramid? Meet MyPlate, the official symbol of the five food groups. Learn how to make MyPlate work for you.

<https://www.myplate.gov/>

NJ Parent Link

**HEALTH & WELLNESS
DEVELOPMENTAL, BEHAVIORAL
& MENTAL HEALTH
DEVELOPMENTAL, BEHAVIORAL
& MENTAL HEALTH
CAREER & FAMILY TRANSITIONS
CHILD CARE & EDUCATION
CHILD CARE & EDUCATION**
www.njparentlink.nj.gov

Connecting NJ

Connecting NJ is a network of partners and agencies dedicated to helping New Jersey families thrive.

We provide mothers, fathers, grandparents, and guardians free or affordable access to people, organizations, and other sources of information needed to raise healthy children.

Connecting NJ utilizes a county-based, single point-of-entry system that simplifies and streamlines the referral process for obstetrical and prenatal care providers, community agencies, and families.

<https://nj.gov/connectingnj/>

Department of Health - Ocean County

<https://www.ochd.org/>

Services and Departments

CLICK ON EACH DEPARTMENT BELOW TO VIEW INFORMATION ABOUT THE SERVICES OFFERED AT THE OCEAN COUNTY HEALTH DEPARTMENT

[Alcohol and Drug Services](#)

Animal Shelters and Adoptions

Chronic Disease Services

Community Assessment and Health Education

Health Preparedness and Planning

Environmental Health Services

Infectious Disease Services

Maternal and Child Health Services

NJ Early Intervention System

<https://www.njeis.org/>



Ocean County Parks and Recreation

Visit the website to learn about the many programs the park system offers to children and families.

<https://www.oceancountyparks.org/>

New Jersey Department of Children and Families

<https://www.nj.gov/dcf/>

The New Jersey Department of Children and Families is the state's first Cabinet-level agency devoted exclusively to serving and supporting at-risk children and families. It is made up of about 6,600 staff who are focused on and committed to assisting and empowering residents to be safe, healthy and connected.

This is done with an array of evidence-based, family-centered programs and services that are provided through a robust network of community providers using work-practices that incorporate racial equity, are healing centered and utilize a protective factors framework.

Collectively, the DCF and its partners are working to: increase kinship placements and family connections; prevent maltreatment and promote strong families; integrate consumer voice in all programs and services; cultivate a

culture of accountability; maximize federal revenue; provide an integrated and inclusive system of care for youth; safeguard staff and promote professional satisfaction.

DCF is comprised of the following divisions and offices:

- **Central Office of Administration**
- **Division of Child Protection and Permanency**
- **Division of Children's System of Care**
- **Division of Family and Community Partnerships**
- **Division On Women**
- **Office of Adolescent Services**
- **Office of Communications/Legislative and Public Affairs**
- **Office of Education**
- **Office of Family Voice**
- **Office of Licensing**
- **Office of Performance Management and Accountability**
- **Office of Training and Professional Development**

New Jersey Department of Health and Senior Services - Children's Oral Health Program

<https://www.nj.gov/health/fhs/oral/>

Children's Oral Health

The Children's Oral Health Education Program is administered by the New Jersey Department of Health. Program activities take place throughout the State with emphasis in areas of high need/high risk.

The Program provides a variety of interactive education activities and resources including the following:

- Age-appropriate school-based oral health education programs conducted by dental professionals in both live and virtual formats
- Education for school-age children includes oral health topics such as good oral hygiene practices, prevention of oral injury, tobacco cessation and importance of regular dental check-ups
- Education resources for school nurses including the "Miles of Smiles" newsletter and "Franny Flossisaurus" and "Mr. Gross Mouth" teaching kits
- Oral health education for participants in the Women, Infants, and Children Supplemental Food Program (WIC)
- Oral health education and training for non-dental professionals, community health workers, and community groups

The Children's Oral Health Program does **not** provide dental care services, but maintains a list of facilities and programs that provide these services. This information can be found in the [New Jersey "Dial A Smile" Dental Clinic Directory](#).

The Children's Home Society of New Jersey

<https://chsofnj.org/>

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NJ Department of Health - NJ WIC Program (Women, Infants and Children)

<https://www.nj.gov/health/fhs/wic/>

About New Jersey WIC

The New Jersey Supplemental Nutrition Program for Women Infants and Children is commonly known as WIC. WIC is a successful public health nutrition program that provides wholesome food, nutrition education and community support for income eligible women who are pregnant and post-partum, infants and children up to five years old.

Ocean County Health Department FREE Eye Screening Clinics

- 2nd Thursday of Every Month 732-341-9700 Ext. 7604

<https://www.ochd.org/2022/06/08/ochd-eye-screening-clinic/>

OCEAN COUNTY
HEALTH DEPARTMENT

EYE SCREENING CLINIC



Ocean
County
Health
Department



Public Health
Prevent. Promote. Protect.

2ND
THURSDAY
OF EVERY
MONTH

OPHTHALMOLOGY (EYE SCREENING) CLINIC

- Ophthalmology and optometry specialists contracted with OCHD provide routine examinations for eye health, visual acuity and glaucoma
- For those who do not have health insurance or are underinsured

For questions or to set up an appointment, please call:

732-341-9700, ext. 7604

Ocean County Special Child Health Services

<https://www.oceanresourcenet.org/search/ocean-county-special-child-health-services/>

Each of the State's 21 counties has an SCHS Case Management Unit jointly funded by SCHS and the county freeholders. SCHS Case Managers, with parental consent, work with the child's parents and the physician to evaluate an affected child's

strengths and needs; and develops an individual service plan for the child and family. Medical, educational, developmental, social, and economic needs of the child and family are targeted.

Ocean County Health Department Flu Vaccine Schedule

<https://www.ochd.org/2023/10/02/the-ochd-flu-vaccine-clinics-kick-off-today/>

All flu vaccine varieties & pneumonia vaccines will still be offered. (Please keep an eye here on our Facebook page for COVID vaccine updates).

The OCHD requests residents to **schedule an appointment** at www.ochd.org for all vaccine types but walk-ins will be accepted. The OCHD continues to recommend that every year all people 6 months of age and older be vaccinated against seasonal flu. Flu and Covid vaccines will be provided with NO out-of-pocket costs, with insurance documentation. Individuals who do not have insurance can still receive a vaccine through our uninsured-underinsured cost program. Residents can download a copy of the **2023 OCHD Flu/COVID Brochure** at [CLICK HERE](#)

Lice Lifters of Ocean County

848-238-7325

https://www.liceliftersoceancounty.com/?gad_source=1&gclid=Cj0KCQjw-r-vBhC-ARIsAGgUO2DR57zVd52r3QlwKsX4SaZTAcyLUdzCJgtU5XhbmJUzAHsaazLYIR8aAnoaEALw_wcB

Preferred Behavioral Health Group

<https://www.preferredbehavioral.org/locations/>

We are a nonprofit, community-based organization providing individualized services focused on mental health, addiction recovery, and overall wellness.

Kinship Navigator Program NJ

<https://www.nj.gov/dcf/families/support/kinship/>

Kinship Navigator Program

Are you raising a grandchild or a child of a friend or relative?

You've come to the right place for help!

Call 211

The Kinship Navigator program provides information, referral, financial assistance and legal services to caregivers raising children. The purpose of the Kinship Navigator program is to provide caregivers with services and supports that they or the children need.

Program Goals

The local kinship agencies serve three functions. First, Kinship staff through enhanced case management services helps caregivers “navigate” through various community resources. Secondly, kinship agencies determine if the caregiver’s family is eligible for Kinship Navigator Program benefits such as help with short-term expenses for the relative child, such as furniture, moving expenses and clothing. Finally, kinship agencies provide technical support and guide the family through the process of Kinship Legal Guardianship if the caregiver wishes to make a legal commitment to the child.

Population Focus

Kinship caregivers are special people who have taken on the responsibility of caring for their relatives' children. These children might be the caregiver’s siblings, nieces, nephews, grandchildren, or child of a friend.

The children may be eligible for monthly payments through the federal Temporary Assistance for Needy Families (TANF) program as well as Medicaid health insurance.

POAC - Organization for Individuals with Autism Spectrum Disorder

<https://www.poac.net/>

POAC Autism Services, a 501(c)3 nonprofit organization, is making a difference today for every individual with autism in our state. Each year we provide hundreds of events for the autism community including: training for parents and educators; recreational and support services to individuals with Autism Spectrum Disorder and their families; and training for police and first responders which is saving the lives of children/adults with autism throughout the state. POAC funded the first statewide program for the early detection of and intervention for children with autism. We address, support, and promote legislative issues that affect those with autism and their families. Additionally, POAC sits on the NJ Governor’s Council on Autism and together we have supported and directed millions of research dollars.

Hunger Free New Jersey

<https://hungerfreenj.org/>

New Jersey is one of the wealthiest states in the nation. Yet, hunger is close by. It strikes your child's classmates. Your elderly neighbor. Maybe even people in your own family. Hunger is stealthy. It can invade our lives in one crushing moment – a lost job, a debilitating accident, a serious illness. There is no one face of hunger. Because hunger hurts all of us. That is why it takes a collective effort to end hunger. It takes public and political will. It takes widespread change. Using a strategic combination of state and federal advocacy and local grassroots activism, Hunger Free New Jersey takes a comprehensive approach to solving hunger.

Anchor Family Success Center

<https://www.oceanresourcenet.org/search/anchor-family-success-center/>

Family Success Centers are community-based, family-centered neighborhood gathering places where any community resident can go for support, information and services. All services are free and confidential. The purpose of our Family Success Center is to enrich the lives of children and adults by making families and neighborhoods stronger. We welcome grandparents raising grandchildren as well as caregivers. The center offers 10 core services: access to health, advocacy, development of family success plans, parent education, parent-child activities, housing services, life skills, economic self-sufficiency/job readiness, home visiting, and information and referrals. We follow the principles of family support and the five protective factors.

SPAN- Parent Advocacy Network- NJ Inclusive Childcare Project

<https://spanadvocacy.org/>

Working Hands-on with Families and Professionals

Making a positive impact on the lives of all families, with a focus on children, youth, and young adults with the greatest needs, including those with disabilities and special healthcare needs.

SPAN receives numerous federal, state, and other grants and funding to run a variety of programs and projects that support our vision and mission. Through the activities of these programs, we provide families and professionals with the resources and support they need to ensure that their children become fully participating and contributing members of our communities and society.

National Center On Parent, Family and Community Engagement

For Dads and Male Caregivers

<https://eclkc.ohs.acf.hhs.gov/family-engagement/article/engaging-fathers-male-caregivers>

Engaging Fathers and Male Caregivers

Father engagement is a vital and integrated aspect of parent, family, and community engagement work. Head Start and Early Start staff engage fathers as advocates, lifelong educators, and first teachers of their children. Male family members and father figures serve key roles in the healthy development of their children and families, and have much to add to their Head Start communities. Explore these resources to learn ways to enhance your program's father engagement efforts.

Shaken Baby Syndrome

<https://www.nj.gov/dcf/families/safety/cries/>

It's normal for babies to cry, even when you are trying to comfort them. Some babies cry more than others or for longer periods of time. This is normal too. It is also normal for a caregiver to become frustrated. No matter how stressed, tired, angry or frustrated you feel, you must never, ever shake a baby. Shaking a baby can kill or cause serious injuries.

The message is simple:

NEVER SHAKE A BABY

HOW TO COPE WITH A CRYING BABY

- Make sure the baby's basic needs (food, diapering, appropriate clothing, etc.) are met.
- Try swaddling, tightly wrapping your baby in a blanket for warmth and security.
- Offer the baby a pacifier.
- Lower the lights and noise to help calm the baby.
- Walk the baby around holding him or her close to you.
- Take the baby for a ride in a stroller or a car.
- Call a friend, relative, neighbor or medical provider for help.
- Take a break - sit down and count to 10 or 20.
- If all else fails, put the baby in the crib on his or her back. Close the door and check back every five minutes or so. **Don't pick up the baby until you feel calm.**

If you are a child care provider and cannot handle a crying baby, please let the parent know.



<https://njfamilycare.dhs.state.nj.us/>

NJ FamilyCare - New Jersey's publicly funded health insurance program - includes CHIP, Medicaid and Medicaid expansion populations. That means qualified NJ residents of any age may be eligible for free or low-cost healthcare coverage that covers doctor visits, prescriptions, vision, dental care, mental health and substance use services, and even hospitalization.



Use this site to explore products that have been recalled and may pose a hazard to your child or family

<https://www.recalls.gov/>

https://www.cpsc.gov/Recalls?tabset=on&search_combined_field_s=toys&field_rc_hazards_target_id=All&field_rc_recall_by_product_target_id=All

List of Community Organizations

This list represents community organizations that are designed for children. This list of organizations was created based upon the Home Language/Culture survey where parents indicated their family's involvement in these specific activities. Parents also expressed interest in joining some of these organizations as their children grow and become age eligible.

There are parents who are involved in these groups as part of their board/advisory councils and serve as available contacts to provide additional information to our Westminster parents. This list can be found on our school website under the Parents

Tab in our Parent Resource Binder document. We keep this list updated on an ongoing basis. Parents are informed about this resource in our School Handbook as noted below



Boy Scouts of America

Presbyterian Church of Toms River

Contact :Stephen Sluka email: Dirt_Diver88@outlook.com

Website: www.trpack1.com

WNS Parent Participant: Brittany Rhine-parent of Koa Rhine - Cub Scout Den Leader and Committee Member

Pack information:

My pack number is **1**

My Committee Chair is: Stephen Sluka

My Committee Chair's email is: ssluka@trpack1.com

My Cubmaster's name is: Chris Mazza

My Cubmaster's email is: cmazza@trpack1.com

My pack's Monthly meeting is: on the third Friday of each month at 6:30 pm

My pack meets at: The Presbyterian Church of Toms River, 1070 Hooper Ave, Toms River, NJ 08753

My Pack Website is: www.trpack1.com

District/Council information

My Scouting District is: Northern Lights

Our district roundtables are: held on the first Wednesday at the Clayton Service Center

My Council is: Jersey Shore Council

The service center telephone number is: 732-349-1037 and Fax 423-899-4555

The Council website is: <http://www.jerseyshorescouts.org> and email is

JerseyShorecouncil@scouting.org

The Council headquarters and Scout Shop are located at: Clayton Service Center, 1518 Ridgeway Rd (Co. Rte. 571), Toms River, NJ 08755

Office Hours: Monday through Friday 8:30 a.m. to 5:00 p.m. The first Wednesday of each month 8:30 a.m. to 8:00 p.m.

Store Hours: Monday, Tuesday, Thursday, Friday: 8:30AM – 5PM Wednesday: 8:30AM – 8:30PM Saturday: 9AM – 2PM



Girl Scouts

CEO: Heather Coburn

Website: www.Jerseyshoregirlscouts.org

Email: customercare@gsfun.org

Phone: 732-938-5454 800-785-2090

Meetings are in accordance to the individual troop the girls belong to. Once contact is made with the council, information about when and where to meet is provided. To find a troop, visit the above website and click on “Get Involved”, then click “Join a Troop”. This will provide you options to choose a troop that meets your needs. If you have general questions, click the Contact Us tab and fill out the contact form and a girl scout representative will reach out to you within 48 hours.



Toms River Little League Baseball

18 Mapletree Road Toms River, NJ08753

President Brian Doyle - Doyle329@gmail.com

Email: trlittleleague1953@gmail.com

Web: www.trll.us

Phone: 732-244-5005

To register for the upcoming baseball season, visit the website and click on the ‘Registration Info’ tab. Details about fees and requirements are listed there, as well as

links to complete the registration process. If you need to speak to someone about the program, call the number above or send the president an email.



Toms River Futbol Club

PO Box 1562 Toms River 08754

Web: tomsriverfc.com

Email: registrar@tomsriverfc.com

Phone: 732-443-3052

Office Hours M-F 9am-5pm

To register for a sports program, visit the website and click on the program you are interested in and complete the registration forms. To contact someone with questions, call the office during office hours or reach out through email. This organization also has a Facebook page that updates regularly with current information.



1088 W. Whitty Road Toms River, NJ 08755

Contact: Michael P Ritacco

Jacqui Markatos Director of Health and Wellness: jmarkatos@ocymca.org

Web: www.ocymca.org

Phone: 732-341-9622

WNS Parent Participant: Jared Rhine - YMCA Board Member

Member Hours Effective 9/6/22

M-F 6:00am-8:00pm

Sa 7:00am-3:00pm

Su 8:00am-12:00pm

The Ocean County YMCA offers a wide array of youth programs, many of which are designed for the preschool age group. Each program is run at different times of year and follows a specific schedule according to program scheduling. To find out what programs are offered and what the schedule is, go to the website and click on the "Programs" tab.



Presbyterian Church of Toms River

1070 Hooper Avenue, Toms River, NJ 08753

Kids Ministry

Web: pctr.org

Email: office@pctr.org

Laurie Clark - Kids Ministry Director

732-349-1331

KIDS MIN ON TUESDAYS!

4:45 am – 6:15 pm for K-5th graders

We love getting to spend time with our K-5th grade friends and we hope you'll join us on Tuesdays from 4:45 pm to 6:15 pm! We're going to have fun learning more about Jesus together.



Ocean County 4-H

1623 Whitesville Rd.

Toms River, NJ 08755-1199

Email: ocean4H@co.ocean.nj.us

Web: ocean.njaes.rutgers.edu/4H

Facebook page: Ocean County 4-H

Office Hours: 8am-4:30pm Monday -Friday

Amelia Valente Minervini

4-H Senior Program Coordinator

amelia.minervini@rutgers.edu

Are you ready to join Ocean County 4-H?

- First Step: Review the current Ocean County 4-H [Club listing](#). Identify a club you are interested in and accepts the age of your child.
- Second Step: Contact the [Ocean County 4-H Office](#) for the club leader's contact information and additional information on the club.



Toms River Warriors Youth Football and Cheer

Toms River Warriors
PO Box 5012
Toms River, NJ 08753

President: Anthony Foti

Phone: 908-278-3853

Vice President: Dave Glazer

Phone: 732-759-1009

Vice President of Cheer: Hope Stevenson

Email: tomsriverwarriorscheer@gmail.com

Games and practices are held in accordance to the individual team schedules. To register, visit the website and complete the registration forms.



Monmouth Ocean County Council for Young Children

Elena Cappulletti

Manager, Monmouth Ocean County Council for Young Children

732-977-7468

elena.cappeluti@vnahg.org

Family Support

Dorys Reitsma

908-670-4432

Dorys.reitsma@vnahg.org

Facebook.com/monmouthoceanccyc/

This is a working group of parents and community partners and community partners who share ideas and resources. They impact change to make the community a healthier place to raise our children and families. Follow this group on Facebook to see when all their offered meetings and workshops are held.