



# WOODBRIIDGE TOWNSHIP SCHOOL DISTRICT

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*Robert Zega, Ed.D.*  
*Superintendent of Schools*

March 25, 2020

Dear Woodbridge Families,

During this unusual and potentially anxiety fueled time, our Staff in Special Services has created a list of suggestions and resources for you and your family to utilize as we support each other through the COVID-19 Pandemic.

1. Take breaks from watching, reading, or listening to news stories, including social media.
2. Hearing about the pandemic repeatedly can be upsetting and induce anxious feelings.
3. Take care of your body. Take deep breaths, stretch, exercise, or meditate. Try to eat healthy, well-balanced meals and get plenty of sleep
4. Practice self-care. Make time to unwind and partake in activities you enjoy. Embrace a hobby or take up a new one.
5. Connect with others and build a social network.
6. Talk with people you trust about your concerns and how you are feeling.
7. Try to maintain a normal routine. Structure your days with normal meals, break times and time to relax.
8. Put things into perspective. Think about what you are grateful for and what makes you feel happy in stressful times.
9. Manage what you can and release what you cannot.
10. Acknowledge your stress and focus on what you can control instead of what you cannot.

We have attached a comprehensive list of mental health resources that are available in and around our community.

If you have any questions, please feel free to contact me at 732.602.8472.

Sincerely,

Robert Zega, Ed.D.  
Superintendent of Woodbridge Schools

## Resource List 2020

### Children/Family Resources and Services

2nd Floor Helpline 888-222-2228

Family Health Line 800-328-3838

Family Help Line (for stressed parents) 800 THE KIDS (800-843-2537) New Jersey Domestic Violence Helpline 800-572-SAFE (800-572-7223) Early Intervention (Project Child Find) 800-322-8174

Department of Child Permanency and Protection 877-NJ-ABUSE

DCP&P local office in Perth Amboy 732-376-4700 Child Support Hotline 877 NJ KIDS1

### Mental Health Services

Mental Health Cares 1-866-202-HELP (4357)

Performcare 877-652-7624

Call performcare to dispatch Mobile response or to request assistance for mental health services. Parent must be with you to make the call or call on their own.

Raritan Bay Mental Health Center Outpatient 732-324-1666

(takes Medicaid and insurance)

Raritan Bay Medical Center Crisis Screening 732-324-5289

CCIS-Childrens Crisis Intervention Services @ UBHC/RUTGERS 732-235-5705

(Crisis Screening Only)

Catholic Charities Outpatient Access Center 800-655-9491 **appointments are available, call to setup appointment** (Locations in Perth Amboy and Edison; Medicaid and insurance)

JFK Behavioral Health (Edison) Outpatient 732-321-7189 **No appointments available**

Omni (Highland Park) Outpatient 732-227-0070 **appointments are available, call to setup appointment**

Compass Behavioral Health (Edison) Outpatient 732-494-8558

Stress Care of NJ (Matawan) Outpatient 732-679-4500 **appointments are available, call to setup appointment** (Providing outpatient, adolescent partial program and screening for kids; accepts all insurance and medicare, Medicaid is pending)

High Focus Centers (Cranford) 908-272-2474 or 800-877-FOCUS

**appointments are available, call to setup appointment** (Outpatient/IOP for Trauma and Substance Abuse)

FirstStepCounseling(Metuchen) OutpatientandGroups732-549-0401

**appointments are available, call to setup appointment** (No Medicaid; they take insurance)

Janice Bryk (Westfield) Outpatient and Social Skills 908-343-8244

Princeton House Behavioral Health Outpatient 732-729-3636

Middlesex County Family Support Organization (helps parents) 732-287-8701 Fire Watch (juvenile fire setting intervention) 732-745-4049

NAMI (national association for mental illness) 732-940-0991

(Debby Richman at 732-0709)

AID-NJEA Teachers Helpline at UBHC/RUTGERS 866-243-6532 (confidential support line for teachers and school staff)

### **Developmental Disabilities**

#### **Mom2Mom Helpline 1-877-914-6662**

Commission for the Blind Hotline 877-685-8878  
Division of the Deaf 800-792-8339  
DDD 800-832-9173  
Division of Disability Services 888-285-3036  
Good Neighbors-Community Living for People with Disabilities 877-347-5463  
Head Injury/TBI 800-216-1199  
The ARC of Middlesex County 732-821-1199x145  
Elizabeth Boggs Center on Developmental Disabilities UBHC/RUTGERS  
732-235-9300 (MI/DD Programs)  
Community Care Behavioral Health 732-572-4666  
Trinitas Hospital MI/DD Services 908-497-9636

### **Social Services**

Middlesex County Board of Social Services (Perth Amboy) 732-324-5500 Citizen and  
Immigration Services 800-375-5283  
Charity Care Assistance 866-588-5696  
Division of Mental Health Services 800-382-6717  
Food Stamps 800-687-9512  
Homeless Hotline 888-908-4636  
Medicaid Medical Assistance 800-356-1561  
Middlesex County Prescription Discount Program 800-633-0037  
NJ Family Care health Insurance 800-701-0710  
National Housing Resource Center/Affordable Housing 877-428-8844  
Social Security 800-772-1213  
WIC 800-328-3838  
Work First NJ 800-792-9773  
Rape Crisis Intervention 877-665-7273 Legal Service NJ 877-576-5774

### **Food Pantry/Soup Kitchens**

First Presbyterian Church of Woodbridge 732-634-1024 (ID and address required)  
St James Food Pantry 732-636-4310 or 6343  
Trinity Episcopal Church 732-634-7422 (3 day supply of food once per month, call first,  
Thursday pick up)  
First Baptist Church of Woodbridge-Homeless Shelter/Sewaren 732-750-9475  
First Presbyterian Church of Avenel 732-634-1024

### **Grief and Loss**

Imagine in Westfield-grief work for families 908-264-3100  
Good Grief (Morristown and Princeton) 908-522-1999x8001 or 609-498-6674x8015  
Grief Speaks (Springfield) 973-912-0177