



# The Family Voice

1226 Landis Ave. Suite A Elmer, NJ 08318

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## Family Support Staff

Executive Director

- Naeem Calloway

Program Coordinator

- Lionel A. Woodley

Peer Support Partner

- Derla Lundy

Peer Support Partner

- Dawn Rodriguez

Youth Partnership Coordinator

- Renisha O'Donnell

Office Manager

- Tan'Nette Grandberry

Community Outreach Coordinator

- Lisa Gates

## For information on Cultural and Community Events contact:

Cumberland County:

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

Gloucester County:

[www.co.gloucester.nj.us/Government/Freeholders/caloevents.cfm](http://www.co.gloucester.nj.us/Government/Freeholders/caloevents.cfm)

Salem County: [http://](http://salemcountyhistoricalsociety.com/events.htm)

[salemcountyhistoricalsociety.com/events.htm](http://salemcountyhistoricalsociety.com/events.htm)

Get Ready for Some  
Summer Fun!  
2008 Sailor for a Day  
Camp! Ages 10 to 16

July 2, 9, 16, and 23: Jersey  
City, NJ, Liberty State Park

August 6, 13, 20, and 27:

Cape May, NJ, Utsch's Marina  
August 25: SPECIAL FAMILY  
SAILOR FOR A DAY CAMP,  
Utsch's Marina

Call 856-785-2060 For Reser-  
vations—[www.bayshorediscovery.org](http://www.bayshorediscovery.org)

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May-June 2008

## Performing Arts Camps Can Help Children With Special

This information was obtained from April's 2008 Issue of Metro Kids.

The demand for summer camps specializing in performing arts is on the rise—and kids of all ages are loving it! They are developing all types of interests—including music, circus skills, dance, drama, magic and more.

Studies show that children with special needs such as limited language or reading skills, developmental delays and social concerns can benefit from performing arts camps. Through a variety of approaches, such as music, humor or drama children learn to interact with one another. At the camps, they teach kids how to work as a team, learn to follow directions and develop some very important social skills. Some camps offer classes that are specifically designed to help children and teens with autism, Asperger Syndrome, and ADD. These camps are making it fun for kids with these special challenges learn and develop socialization and communication skills while putting on plays and creating crafts. And with these new abilities comes something equally important—confidence.

Many of the camps provide a nurturing, non-competitive environment so that children are not intimidated to become involved. The important thing is that everyone participates in some capacity.

The performing arts camps provide educational experience—but they offer a lot of fun too. The campers still enjoy the full camping experience while learning to interact appropriately with their peers. And they can make some lasting friends as well. The following is a list of camps you may consider for your child:

Vineland Police Athletic League (PAL)  
629 Elmer Street  
(856)563-5387

YMCA-Summer Camps  
1159 E. Landis Avenue  
Vineland, NJ 08360  
691-0030

Boys and Girls Club of Vineland  
Success Building  
1159 N. Delsea Drive  
Vineland, NJ 08360  
(856) 696-4190

Boy Scouts of America  
4468 Main Road  
Millville, NJ 08332  
(856)327-1700

CASA P.R.A.C., Inc  
800 East Chestnut Avenue  
Vineland, NJ 08360  
(856)692-2231 ext. 103

Cumberland County College –Summer Academy For  
Kids  
Orchard Road and Sherman Avenue  
Vineland, NJ 08360  
(856)691-8600 ext. 233

The Girls Scouts of Central & Southern NJ,, Inc.  
1-800-582-7692

Science Adventures Camp  
4-H Center  
(856) 451-2800

Camps Continued on p. 2

# Support Groups

## Parents Anonymous

*Being a parent today is not easy. But getting help is . . . You are not alone.*

The Parents Anonymous group is a safe, accepting, non-judgmental place to talk freely about being a parent with other parents.

*Do you ever feel stressed and overwhelmed as a parent? Or as a grandparent? How about as a single parent? Can your kids really push your buttons? Want other parents to talk to? Come to a Parents Anonymous Group!!! What could be more reassuring than finding someone who has been through the same situation as yourself? Parent's Anonymous is where you find parents, grandparents and other caregivers who have experienced the same challenges or taken pride in the successes of a child. Parent's Anonymous is:*

Where parents can freely share their questions, concerns, problems and solutions about parenting in a safe and supportive atmosphere. All Parents Anonymous Groups Are Free/ Provide free child care

*When the first Superman movie came out I was frequently asked "What is a hero?" My answer was that a hero is someone who commits a courageous action without considering the consequences... Now my definition is completely different. I think a hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.*  
-Christopher Reeve

**Weekly meetings: Tuesdays @ 6:00pm-8:00pm**

**1226 E. Landis Avenue**

**Elmer, NJ 08318**

Contact Lisa at the CGS Family Support Organization for more information at **(856)507-9400!**

**We look forward to meeting you!**

### Warm Line

***Help is just a phone call away!***

*We are here to listen.*

Our caring Family Support Partners are here to answer your questions and provide information & resources. Monday through Friday  
9am to 5pm.

**(856)507-9400**

### Youth Partnership

**The Youth Partnership is about teens, run by teens and for teens. Come out and join our group of talented leaders.**

Groups are held:

Thursday Nights

5:30-7:30

CGS FSO

1226 E. Landis Avenue Suite D (back of building)

Elmer, NJ 08318

- Helps teens feel empowered and in control of their own lives
- Advocates for peers and other children with mental health challenges
- Allows young adults a voice to be heard.

## Mental Health Support Group Information

Online: MOOD Garden-Community of people dealing with mood disorders (e.g. depression, bipolar disorders and related conditions like anxiety/panic disorder), who share their experiences, strengths, coping skills, practical resources and hopes through the message boards. Also has chat room. Provides interested members with opportunity to have their own blog for journaling and resources like mood charts. Website: <http://moodgarden.org>

### **Cumberland:**

Depression Support Group: Support for adults suffering from depression or other mental illness. Provides a safe and comfortable environment where persons can share with others who also suffer from depression. Meets Thurs., 6:30-9pm in Millville. Call 856-825-3521 (after 10am)

### **Gloucester:**

Recovery Inc: is a self-help group that focuses on the method of will training. The group offers techniques for controlling temperamental behavior and changing attitudes toward nervous symptoms, anxiety, depression and fears. Families are welcome. The group meets Friday 10-11am at the James Johnson Library 670 Ward Drive, Deptford. Call 856-848-8715 and ask for Barry. Website: <http://www.recovery-inc.org>

### **Salem:**

(Resource)-Ralph, the former leader for a depression & Bipolar Support Alliance Chapter, is available to help anyone to restart the group. He has material from the national headquarters, literature, etc. If you are interested, call the NJ Self-Help Group Clearinghouse at 1-800-367-6274

### **NAMI Cumberland County**

3rd Monday of the Month  
7:00 - 9:00 pm  
Chestnut Assembly of  
God Church at 2554 East  
Chestnut Road  
Vineland, NJ 08360  
856-691-9234

### **NAMI Gloucester County**

2nd Wednesday of the  
month  
The Outpost  
1070 Main Street  
Sewell, NJ  
7:00 pm - 9:00 pm  
(856) 423-1217  
(856) 845-8137

### **NAMI Salem County**

1st Wednesday of the  
month  
7:00 pm - 9:00 pm  
Union Presbyterian  
Church  
254 Shell Road  
Carneys Point, NJ  
(856) 769-2492

## GRADUATION!

### Families Celebrate Graduation!

Congratulations to the seventeen families who have completed their journey through the FSO/CMO program. On May 15, 2008, a beautiful spring day, parents, caregivers, children, care management case workers and supervisors, and family support partners gathered together at the Sewell, NJ office to recognize the accomplishments of the children, youths and parents who have successfully been involved with the Care Management Organization and the Family Support Organization.

After a warm welcome by Charles Goldstein, CEO of Family Partnership, Inc., each youth was presented by his or her CMO case worker to the audience and recognized for his or her hard work and dedication to the program. Program Coordinator Lionel Woodley, Family Partner Dawn Rodriguez, and Community Resource Coordinator Lisa Gates of the Family Support Organization then recognized those parents who demonstrated their commitment to the program by presenting them with certificates and roses. Volunteering to play her violin after only one year of lessons, a young girl entertained the gathering. Another graduating youth imparted words of wisdom to his fellow graduates, urging them "to stay out of trouble."

The families and members of the CMO and FSO feasted on a dinner of sandwiches, wraps, salads, and vegetables while mingling and congratulating one another. The Family Support Organization then presented the graduates with a congratulatory cake which was quickly and joyfully devoured. It was a rewarding day for all who took part in the celebration!



**“The path of least resistance takes you nowhere.”**  
M.K. Soni

**“Perseverance is not a long race, It is many short races one after another.”**

**Walter Elliot**



Marge runs the Grandparents Raising Grandchildren support group at the Holy Trinity Lutheran Church in Audubon, NJ once a month from September to June. You can send your questions to Marge at: 23 W. Park Avenue, Merchantville, NJ 08109.

Dear Marge,

My grandchildren are legally living with me. I have sole custody of the children, but their parents do have visitation. The problem is that the older children always call their mother when they don't want to follow the rules of the house. I am finding it very difficult to get them to listen to me. Can you help?

Telephone Confusion

Dear Confusion,

## Dear Marge...

When clashes occur Arthur Kornhaber, M.D. a child and family therapist and author of “The Grandparenting guide, The Definitive Guide to coping with the Challenges of Modern Grandparenting”, describes these occurrences as conflicts around “boundary areas”. A boundary conflict can occur when either the grandparents or parents or both fail to meet their expectations for each other these conflicts might include disagreements about methods of childrearing or the degree of grandparent involvement in the grandchild's life. Some grandparents might lack respect for their own child's role as a parent. In some cases, parents may assume that their own parents should be willing to drop everything to take care of their grandchildren.

Dr. Kornhaber reminds grandparents that “it takes a great deal of flexibility and maturity” to resolve problems. And he places the burden on the grandparents to be the problem solvers. He urges grandparents to:

- Try to work problems out immediately.
- Communicate with family members and listen carefully.
- Remember that parents and grandparents owe it to the children involved to do whatever it takes to resolve their difficulties.

We may, however, sometimes expect too much from ourselves. Stand firm with your house rules, but recognize the needs of your grandchildren to still have contact with their parents.

## May is Mental Health Month!

Every May, Mental Health America commemorates Mental Health month—an annual observance launched over 50 years ago to raise public awareness of mental health and encourage mental wellness.

Mental Health America has suggested the following advice for all people to live mentally healthier lives:

- Set realistic goals—the more control you have over your life, the better you will feel. Make a manageable to-do list and mark off each task as you accomplish it.
- Live healthy—Taking care of your body helps take care of your mind. Limit caffeine and alcohol intake, get plenty of rest, exercise and take time to play.
- Spend time with family and

friends—Social support can help you through stressful times. Arrange an outing with someone you haven't seen in a while, or call a supportive friend and share your concerns. Do something enjoyable with someone and boost your spirits and your energy.

- Take time for yourself—Do something you enjoy, whether it's reading a book, taking a hot bath, or indulging in a fun hobby can help you decrease your stress level and help you unwind. Try to take at least a half hour for yourself every day.

Most importantly, ask for help—Allow family and friends help with activities that you may find stressful such as childcare. Talk to them about your stressors. If you continue to feel overwhelmed, get help from a mental health professional.

**Children's Mental Health Week**  
May 4-10, 2008

**Healthy Minds, Healthy Families!**

**Remember! Children and youth with mental health challenges and their families deserve access to services and supports that are family oriented, youth guided and culturally appropriate.**

Healthy Minds, Healthy Families!

For assistance keeping your child at home, in the community, with support contact:

The CGS Family Support Organization at 856-507-9400!

## Volunteers Needed!

Would you like to help us make a difference? We need people like you to donate time, energy, and experience in a variety of areas, including phone tree, administration, home visits, individual transportation, and more.

Please call us today at 856-507-9400 to find out more about how you can help, or visit our web site at

[www.cgsfso.com](http://www.cgsfso.com)

Thank you, and we look forward to hearing from you!

### SURROGATE PARENTS NEEDED!!!!

Volunteers are needed to serve as Surrogate Parents for Educational Planning. School children need surrogate parents when the natural parents cannot be identified, cannot be located by reasonable efforts, when the child is a ward of the State of New Jersey. You can qualify to be a surrogate parent if you are at least 18 years of age and are interested in the rights of children, receive the required Office of Education training, and is not an employee of the New Jersey Department of Human Services. As a surrogate parent you can expect to participate in educational meetings to plan and discuss potential evaluation procedures, give consent for educational actions, and help develop the Individualized Education Program

To learn more about becoming a Surrogate Parent Volunteer Contact:

NJ Department of Human Services Office of Education

PO Box 3 710, Trenton, NJ 08625-0710

Did you know that there is a Family Support Organization in each county in New Jersey? Each FSO is dedicated to serve families who children with emotional, behavioral or mental challenges. We strive to provide families through support (support groups), education (workshops and seminars) and advocacy (opportunities to speak with legislators). If you know of a family member struggling with mental health issues, there is help only a phone call away. Each FSO provides a Warm Line where you can call for answers to your questions.

The New Jersey Alliance of Family Support Organizations supports local FSO's with trainings and technical assistance. The Alliance and local FSO's are all non-profit organizations supporting family movement through:

Empowerment Outreach Providing Forums  
 Providing Referral/Resources  
 Organizing Conferences  
 Making local, state and National Connections.

## Meet the New Faces of CGS Family Support Organization!

The Cumberland, Gloucester and Salem Family Support Organization added some new faces! In the organization's never-ending endeavor to service our families better, we welcome new Executive Director, Naeem Calloway, Office Manager Tan'Nette Grandberry, Program Coordinator Lionel Woodley, Peer Support Partner Dawn Rodriquez, and Community Resource Coordinator Lisa Gates.

We welcome Office Manager, Tan'Nette Grandberry who has a lot of experience to offer the community and the FSO through her education, work and life experience. Tan'Nette describes herself as a "behind-the-scenes person to make sure that everything goes smoothly, like PRODUCTION." She would like the FSO to be a wealth of knowledge to the counties we serve.

Lionel Woodley, Program Coordinator, resides in Pittsgrove township with his wife of 29 years. Lionel is the father of four boys ages ranging from 6 to 13 years. In addition, he has three adult children, two daughters and a son all of whom he states are "a blessing." Lionel has enjoyed working at the Family Support Organization, observing "I find it rewarding to fulfill families' needs."

Peer Support Partner Dawn Rodriquez is the mother of three girls 16, 15 and 11 and lives in Vineland with her husband. Comments Dawn, "I want to use my own life experiences to help families through their own journey and hopefully make it less difficult."

Community Resource Coordinator Lisa Gates brings with her several years experience in working in the mental health community. She resides in Bridgeton with her two children, a son and daughter. "I love reaching out to the community to let the families know they are not alone. They have a place to come and meet parents who may be having the same problems."



**"Feed your faith and your fear will starve to death."**

1226 E. Landis Ave.  
Suite A  
Elmer, NJ 08318  
Phone: 856-507-9400  
Fax: 856-507-9401  
Web Site: [www.cgsfso.com](http://www.cgsfso.com)

[www.CGSFSO.com](http://www.CGSFSO.com)

#### Summer Camps Continued

Camp Sun N' Fun  
Us-322 & CR-555  
Williamstown, NJ  
(856) 629-4502

Gloucester County College  
Camp Connections  
(856)415-2217 or 415-2218

Gloucester County Police Academy  
Police Youth Camp  
(856) 415-2266

Middle Connections Camp Programs  
Gloucester County Institute of Technology  
1300 Tanyard Road  
Sewell, NJ  
(856)415-2217  
(856)415-2218

YMCA of Salem County  
204 Shell Road  
Carney's Point, NJ  
(856) 299-1493

Camp Kaleidoscope  
9-13 year old children who have lost  
a loved one  
Camp Edge, Alloway Nj  
(856) 575-4277

Appel Farm Summer Arts Camp  
457 Shirley Road  
Elmer, NJ 08318  
1-800-394-8478

Eddis Farm  
97 Compromise Road  
Salem, NJ 08079  
(856) 935-1060

### Meet the New Faces of CGS Family Support Organization cont.

And a few words from our new Executive Director, Naeem Calloway, who has several years of experience working with children of all ages:

Hello,

My Name is Naeem Callaway and I am the Executive Director of the Cumberland, Gloucester, and Salem County Family Support Organization. If I could sum up my goals or expectations for our Youth Program it would be Perseverance. I want the Youth in our program to strive, succeed, and triumph over the obstacles they face in their lives. I believe that if we work together, share, and communicate we will be successful!

Naeem Callaway  
Executive Director  
CGSFSO

Children's Mental Health Week  
2008

Caring Communities, Successful Children



# Children's Mental Health Week May 4-10, 2008

Family Support Organization Of  
Cumberland, Gloucester & Salem Counties

1226 Landis Avenue, Suite A

Elmer, NJ 08318

856-507-9400 (Phone)

856-507-9401 (Fax)

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"We Ensure That The Family Voice Is Heard."