



### **Concerned Persons for Adoption:**

<http://www.cpfanjersey.org/home1.aspx>

This group has great conferences and workshops for parents and professionals that provide invaluable insight into adoption issues. It also has events for the kids and parents to get a chance to relate with other adopted families which can help along the adoption journey. Also have virtual discussion groups around adoption challenges. Group is based in New Jersey.

Small membership fee

### **PACT: An Adoption Alliance**

<https://pactadopt.org/>

Great virtual group meetings. They have parent meetings about children or teens or even for black parents. The meetings seem to be managed by professionals so that is a big help. They have the Pact Family Camp which can be another good situation for children who question their adoption. They also have consultation availability and video trainings.

First year membership is free (for a possible limited time)

### **Family Support Organization of Essex County**

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

They can help with leading you to resources for your child who may have behavioral or mental challenges. They have groups for kids and virtual groups for the adults to help us through tough situations. They can be the first connection to therapy as well.

### **NJ Department of Children and Families Youth Hotline**

This is a youth hotline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life threatening situations.

[www.2ndfloor.org](http://www.2ndfloor.org)

1-888-222-2228



## **NJ Family Helpline**

If parents are feeling stressed, they can call and work through their frustrations 24 hours a day 7 days a week before a crisis occurs. The staff is made up of trained volunteers of Parents Anonymous.

[www.nj211.org](http://www.nj211.org)

1-800-THE-KIDS (1-800-843-5437)

## **Trinitas Mental Health Center**

This is for when there is no other choice but to admit a child to a mental health facility for observation for up to 7 days. They also have a great outpatient peer program that can help kids, together with their peers, understand life lessons that can help them get past the place they are in. They also help with drug management if needed. .

<https://www.rwjbh.org/trinitas-regional-medical-center/treatment-care/mental-health-and-behavioral-health/>

## **Book: Transforming the Difficult Child: The Nurtured Heart Approach**

Transforming the Difficult Child brings to life a new way of shifting intense children to a solid life of success. The Nurtured Heart Approach puts a refreshing spin on both parenting and teaching, and reveals new techniques and strategies that create thoroughly positive behaviors.

[https://www.amazon.com/s?k=the+nurtured+heart+approach&hvadid=580764271814&hvdev=c&hvlocphy=9003498&hvnetw=g&hvqmt=e&hvrnd=16651564789164651608&hvtagid=kwd-918332522&hydadcr=9367\\_13533366&tag=googhydr-20&ref=pd\\_sl\\_2fdsmk4i42\\_e](https://www.amazon.com/s?k=the+nurtured+heart+approach&hvadid=580764271814&hvdev=c&hvlocphy=9003498&hvnetw=g&hvqmt=e&hvrnd=16651564789164651608&hvtagid=kwd-918332522&hydadcr=9367_13533366&tag=googhydr-20&ref=pd_sl_2fdsmk4i42_e)

Other books:

1. [Battlefield of the Mind for Kids](#)
2. [Bringing up Girls](#)
3. [Good and Angry: Exchanging Frustration for Character...in You and Your Kids!](#)

## **National Alliance on Mental Illness (NAMI)**

They have a virtual support group for parents of kids that have mental health issues.

<https://naminj.org/online-support-groups/>

NAMI Family Support Group

Every other Wednesday at 7 p.m. ET

Next Group: March 20, 2024

NAMI Family Support Group is a 60-90 minute support group for adult friends and family members (18+) of people with mental health conditions. Participants gain support from peers who understand their experience and gain insight into others' challenges and successes.

