



North Jersey
FRIENDSHIP HOUSE
BUILDING SKILLS FOR PRODUCTIVE LIVES



The Dimensions of Wellness Program aims to help individuals with disabilities to be active in their community post COVID-19.

A collaboration between North Jersey Friendship House and Heightened Independence & Progress

Dimensions of Wellness Program

- **When?** Monday to Thursday from 4:00 PM - 7:00 PM
- **Where?** 125 Atlantic Street in Hackensack as well as in the community
- 12 week cycle
- ****Transportation will be provided if needed, within a 5 mile radius**

Program Components

Focus on wellness as a whole
Meal planning
Group therapy
Community outings
Cooking and group dinners



Your Wellness Matters



Social



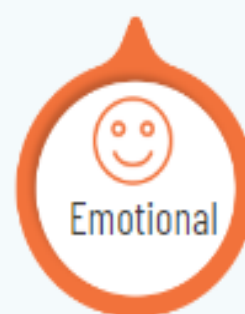
Physical



Occupational



Intellectual



Emotional

**Now recruiting for a
Nov. 7 start date!**

Eligibility Criteria:
Bergen County Resident
25 years+
Diagnosed with a Disability

For Information and Referral:
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Program Coordinator
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Mental Health and Addictions at no cost to the participant*