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 hipcifl

**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
- **15 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

*In person Wellness Program at no cost to the participant*

**Your Wellness Matters**

- [Social](#)
- [Physical](#)
- [Occupational](#)
- [Intellectual](#)
- [Emotional](#)

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

For Information and Referral:
Karen Reyes
Program Coordinator
(201) 488-2121 Ext. 328
kreyes@njfriendshiphouse.org

Now recruiting for a August 21st start date!

Completely funded through the Bergen County Division of Mental Health and Addictions