

Our mission...

Family & Children's Services is a non-profit multi-service agency based in Elizabeth and serving Union County and the surrounding area. Our mission is to strengthen families and individuals by providing comprehensive personalized behavioral health and social services with a priority on serving those most vulnerable.

Goals

- **Protecting** children, vulnerable individuals and families
- **Preventing** child abuse and neglect
- **Educating** and supporting parents and caregivers
- **Preserving** and strengthening relationships and families
- **Promoting** family permanency for children
- **Enhancing** individual capacity and self-esteem
- **Participating** in public education and advocacy for children and families
- **Collaborating** with organizations and communities to provide services, resources and opportunities for children, youth, adults and families.

History

Founded in 1893, Family & Children's Services began as the Charity Organization Society. It was joined in 1898 by the Elizabeth Society for the Prevention of Cruelty to Children. Our commitment to these two organizations continues today with particular emphasis on disadvantaged families and vulnerable children, as we continue to provide a wide array of innovative and professional quality child welfare, mental health and family services to children, youth and adults of all ages in Union County and surrounding area.

Credentials and Qualifications

Family & Children's Services is state licensed to provide mental health and adoption services and is a certified partner of the United Way of Greater Union County. We provide therapeutic, case management, education and support services to children, youth and adults of all ages.

Family & Children's Services employs a diverse, multi-disciplinary team of skilled, experienced staff who individually meet respective professional licensing and certification requirements where applicable. The agency staff has extensive experience working with children, youth, adults and families who may need a continuum of services.



United Way
Partner

Client Population

Family & Children's Services serves individuals of all ages and diverse families of all income levels.

We place special emphasis providing services to at-risk, disadvantaged and under-served families who may not otherwise have access to human services. Of special concern are children in need of protection, foster care or adoption and families in need of crisis intervention or reunification. Our programs address the needs of individuals and families who have experienced one or more of the following: Abuse or neglect, family disruption, crisis or conflict, domestic violence, mental health problems, substance abuse, juvenile delinquency, truancy or other school-related problems, homelessness, job loss or other challenges of life.



Family & Children's Services

Service Locations

MAIN OFFICE	MID-TOWN ELIZABETH
40 North Avenue Elizabeth, NJ 07208 908-352-7474 908-965-3227 (fax)	16 Jefferson Avenue Elizabeth, NJ 07201 908-372-1007 908-372-1018 (fax)

Family & Children's Services

ANGER MANAGEMENT PROGRAM



Strengthening Families, Building Futures Since 1893

Anger Management Program

The Anger Management Program is geared toward working with individuals who have found that anger has created difficulties for them in the area of employment, family relationships and social situations. Dealing with the complexities of life can often cause frustration and stress which can lead to feelings of anger.

The Anger Management Program is based on the Anger Episode Model which helps participants understand each incident of anger, increase skills on how to manage anger, and learn more appropriate ways to express those feelings.

Group Meetings

Each participant of the Anger Management Program will be seen for an initial assessment prior to participation in the program. The group is facilitated by highly trained professionals. The group meet for 2 hours once a week for 12 weeks.



The Anger Management Program is based on the following resource:

*Howard Kassinove, Ph.D. & Raymond Chip Tafrate, Ph.D. (2006)
Anger Management, The Complete Treatment Guidebook for
Practitioners
Atascadero, California: Impact Publishers, Inc.*

For more information about the Anger Management Program,
please contact Helene Steinfeld, Ph.D. at 908.352.7474
or e-mail us at info@facsnj.org.

We're on the web: www.facsnj.org

Participant Benefits

Participants who complete the Anger Management Program will be able to:

- ◆ Recognize the consequences of intense, frequent, and persistent anger
- ◆ Differentiate anger from other feelings
- ◆ Understand the kinds of things that trigger anger
- ◆ Understand how one's thoughts can influence anger outbursts
- ◆ Understand appropriate ways to express anger

Program Components

- ◆ Monitoring the number of anger episodes
- ◆ Learning relaxation exercises
- ◆ Identifying and changing thoughts that increase the level of anger
- ◆ Learning problem solving skills to manage anger situations
- ◆ Learning effective communication skills
- ◆ Planning for future high risk situations