

# VOLUNTEER OPPORTUNITIES

The Center for Alcohol and Drug Resources believes that we can all be the agents of change for a better future. You can get involved by:

- Volunteering at community events.
- Helping to reduce the stigma around substance misuse.
- Becoming a part of one of our prevention coalitions that work to reduce the rates of alcohol and drug use among youth and young adults in Bergen County.

# OPPORTUNITIES FOR YOUNG PEOPLE

Our peer leadership programs engage youth in finding solutions to problems that affect their age group:

- Be a peer influencer in the community to prevent the use of alcohol, tobacco and other drugs, and develop leadership skills while educating the community about drug trends.
- Develop leadership skills and advocate for policies that help reduce the use of alcohol and drugs among youth.

Be part of the solution! Help create a culturally aware, deeply bonded community in which our children can grow into happy, healthy, and resilient adults. Call 201-740-7069 to learn how you can make a difference.

*“We are the change we’ve been waiting for.”*  
BARACK OBAMA

# GET HELP FOR YOURSELF OR A LOVED ONE

If you or a loved one needs help with accessing addiction services and support, call our 24/7 hotline or visit...

**201-589-2976**  
**stoptheods.org**

# ABOUT THE CENTER FOR ALCOHOL AND DRUG RESOURCES

Since 1979, The Center for Alcohol and Drug Resources, a Program of Children’s Aid and Family Services, has been providing substance misuse prevention, education, information, and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances and social service agencies. Many of our services are offered to the public at no cost.

**We are here to help.**  
**Take the first step...call us today.**



22-08 Route 208, Fair Lawn, NJ 07410  
**201-261-2800 • www.tcadr.org**

# The Center for Alcohol and Drug Resources



Your resource for information, support, and solutions about addiction and prevention



## EMPOWERING CHILDREN AND TEENS

These are the years to develop and strengthen the resilience of children and teenagers. Our programs provide young people with the tools they need to solve problems and cope with life's challenges as well as help strengthen family relationships. We provide:

- A safe space where children and teens living in families with addiction can connect with others and learn skills to thrive.
- Programs for teenagers who may have begun experimenting with alcohol and other drugs to learn healthy alternatives to using substances.
- Opportunities for teenagers to become peer leaders, create awareness and advocate for policies that reduce youth use of alcohol, nicotine and other drugs.



## SUPPORTING ADULTS AND OLDER ADULTS

We offer an array of programs to help adults of all ages navigate life's challenges and promote healthy lifestyles. We provide:

- Support on the journey of recovery, including peer-to-peer recovery services, case management, resources and links to community services.
- Support for individuals whose loved ones are suffering from the disease of addiction, to help them learn how to set boundaries and improve communication skills while practicing much-needed self-care.
- Programs for older adults that keep them socially connected while promoting wellness and celebrating healthy aging.

## NURTURING FAMILIES

Sometimes families need extra help. We are here to help family members grow existing strengths and nurture their relationships. We offer:

- Tools for caregivers that help increase confidence, enhance communication with their children as well as connect them with other families and caregivers.
- Opportunities for families to spend time together in fun and creative activities which improve the quality of their relationships.
- Guidance, support and connections to other services for families who are concerned about a loved one's substance use and are unsure of what to do.



#STOPTHEODS