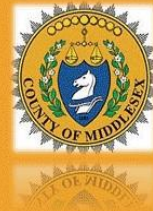


# The Middlesex County Smart Book



A Resource Guide for Returning Home

2022 edition  
by  
The New Jersey Department of Corrections  
Office of Programming & Supportive Services

## **Quick Reference: Useful Numbers and Hotlines**

<b>Positive Transitioning</b>	1-844-335-1321
<b>American Friends Service Committee Prisoner's Resource Center</b>	1-973-643-2205
<b>CDC National STD and AIDS Hotlines</b>	
Spanish:	1-800-344-7432
English:	1-800-227-8922
<b>Addictions Hotline of NJ</b>	1-800-238-2333
<b>Alcoholics Anonymous</b>	1-800-245-1377
<b>Division of Disability Services (DDS)</b>	1-888-285-3036
<b>Division of Youth &amp; Family Services</b>	1-800-792-8610
<b>Hyacinth AIDS Foundation</b>	1-800-433-0254
<b>Legal Services of New Jersey</b>	1-888-576-5529
<b>NJ Motor Vehicle Commission</b>	
Driver's License Suspension Hotline	1-609-292-7500
Main Information	1-888-486-3339
<b>Narcotics Anonymous of NJ</b>	1-800-992-0401
<b>National Suicide Crisis Hotline</b>	1-800-784-2433
<b>New Jersey AIDS STD Hotline (Beth Israel)</b>	1-800-624-2377
<b>2-1-1 First Call for Help</b>	2-1-1/
Se habla español or toll free	1-800-331-7272
<b>Middlesex County One Stop</b>	1-877-995-2600
<b>Social Security Office</b>	1-800-772-1213
<b>Statewide Domestic Violence Hotline (Woman's Space, Inc.)</b>	
Bilingual and TTY accessible	1-800-572-7233

# The Middlesex County Smart Book

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# The Start of a New Beginning:

## How to use this book

This book is intended to prepare you for your arrival home and reintegration back into society. In order to make the transition smoother for you a list of resources have been compiled along with a list of necessary items you will find that are essential to your success. This book focuses on the first few weeks and months of your arrival home and assisting you on managing the transition. Although not every resource available to you will be found in here, there are many that will help to guide your journey.

**Unless a fee or charge is listed, all of the services and resources listed here are free.**

Each section of this book is categorized by items that you will need in order to find employment, return to school, and to obtain identification. It will also provide addresses, websites, phone numbers, and general tips on how to acquire that particular service. You can use the table of contents to easily identify what service you require, and follow instructions as to how to contact providers.

**FYI:** *\*\*Please feel free to utilize your social services department for assistance in contacting an agency or inquiring information about a service found in this book. There are some services that may be free to you that you can contact through your social services department before making an out-of-pocket expense.*

There are things that can be completed prior to release from prison. Two things specifically are requesting a duplicate social security card for **FREE** and applying for a birth certificate for a **fee**. Please contact your social worker six months prior to release to apply for these items. By doing this while still in custody, you are taking a large step towards making your transition back into the community easier for you. Providing both documents are processed successfully, you will have two necessary forms of identification made available to you the day you are released. This will speed up the process of finding employment.

You will not find every service or organization in Middlesex County in this book, but, again, there will be many to help you begin. Also, the organizations that are listed may be able to offer additional resources to you. You may visit your local library for free internet access.

## **Getting Started:**

### **Identification (I.D.) and Other Documents**

In order to apply for employment, rent an apartment, apply for general assistance, food stamps, or Medicaid, proper identification will be required. The more identification you have in your possession, the easier it will be for you to obtain these services. Certain items can be obtained while you are still incarcerated ask your social worker for assistance, and, for the remainder, this book will point you in the right direction.

**FYI:** In order to obtain identification, various agencies will require proof of address. It is smart to keep bills in your name or official documents that have your name and address for further verification of your address.



#### **A. Social Security Card**

If at all possible, apply for a duplicate social security card with your social worker six months prior to release. If for some reason this is not possible or your application has been denied, you will need to visit your closest Social Security Office to apply. The following offices are the local branches in Middlesex County. Please find which office is closest to your residence.

**Social Security Administration**  
29 Davenport Street  
**Somerville, NJ 08876**  
**866-446-6198**

**Social Security Administration**  
3<sup>rd</sup> Floor  
190 Middlesex Turnpike  
**Iselin, NJ 08830**  
**800-772-1213**

**Social Security Administration**  
550 Jersey St. Suite 200  
**New Brunswick, NJ 08901**  
**800-772-1213**

**Office hours Monday- Friday 9:00am-4:00pm**  
Phone numbers:  
Toll Free 1-800-772-1213  
TTY- 1-800-325-0778

If you choose to visit your local office to apply you will need to fill out the application at the office.

To save time you can download the application online ([www.ssa.gov/replace\\_sscard.html](http://www.ssa.gov/replace_sscard.html)). You will need to show proof of identification. **Prison release papers count as proof of identification. Also, use your NJDOC Temporary ID card.**



## **B. Birth Certificate**

The office of Vital Statistics in the New Jersey Department of Health and Senior Services has all the New Jersey birth, marriage, and death records. The fee is **\$25.00**. However, depending upon where you were born in Middlesex County, you may be able to apply for a birth certificate for a lesser fee.

**FYI:** You are able to apply for a birth certificate while you are still in custody and have six months left prior to release. Please see your social worker to do so.

If you were born in the following towns you may go to your registrar's office and apply for a birth certificate at the cost listed below.

### **Carteret Borough**

61 Cooke Avenue  
Carteret, NJ 07008  
Phone: 732-541-3890

### **Cranbury Township**

23 A No. Main Street  
Cranbury, NJ 08512  
Phone: (609) 664-3130

### **Dunellen Borough**

355 North Avenue  
Dunellen, NJ 08812  
Phone: (732) 968-3033 X3

### **East Brunswick Township**

1 Jean Walling Civic Ctr  
P.O. Box 1081  
East Brunswick, NJ 08816  
Phone: (732) 390-6850

### **Edison Township**

100 Municipal Boulevard  
Edison, NJ 08817  
Phone: (732) 248-7293

**Helmetta Borough**

Borough Hall  
51 Main Street  
Helmetta, NJ 08828  
Phone: (732) 521-4946 x100

**Highland Park Borough**

P.O. Box 1330  
221 So. 5th Avenue  
Highland Park, NJ 08904  
Phone: (732) 777-6014

**Jamesburg Borough**

131 Perrineville Road  
Jamesburg, NJ 08831  
Phone: 732-521-2222 ext. 100

**Metuchen Borough**

500 Main Street  
Metuchen, NJ 08840  
Phone: (732) 632-8508

**Middlesex Borough**

Borough Hall  
1200 Mountain Avenue  
Middlesex, NJ 08846  
Phone: (732) 356-7400 x238

**Milltown Borough**

Municipal Building  
39 Washington Avenue  
Milltown, NJ 08850  
Phone: (732) 828-2100 x181

**Monroe Township**

1 Municipal Plaza, Room 103  
Monroe Township, NJ 08831  
Phone: 732-656-4573

**New Brunswick City**

Civic Square Plaza Entrance  
78 Bayard Street  
P.O. Box 269  
New Brunswick, NJ 08903-0269  
Phone: 732-745-5018 or 5061



**North Brunswick Township**

P.O. Box 6019  
710 Hermann Road  
North Brunswick, NJ 08902  
Phone: 732-247-0922 X470

**Old Bridge Township**

1 Old Bridge Plaza  
Old Bridge, NJ 08857  
Phone: 732-721-5600 x6200

**Perth Amboy City**

1 Olive St.  
Perth Amboy, NJ 08861  
Phone: 732-826-0549 x4309

**Piscataway Township**

455 Hoes Lane  
Piscataway, NJ 08854  
Phone: (732) 562-2310

**Plainsboro Township**

641 Plainsboro Road  
Plainsboro, NJ 08536  
Phone: (609) 799-0909 x1801

**Sayreville Borough**

49 Dolan Street  
Sayreville, NJ 08872  
Phone: (732) 390-7012

**South Amboy City**

140 N. Broadway  
South Amboy, NJ 08879  
Phone: (732) 525-5924 or 5925

**South Brunswick Township**

Municipal Building  
P.O. Box 190  
540 Ridge Road  
Monmouth Junction, NJ 08852  
Phone: (732) 329-4000 x7237 or 7238

**South Plainfield Borough**

Board of Health  
2480 Plainfield Avenue  
South Plainfield, NJ 07080  
Phone:

**South River Borough**  
48 Washington Street  
South River, NJ 08882  
Phone: (732) 257-1999

**Spotswood Borough**  
77 Summerhill Road  
Spotswood, NJ 08884  
Phone: 732-251-0700

**Woodbridge Township**  
1 Main Street  
Woodbridge, NJ 07095  
Phone: (732) 634-4500 Ext 6443

## C. State Identification Card

**New Jersey provides a state photo identification card for non-drivers.** You can get this official state I.D. even if your driver's license is currently suspended. **This may be a good option for you if it is going to be some time before you get your license back.** New Jersey residents 14 years of age and older, may apply for a non-driver photo identification. The non-driver ID is issued solely for the purpose of providing identification and is not a license to drive.

### How to get a non-driver identification card

- Complete the front side of a non-driver ID application (BA-207 form)
- Pass the 6 Point ID requirements (see page 11)
- Pay \$24 fee. (Fee may be waived upon DOC program completion, see Social Services)



## D. Driver's License

Once you are released from prison, you can go to the Motor Vehicle Commission (MVC) to get a new driver's license, replace a lost one, or renew a card that has expired. If you believe that your license has been suspended, you should confirm this and figure out what you need to do to get it back. If you were convicted of any kind of drug offense, your license has been suspended.

**Prior to your release,** you can get a copy of your driver's license record, which is called an "abstract." Please contact your social worker if you are interested in obtaining an abstract. **The fee for an abstract is \$15.00**

**Upon your release**, you can go to the MVC offices in Middlesex County (see below) or a Regional Service Center to request a driver's abstract. If you have internet access, you can also request an abstract online at [WWW.STATE.NJ.US/MVC](http://WWW.STATE.NJ.US/MVC). You will still have to pay **\$15.00**. If your license was suspended for six months or more because of a drug conviction, the period of the suspension will begin from the time of your release. Other kinds of suspension, such as failure to pay parking tickets, insurance surcharges, or child support, will last until you have paid the fine or worked out a payment plan. For questions about suspension, call the suspension hotline: **609-292-6500**.

**Restoration Fees, Tickets, and Surcharges:** If you found out that your license has been suspended, you will have to pay a restoration fee of **\$100.00** in order to have your license reinstated. This does not include any additional fines or surcharges you are required to pay. This fee can be paid at your local MVC Offices in Middlesex County or a Regional Service Center (see below). If you have internet access, this fee can be paid online at [WWW.STATE.NJ.US/MVC](http://WWW.STATE.NJ.US/MVC). You can pay your surcharges and parking tickets on this website as well.

**MVC LOCATIONS IN MIDDLESEX COUNTY**  
**For questions, Please call 609-292-6500.**

**South Brunswick:** 2236 Rt. 138 North

**Edison:** 45 Kilmer Rd

**South Plainfield:** 5000 Hadley Road

**\*All locations are open Monday, Wednesday, Thursday and Friday from 8-5:30 pm and Tuesday 8-7:30pm. (Also, Saturdays 8am to 1pm)**

**Regional Office: Trenton Agency**  
**120 S. Stockton & Front St.**  
**Trenton, NJ 08611**

Services: Driver conferences, driver records, (issuances and inquiries), points and surcharge (inquiries), suspensions and restorations.

Hours: Mon- Fri 8am-4:30pm

To replace a lost or stolen license, you will have to bring identification to the MVC and pay an **\$11.00 fee**. The MVC now has very specific kinds of I.D. that are required under the new "Six Point" system:

*Please use this guide to prepare yourself for your trip to MVC. Make sure you have the six points of identification necessary to obtain your drivers license or non-drivers I.D.*

## **SIX POINT SYSTEM OF IDENTIFICATION**

### **Primary Documents:**

(4 Points)

- Birth Certificate or Certified Copy from one of the 50 states.
- U.S. Dept. of State Birth Certificate
- US Passport-Current or Expired less than 3 years
- Current US Passport card
- Current NJ Digital Drivers License
- Valid Active Duty US Military Photo ID Card
- US Adoption papers
- Certificate of Naturalization
- Certificate of Citizenship

### **Secondary Documents:**

(3 Points)

- Civil Marriage/Domestic partnership/ Civil Union Certificate: Issued by the Municipality or State
- Order of Decree of Divorce
- Court Order for Legal Name Change: Signed by a judge or county clerk
- US Military Photo/Retiree Card

(2 Points)

- U.S. Military Discharge Papers (DD214)

(1 Point)

- Current/ Expired (Less than 1 year) Non-Digital NJ Photo Drivers License
- Social Security Card
- Bank statement or record
- ATM Card w/ pre-printed name and applicant signature
- NJ Public Assistance Card w/ Photo
- High School Diploma/GED/ College Diploma
- Veterans Affairs-Universal Access Photo ID Card

You can get a brochure on this new “Six Point” system from the MVC offices listed above or from the Motor Vehicle Commission website, [www.state.nj.us/mvc](http://www.state.nj.us/mvc). If your license has expired, you will have to go with your six points of I.D. to the MVC to fill out a renewal application. You may have to take the written test again. License renewal costs **\$24.00**.

## **E. Certificates of Naturalization or Citizenship**

This certificate is necessary for employment upon your release. In general, if you need to replace lost forms, you can contact the US Citizenship & Immigration Service or Application Support Centers to find out about identification and fingerprint verifications. There is a fee to process an application for replacement documents. The National Customer Service Hotline is 1 (800) 375-5283.

### **Citizenship Locations**

#### **US Citizenship & Immigration Service**

530 Fellowship Rd.  
Mt. Laurel, NJ 08054  
856-439-5799

#### **US Citizenship & Immigration Service**

Peter Rodino, Jr. Federal Building  
970 Broad St.  
Newark, NJ 07102

#### **Application Support Center**

285-299 Broad Street  
Elizabeth, NJ 07201.

#### **Application Support Center**

24 Commerce Ave.  
Newark, NJ 07102

## **F. Alien Registration Card “Green Card”**

To replace a missing Green Card, you must go to the US Citizenship & Immigration Service Office (see above) to fill out an I-90 form. Please make sure that you bring I. D. with you.

You can also visit the website and download the forms at [www.uscis.gov](http://www.uscis.gov). It costs **\$455.00** for processing. **If you have any questions or concerns about your status as a result of your criminal conviction, call Legal Services of New Jersey at 1-888-576-5529 before going to immigration.**

## **G. Military Discharge Papers**

**FYI:** You may have the opportunity to meet with the VA liaison from the Veterans administration. The VA liaison can assist you in requesting a copy of your DD214 (discharge papers). Please notify your social worker of your veteran status.

You can request a copy of your records using the SF-180 form Contact your institution's **P.R.E.P.A.R.E** social worker for assistance. This form can also be obtained by writing the Veteran Benefit Administration in New Jersey or the NPRC, which is the main records depository.

**Veterans Benefit Administration in New Jersey**  
**20 Washington Pl., 3rd Floor**  
**Newark, NJ 07102**

Main records depository,  
**National Personnel Records Center**  
**1 Archives Drive**  
**St. Louis, MO 63138**

The local office by calling 800-829-1000.

Upon your release, you can also call the local office at 1-800-829-1000, or you can go to the website [www.vetrecs.archives.gov](http://www.vetrecs.archives.gov) to request your records. The website will instruct you to print a signature page. This can either be mailed or faxed to the Veterans Benefit Administration. Upon the receipt of your form, the Veterans Benefit Administration will mail your records directly to you website [www.vetrecs.archives.gov](http://www.vetrecs.archives.gov) and follow the on screen instructions for requesting personnel records. You will be asked to print out a signature page which can either be mailed or faxed. Upon receiving the form, the records will be mailed directly to you. **For more Veterans information, please see page 24.**



## **H. Passport**

Although a passport may not seem like an important item to have at this point, since it is a widely accepted, it can more easily serve as a form of I.D. for you. A passport will cost you money. To obtain one after you are released, please visit one of the locations listed below.

### [Avenel Post Office](#)

1065 Rahway Avenue  
Avenel, NJ 07001

### [Carteret Post Office](#)

212 Pershing Avenue  
Carteret, NJ 07008

### [Dunellen Post Office](#)

311 North Avenue  
Dunellen, NJ 08812

### [East Brunswick Post Office](#)

614 Cranbury Rd  
East Brunswick, NJ 08816

### [East Brunswick Public Library](#)

2 Civic Center Dr  
East Brunswick, NJ 08816

### [Edison Post Office](#)

2101 Route 27  
Edison, NJ 08818

### [Highland Park Post Office](#)

406 Raritan Avenue  
Highland Park, NJ 08904

### [Iselin Main Post Office](#)

250 Middlesex Turnpike  
Iselin, NJ 08830

### [Kendall Park Post Office](#)

3124 State Route 27  
Kendall Park, NJ 08824-9998

### [Kilmer Post Office](#)

21 Kilmer Road  
Edison, NJ 08899



### [Metuchen Post Office](#)

360 Main Street

Metuchen, NJ 08840

[Middlesex County Clerk's Office](#)

75 Bayard Street  
New Brunswick, NJ 08901

[Middlesex Post Office](#)

95 Marlborough Ave  
Middlesex, NJ 08846

[Milltown Post Office](#)

27 Washington Ave  
Milltown, NJ 08850

[Monmouth Junction Post Office](#)

651 Ridge Road  
Monmouth Junction, NJ 08852

[Monroe Township Postal Store](#)

1601 Perrineville Road  
Monroe Township, NJ 08831

[New Brunswick Post Office](#)

86 Bayard Street  
New Brunswick, NJ 08901

[North Brunswick Post Office](#)

1062 Livingston Ave  
North Brunswick, NJ 08902

[North Brunswick Township Clerk's Office](#)

710 Hermann Rd  
North Brunswick, NJ 08902

[Old Bridge Post Office](#)

151 County Road Hwy. #516  
Old Bridge, NJ 08857

[Old Bridge Public Library](#)

One Old Bridge Plaza  
Old Bridge, NJ 08857

[Old Bridge Township Clerk's Office](#)

One Old Bridge Plaza Rte. 516 & Costrell Road  
Old Bridge, NJ 08857

[Parlin Main Post Office](#)

778 Washington Road  
Parlin, NJ 08859



[Perth Amboy Post Office](#)  
205 Jefferson Street  
Perth Amboy, NJ 08861

[Piscataway Post Office](#)  
3 Skiles Ave  
Piscataway, NJ 08854

[Plainsboro Township Clerk's Office](#)  
641 Plainsboro Road  
Plainsboro, NJ 08536

[South Brunswick Township Clerk's Office](#)  
540 Ridge Rd  
Monmouth Junction, NJ 08852

[South Plainfield Post Office](#)  
114 Oak Tree Avenue  
South Plainfield, NJ 07080

[South River Post Office](#)  
44 Obert Street  
South River, NJ 08882

[Spotswood Post Office](#)  
436 Main Street  
Spotswood, NJ 08884

[Woodbridge Post Office](#)  
60 Main Street  
Woodbridge, NJ 07095

**You will need to bring:**

- ✓ An original or certified copy of a birth certificate with a raised seal and file date issued by Vital Statistics
- ✓ A naturalization certificate
- ✓ A previous US passport; photocopies aren't accepted.
- ✓ Your social security number
- ✓ I.D., such as a valid driver's license, government identification or previous passport issued after your 16th birthday. The expired passport should not be more than 15 years old.
- ✓ 2 identical copies of a 2X2 face front regulation passport photo.

A new adult passport that comes with a book and card has an application fee of \$140 and a processing fee of \$25. A passport will be valid for 10 years.

## **I. NJDOC Release Papers/ Temporary ID Card**

You will receive a folder upon your release in accordance with the Fair Release and Reentry Act of 2009. PLEASE KEEP THIS FOLDER. This folder contains all of your identification (Temporary Release ID card, Birth Certificate, Social Security Card, MVC State ID card) and other important release documentation.

### **First Steps after Release:**

#### **Where Do I Go to Find...**

This section provides resources for food, shelter, clothing, money, and other emergency needs. We have provided some options in Middlesex County that you can utilize upon release.

**FYI:** Important paperwork will be needed repeatedly throughout your life. Make sure to invest in a folder or safe to keep important documents. Never carry your birth certificate or social security card with you. You will only need to produce these items upon request. It is smarter to keep them in a safe place.

Also, make sure to keep a notebook and a pen with you to write down the names and phone numbers of the people you come in contact with at various agencies. Remember, nobody is going to care about your success as much as you do.

Provided for you are agencies and services that can assist you in finding your basic needs.

**FYI:** It is a good idea to call first to check that the hours of operation haven't changed. Please try to be patient with those that are attempting to assist you.

See the following pages for list of resources.

### **A. First Stops**

The agencies below provide a range of services and/or, depending on what you need, can refer you to other places.

#### **FIRST-STOP AGENCIES**

##### **2-1-1/First Call for Help**

Dial 211

800-331-7272 (Homeless Hotline)

Hours: Mon - Fri 8:30am - 4:30pm

Emergencies and homeless calls are 24 hours/day

211 provide 24 hour comprehensive human service information and referral for residents of Middlesex County. 211 can help access information as well as locate services/programs to connect residents to the resources that are available to them in the community. 211 is equipped for TTY callers and has language line to connect to 140 different languages.

## **B. Shelter**

Access to most of these shelters can be obtained through the Middlesex County Board of Social Services or through a general walk in. These shelters will also provide showers and laundry services.

### **Coming Home of Middlesex County INC**

75 Bayard St. 2<sup>nd</sup> Floor  
732-296-7954

### **Women Aware, Inc.**

P.O. Box 312  
New Brunswick, NJ 08903  
732-249-4504



### **Catholic Charities-The Ozanam Inn**

2022 Abeel St, New Brunswick  
732-729-0850  
Hours: 24 hours/day

### **Salvation Army- Care House Transitional Housing**

433 State Street, Perth Amboy  
732-826-7040  
Hours: 6pm- 7am

### **Catholic Charities- Ozanam Family Shelter**

89 Truman Dr, Edison  
732-985-0327  
Hours: 24 Hours/Day

### **Catholic Charities- Naomi's Way**

4 Roosevelt St, New Brunswick  
732-846-0335  
No walk-ins allowed. Referral through the Middlesex County Board of Social Services required.



### **C. Food/Clothing**

Here are some the food pantries and soup kitchens in Middlesex County. Although each agency has been verified, please call to check for most current hours of operation.

**For a complete list of pantries, please call The Middlesex County Food Distribution Organization and Outreach Distribution Services at 732-729-0880.** There are a multitude of services, but these are just a few.

#### **Food Pantries/Soup Kitchens**



#### **Broken Loaves at Calvary Chapel**

Provides pantry, clothing, baby items and delivery of food within local areas.

Old Bridge  
Calvary Chapel Old Bridge  
135 White Oak Lane  
(732) 679-4837



#### **Crisis Room at Aldersgate UMC**

Provides food pantry, rental and utility assistance for those with a referral, clothing and household goods.

East Brunswick  
568 Ryders Ln  
(732) 257-9920



#### **Deacon's Food Pantry**

The Deacon's Food Pantry is currently helping 148 families in the Jamesburg, Spotswood & Helmetta, NJ area. We have recently moved into a new building built to house our operation.

Jamesburg  
Presbyterian Church of Jamesburg  
177 Gatzmer Ave  
(732) 521-1711



### **Elijah's Promise**

Provides soup kitchen, pantry, clothing, health, culinary school, and services outreach for people with HIV/AIDS.

New Brunswick  
18 Neilson St  
(732) 545-9002



### **Emanuel Lutheran Church**

Provides food pantry and some social services

New Brunswick  
Church  
1-3 Kirkpatrick St  
(732)545-2673



### **Faith Fellowship Ministries - Daily Bread Outreach**

Provides food and referrals

Sayreville  
2707 Main St Ext  
(732) 727-9500

### **First Presbyterian Church of Iselin**

Meals are offered. Must call church for information on food distribution hours

Iselin  
1295 Oaktree Road  
732-283-1188

### **First Presbyterian Church of Metuchen**

Our food pantry serves many area families throughout the year, and we send out bags of food every week. For Edison and Metuchen residents / occupants.

Metuchen  
270 Woodbridge Avenue  
732-491-2300

## **First Presbyterian Church of Woodbridge**

Provides Food Pantry

Woodbridge  
600 Rahway Ave  
(732) 634-1024



### **FISH Hospitality Program (FHP)**

The mission of the FISH Hospitality Program (FHP) is to serve homeless families and single women by providing shelter and meals, and such other assistance as we are able, in order to give them a new opportunity to live independently in their communities as respected families and individuals.

Piscataway  
456 New Market Rd  
(732) 968-5957



### **Hands of Hope Food Pantry**

In 1992 Hands of Hope, Inc. began to serve the community as a food pantry/soup kitchen and a limited clothes closet and today the program continues to function from St. James Church, Edison NJ.

Edison  
St. James Church  
2136 Woodbridge Ave  
(732) 236-3330

### **Highland Park Community Food Pantry**

You will need to show identification and proof that you live or work in Highland Park (such as a driver's license, utility bill, or pay stub).

We are open between 9 and 10:45 a.m. and 6 and 7 p.m. on the second and fourth Thursdays of every month. If that day is a holiday, we will be open on Tuesday of that week instead. We also are open on the Saturdays of those weeks from 9:30-10:30 a.m. A list of our upcoming openings is attached below.

If this is an emergency food situation, please call the senior center between 8 a.m. and noon, Monday through Friday, and ask for Nicole. 732-819-0052. This is for true emergencies

only. All other food distributions are limited to our regular opening times.

Highland Park  
Senior / Youth Center  
220 S 6th Avenue  
732-819-0052



**Interfaith Hospitality Network of Somerset County**

The Interfaith Hospitality Network of Somerset County provides emergency nights of shelter, meals, transportation, basic needs, case management, advocacy and referral to homeless families.

Somerville  
98 West End Ave  
(908) 704-1920

**Isiah House**

At the Isiah House, We offer a variety of residential and community programs designed to meet the needs of our Essex County community. Our mission is to assist homeless families and individuals throughout Essex County by providing shelter and support services which enable them to become fully functional. We are a community for families and youth-- providing shelter from the storm.

East Orange  
238 North Munn Ave  
(973) 678-5882

**Jewish Family & Vocational Service of Middlesex County**

Provide food pantry and social services.

Monroe  
52 Concordia Shopping Center  
(609) 395-7979

**Jewish Family Services of Middlesex County**

Jewish Family Services is committed to helping individuals and families realize a fulfilling life experience at home, in the workplace, and in the community by providing effective social services, counseling, and advocacy through responsive, innovative programs.

Milltown  
32 Ford Avenue  
(732) 777-1940

**Lazarus Project**

Food Pantry and Soup Kitchen. Various other services and counseling are offered as well.

South River  
7476 Washington Street  
732-254-0066

**M.C.F.O.O.D.S. Middlesex County's Emergency Food Network**

The Middlesex County Food Organization and Outreach Distribution Services (MCFOODS) was created by the Board of Chosen Freeholders in 1994 to help ensure that an adequate supply of nutritious foods and necessities are readily available to Middlesex County residents in need at all times.

Cranbury  
101 Interchange Plaza  
(732)-729-0880

**Mercy House of Cathedral International**

Provides a pantry, free thrift shop, social services and referrals to agencies.

Perth Amboy  
277 Madison Ave  
(732) 826-0447



**Metro Park Assembly of God MINISTRY**

FOOD ASSISTANCE MINISTRY

Last Thursday of the Month, 7pm - 8:30pm. 3rd Thursday in November & December. Pick up only.

732-283-3440

Location:  
48 Berkley Blvd.  
Iselin, NJ 08830



**Newark Y.M.C.A. Emergency Residence Program**

Our mission is to provide a safe and supportive residential program, offering a range of programs and referrals to sustain individuals and keep families strong during periods of crisis. Our vision is to see our residents thrive in safe, long-term housing, receiving all the support they need as they work toward their goals.

Newark  
600 Broad Street  
973-624-8900

**Newark YMCA Youth Emergency Service (YES) Program**

The Newark Y's Youth Emergency Service program offers a 24-hour, safe, supervised, supportive residence for youth in crisis.

Newark  
The YMCA of Newark and Vicinity  
600 Broad Street  
(973) 624-8900

**North Brunswick Food Bank: Hunger Eliminated by Local People (HELP)**

Tuesday, 10-12pm & Thursday, 6-8pm

North Brunswick  
710 Hermann Road  
732-247-0922 ext. 293

**Salvation Army New Brunswick Corps**

Provides food pantry, clothing, furniture and Sunday services to New Brunswick, East Brunswick, North Brunswick, Highland Park, and Milltown.

New Brunswick  
287 Handy St  
(732) 545-1477

**Salvation Army Perth Amboy Corps**

Provides pantry, daily feeding program, and after-school. Basic computer class and tutoring programs (grades 1-4).

Perth Amboy  
422 State St  
(732) 826-7040

### **St. George's Anglican Church**

The food pantry is open to anyone in need. The only requirement is that the individual bring valid ID.

Helmetta  
56 Main St  
(732) 521-0169

### **Trinity Episcopal Church Food Pantry**



This site provides a pantry, a soup kitchen and a HUGS program supplying hats, underwear, gloves, and socks when available.

Woodbridge  
650 Rahway Avenue  
732-634-7422 x4

### **United Way of Central Jersey**

The United Way of Central Jersey mobilizes people, organizations and financial resources to create and sustain programs that achieve targeted outcomes and lasting change through volunteerism, partnerships services and advocacy.

Milltown  
32 Ford Avenue  
(732) 247-3727



## **D: Transportation**

There is no general program that will provide assistance paying for transportation. NJ Transit will no longer accept release papers in substitution for bus tickets. You may purchase transit tickets from NJDOC for \$2.00 prior to release. You will be provided with the accurate amount of tickets to ensure your arrival to your destination.

Some of the programs listed in this book will provide bus passes or bus cards to help you participate in that particular program. If you need that help, make sure that you ask.

For specific bus line information contact NJ Transit: 800-772-2222 or <http://www.njtransit.com>. If you click on the “trip planner” section you can find out routes.

**FYI:** You may want to purchase a monthly or weekly pass if you intend to use the discounted transportation services provided in Middlesex County.

If you intend to drive places, remember that you **must** have a valid driver's license, and valid insurance for any vehicle that you are driving. The **Special Automobile Insurance Policy (SAIP)** is an initiative to help make limited auto insurance coverage available to drivers who are eligible for **Federal Medicaid with hospitalization**. Such drivers can obtain a medical coverage-only policy at a cost of \$365 a year. You cannot get this insurance if your license or registration are revoked or suspended. Other restrictions may apply. For more information contact: 800-652-2471;  
<http://www.state.nj.us/dobi/dollaradayqna.htm>.

**Transportation for seniors, disabled, and other dependent residents of Middlesex County:**

**MCAT-MIDDLESEX COUNTY AREA TRANSIT**

711 Jersey Avenue

New Brunswick, NJ

732-745-7456

To make a reservation please call 1-800-221-3520

(All reservations must be made M-F 7:15-4:15)



**E. Money**

Once you get out of prison, you will need a source of income, until you can find a job. (see under “Finding a Job” for information about looking for work). **The DOC does not provide any “gate money,” except for the money you may have in your inmate account. If it is possible to save any money before you are released, you should try to do so.** Based on need, Parole can give up to \$300.00 in emergency funds, but it is at their discretion. Ask your parole officer about this.

You may be eligible to get some kind of public assistance (welfare), but not everyone qualifies for this. Here are the basics of what you'll need to know about getting benefits.

**GENERAL ASSISTANCE (WFNJ-GA) AND  
TEMPORARY ASSISTANCE FOR NEEDY**

**FAMILIES (WFNJ-TANF)** provide cash benefits,

GA for single people and TANF for people who have custody of their children. Both programs will require you to work or actively look for work and both have a five-year lifetime limit. Work First New Jersey also has an Emergency Assistance program that you may qualify for if you are homeless or at risk of becoming homeless: it can pay for things like food, clothing and transportation costs to look for housing, but also temporary rental or mortgage payment assistance and utility

payments. You will receive the **P.R.E.P.A.R.E brochure before release to apply for these programs online.**

**WFNJ-GA AND WFNJ-TANF**  
**APPLICATION SITES:**

**WFNJ/General Assistance**

181 How Lane

New Brunswick

732-745-3500 OR 1-800-SOCIAL2

Provides emergency/financial services to adults without children for all the towns in Middlesex County that are not listed below.

**\*Please note residents of Plainsboro will need to go to their town municipal to apply.**

**WFNJ/TANF-Perth Amboy, South Amboy**

252 Madison Avenue

Perth Amboy

732-324-5500

**FYI:** If you were convicted of an offense involving distribution or sale of drugs after August 22, 1996, you cannot receive cash benefits under GA or TANF. If you were convicted of an offense after that date that only involved possession of drugs, you may be able to get benefits if you completed or are enrolled in a licensed drug treatment program, or completed a program in prison and are drug free (you will have to submit to drug testing).

If you apply for welfare and the case worker asks about your criminal background, you should answer truthfully and to the best of your knowledge.

If you provide false information, you may be found “ineligible” and could also be prosecuted.

**FOOD STAMPS**

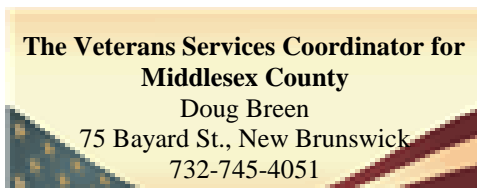
**You may apply for food stamp while applying for GA/TANF.**

If you were convicted after August 22, 1996 of a drug distribution or sales offense, you may still be able to get Food Stamps if you have completed or are enrolled in a licensed drug treatment program, or completed a program in prison and are drug free (you will be tested). Same goes for possession offenses.

**F: Veterans Benefits:** If you were receiving veteran’s benefits, either for disability or a pension, and you were incarcerated for more than 60 days, you will have to get reinstated after you are released. If you were not receiving benefits and you are a veteran, you may be eligible for

benefits or for some of their other programs and services, including health care. You can contact the **P.R.E.P.A.R.E** social worker in your institution located in the social services department for assistance. You can also contact the VA for questions about benefits at 800-827-1000; the health benefit number is 877-222-VETS. The 24 hour veterans mental health hotline is **1-866-VETS-NJ4U**.

The VA Benefit Administration is located at  
20 Washington Pl., 3<sup>rd</sup> Floor  
Newark  
973-645-1441 (regional office).



#### **MIDDLESEX COUNTY VETERAN'S SERVICE CARD**

A courtesy service card is available in the Middlesex County Passport office to all veterans in acknowledgement of service rendered to the United States of America.

- Original DD-214 must be recorded with the County Clerk.
- Proof of name and address in Middlesex County in the form of a driver's license, business mail, or property tax bill.
- Married females requesting ID cards listing a name other than what appears on their DD-214 must also show supporting document showing legal name change.
- Passport Office hours: Monday-Friday 8:30 am - 3:00 pm.

The following are some websites that can assist you in looking for information about veteran services:

Federal Veterans Information:

[www.va.gov](http://www.va.gov)

Info for NJ Veterans:

[www.vetsinfo.com](http://www.vetsinfo.com)

New Jersey Dept of Veterans Affairs: [www.state.nj.us/military](http://www.state.nj.us/military)

New Jersey Veterans Guide:

[www.state.nj.us/military/veterans/njguide](http://www.state.nj.us/military/veterans/njguide)

VA Home Loans:  
[www.homeloans.va.gov](http://www.homeloans.va.gov)

Veterans Counseling Service Center:  
[www.va.gov/rcs/newjersey/html](http://www.va.gov/rcs/newjersey/html)

**Be aware that the VA takes considerable time to make decisions. On average, it can take 273 days to process a new application for benefits.**

**OTHER BENEFIT PROGRAMS:** You may be eligible for other cash benefits, including Supplemental Security Income (SSI) disability benefits (if you are seriously disabled and cannot work) call 1-800-772-1213 and the Women's, Infants, Children (WIC) program, which gives food vouchers to low-income parents. You can inquire about WIC at the city and county welfare offices.

## **Taking Care of Yourself: Getting Support**

The transition from prison back to society may take some time to get adjusted and we want to provide you with options to lessen the burden. Taking care of your mind and body will be important for your success. Below are a few places to that may be of assistance.

## **Taking Care of Yourself: LGBTQ+ Resources**



### **Garden State Equality**

Garden State Equality lifts up the diverse voices of LGBTQ+ communities through education and advocacy to advance the movement for equality in New Jersey and nationally.

Are you a Trans person who needs help changing your name in New Jersey? Garden State Equality is here to help! Learn more about **updating identification documents** at GSE's website:

<https://www.gardenstateequality.org/take-action/update-id/>

1408 Main Street  
Asbury Park, New Jersey 07712  
<https://www.gardenstateequality.org/>  
(973) 509-5428

### **Equality Federation**

Equality Federation is an advocacy accelerator rooted in social justice, building power in our network of state-based lesbian, gay, bisexual, transgender, and queer (LGBTQ+) advocacy organizations.

[equalityfederation.org](http://equalityfederation.org)

### **The Pride Center of New Jersey**

The mission of Pride Center of New Jersey is to provide a safe and welcoming space for all individuals who identify as LGBTQ+ to find support, educational tools, health and education resources, and social opportunities within a community of acceptance. Free HIV testing.

85 Raritan Avenue, Suite 100  
Highland Park NJ, 08904-2430  
(732) 846-2232

[info@pridecenter.org](mailto:info@pridecenter.org)

### **NJ Gay Life**

Lists events throughout New Jersey to connect the LGBTQI+ community. Online directory of New Jersey businesses and a support group calendar organized by issues and geographic locations.

[NJGayLife.com](http://NJGayLife.com)

PO Box 224, Metuchen, NJ 08840.

### **Parents, Families and Friends of Lesbians and Gays (PFLAG)**

The PFLAG mission is to build on a foundation of loving families united with LGBTQI+ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQI+ people. To find a local chapter visit: <https://pflag.org/find-a-chapter>

Main Phone: (202) 467-8180

Fax: (202) 467-8194

### **Human Rights Campaign**

Advocates for LGBTQI+ Americans, mobilizes grassroots action, and educates the public about LGBTQI+ issues.

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

**SAMHSA Substance Abuse and Mental Health Service Administration**

Resources on the LGBTQI+ population include national survey reports, agency and federal initiatives, and related behavioral health resources from the U.S. Department of Health and Human Services.

**Find Help and Treatment**

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.

**SAMHSA's National Helpline**

800-662-HELP (4357)

TTY: 800-487-4889

For additional information on finding help and treatment options, visit [www.samhsa.gov/find-treatment](http://www.samhsa.gov/find-treatment).

For general questions about SAMHSA, including information about mental and substance use disorders:

**SAMHSAInfo@samhsa.hhs.gov**

877-SAMHSA-7 (726-4727)

TTY: 800-487-4889

**Edge New Jersey**

The mission of EDGE New Jersey is to respond compassionately and responsibly to the HIV+ and LGBTQI+ communities by providing supportive services, housing opportunities, prevention strategies and education to enhance the community we serve. The vision of EDGE is to empower those we serve to achieve a healthy, safe and self-sufficient life, providing the resources to positively influence their community.

**CAN Clinic (Temporary)**

3155 NJ State Route 10, Suite 204

Denville, NJ 07834

973-370-3130

**EDGE CAN Wellness Center**

295 East Main St

Denville, NJ 07834

973-285-0006

**Hudson Pride Center** Hudson Pride serves as an advocate and social service provider for both the LGBTQI+ and HIV/AIDS communities in Hudson County.

205 Brunswick St

Jersey City, NJ 07302



NHCAC Health Center  
2nd Floor, 714 31st St  
Union City, NJ 07087  
(201) 963-4779  
[info@hudsonpride.org](mailto:info@hudsonpride.org)

**PROUD Gender Center of New Jersey**

At Robert Wood Johnson University Hospital (RWJUH) New Brunswick it is a top priority to optimize health and well-being for every patient. The **LGBTQIA Program** is firmly rooted with that purpose in mind.

In full support of the transgender community, RWJUH provides a full suite of specialized services designed to bring you to the best “you” you can be.

At the Center, a multidisciplinary team of family medicine physicians, gynecologists, urologists, endocrinologists, plastic surgeons and otolaryngologists provides specialized care for LGBTQ patients. Hormone therapy and surgical procedures are offered to support the transition of transgender patients.

[181 Somerset St., 2<sup>nd</sup> Floor](#)  
[New Brunswick, NJ 08901](#)  
1-833-BH-PROUD (1-833-247-7683)

**Lambda Legal**

Founded in 1973, Lambda Legal is the oldest and largest national legal organization whose mission is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work.

As a 501(c)3 nonprofit organization, we do not charge our clients for legal representation or advocacy, and we receive no government funding.

**National Headquarters**

120 Wall Street, 19th Floor  
New York, NY 10005-3919  
212-809-8585

**QSpot LGBT Community Center**

**QSpot** fosters the health, well-being and pride of NJ’s LGBT and allied community by providing resources, referrals, education, and outreach. QSpot works tirelessly to fulfill its mission while operating a safe and welcoming LGBT community center.

1601 Asbury Ave, Asbury Park, NJ 07712  
[\(732\) 455-3373](tel:7324553373)

## **HOTLINES /CRISIS INTERVENTION**

The National Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.

**SAMHSA's National Helpline**

**800-662-HELP (4357)**

**TTY: 800-487-4889**

### **Crisis Intervention/Suicide Prevention**

**The Trevor Project: (866) 488-7386**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

### **National Suicide Prevention Lifeline: (800) 273-8255 (online chat available)**

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

### **Crisis Text Line: Text START to 741-741**

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

### **The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564**

The GLBT National Youth Talkline (youth serving youth through age 25): (800) 246-7743

Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

### **Trans Lifeline: (877) 565-8860**

Trans Lifeline is a trans-led organization that connects Trans people to the community, support, and resources they need to survive and thrive.

### **National AIDS Hotline (800) 342-AIDS / (800) 344-7432 (Spanish) / (800) 243-7889 (TDD)**

### **Other Hotlines**

### **U.S. National Domestic Violence Hotline: (800) 799-7233 (English and Spanish) (800) 787-3224 (TTY)**

They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.

**Pride Institute: (800) 547-7433 24/7**

Chemical dependency/mental health referral and information hotline for the LGBTQ community.

**Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE / (800) 810-7440 (TTY)**

The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

**Support for victims and survivors of sexual violence  
Hotline: 1-866-295-SERV (7378)**

## **Taking Care of Yourself: COVID-19 Testing and Vaccine**

### **COVID-19 Testing and Vaccine**

**Call 211 for General COVID-19 Questions and information on how to stay safe, test sites, financial assistance, unemployment, donations, food, and other non-medical needs. (24/7)**

**Call 1-800-962-1253 (24/7) to speak to a healthcare professional at the NJ Poison Control Center about symptoms, when to seek medical attention and proper steps to take if exposed to COVID-19.**

**Call (COVID-19 Vaccination and Testing): [1-855-568-0545](tel:1-855-568-0545) (10a-6p, M-F; 10a-4p, Sa)**

**Call (Medical COVID-19 Questions): [1-800-962-1253](tel:1-800-962-1253) (24/7)**

There are multiple ways to get a COVID-19 vaccine including:

1. Use the [NJ Vaccine Appointment Finder](#) to find available vaccination appointments near you or sites with walk-in vaccinations (no appointment needed).
2. Register with the [NJ Vaccine Scheduling System](#) to be notified when an appointment is available to you at vaccination locations that use the State's Vaccine Scheduling System.
3. Seniors 65+ can call the senior-specific hotline at **855-429-1168** from 8am to 8pm to schedule dedicated vaccine appointments
4. Many VA facilities and clinics are offering vaccines to veterans, their spouses, and their caregivers.



## **Taking Care of Yourself: Health Care Resources**

It is very important that you pay attention to your health during the period after you are released, and that you make sure you have a plan to get any prescriptions that you need filled and see a doctor if you have health conditions that need care. Also, stress and changes in routine can make many health conditions worse. Below, you'll find information on paying for health care and clinics and other resources in Middlesex County.

### **A. Health Care Benefits: Am I eligible?**

In New Jersey, the **Medicaid** program provides health care benefits for some low-income people. If you gain custody of children under 18 when you are released, you may qualify if you are single, or if the main breadwinner in the household is unemployed, or isn't earning enough to support the family. Otherwise, if you are single, you will only qualify for Medicaid if you are low-income and are aged (meaning over 65), blind or so disabled that you are unable to work. If you are disabled and are applying for SSI, you will also be screened for Medicaid at that time. If you qualify for General Assistance benefits, you will get some very basic health care benefits through Medicaid (Plan G). **Medicaid is a separate program from GA or TANF, so you don't have to be eligible for those benefits to qualify for Medicaid.**

**For questions about Medicaid eligibility,**

**Call NJ Family Care at 1-800-701-0710  
or to apply for  
Medicaid in Middlesex County at:**

**Middlesex County Board of Social Services**  
181 How Lane  
New Brunswick  
732-745-3500 OR 1-800-SOCIAL2

If you are a veteran, you may be eligible for health care benefits through the **Veteran's Administration**, which provides a "Medical Benefits Package" for enrolled veterans. You can call 877-222-VETS for more information about eligibility and applying for benefits.

If you are HIV+ or have AIDS, you may also be eligible for the **AIDS Drug Distribution Program (ADDP)**, which provides help paying for AIDS medication for people who don't have other ways of paying. **You can apply for this program before you are released.** Contact the **Aids Drug Distribution Program** at 609-588-7038 or toll free 877-613-4533, Mon-Fri 9am-5pm to apply.

**Easter Seals New Jersey** provides information, referrals and loans of medical equipment (including wheelchairs) to people in need. For information call 732-257-6662.



## **B. General HealthCare Providers**

Even if you do not have Medicaid or other health insurance or benefits, Middlesex County has clinics that provide primary health care at low cost, sliding scale or for free. They are listed below. Most hospitals have charity care and you should ask about this if you go to a hospital emergency room for treatment.

### **Urgent Care**

Excel Urgent Care of Old Bridge, NJ  
Old Bridge Township, NJ  
(732) 952-5000

Urgent Care of New Jersey  
Edison, NJ  
(732) 662-5650

Immediate Care Medical Walk-In of Edison  
Edison, NJ  
(732) 944-0950

## **Middlesex County Community Health Centers**

### **Eric B Chandler Health Center**

**Location:** New Brunswick, NJ - 8901

**Contact Phone:** 732-235-6700

**Services:** Dental Care Services, Enabling Services, Obstetrical and Gynecological Care, Other Professional Services, Primary Medical Care, Specialty Medical Care

**Remarks:** Administrative/Clinic

### **Jewish Renaissance Medical Center**

**Location:** Perth Amboy, NJ - 08861-4310

**Contact Phone:** 732-376-9333

**Services:** Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services, Nutrition, Pediatric Services, Woman Wellness

**Remarks:** Community Health Center, Administrative/Clinic , Urban Area, Permanent Clinic, Full-Time (open 52 hours per week)

### **Jewish Renaissance Medical Center Admin Offices**

**Location:** Perth Amboy, NJ - 08861-4310

**Contact Phone:** 732-376-9333

**Services:** Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services, Nutrition, Pediatric Services, Woman Wellness

**Remarks:** Community Health, Urban Area, Mobile Van Clinic, Full-Time (open 40 hours per week)

### **Middlesex County College**

**Location:** Edison, NJ - 8820

**Contact Phone:** 732.548.6000

**Services:** Dental Checkup and cleaning

### **Perth Amboy High School**

**Location:** Perth Amboy, NJ - 08861-2711

**Contact Phone:** 732-376-6030

**Services:** Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services, Nutrition, Pediatric Services, Woman Wellness

**Remarks:** Community Health, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 20 hours per week)

### **Perth Amboy Housing Authority**

**Location:** Perth Amboy, NJ - 08861-3849

**Contact Phone:** 732-324-0500

**Services:** Adult Medicine, Adult Senior Services, Ancillary &

Referrals, Dental Services, Nutrition, Pediatric Services,  
Woman Wellness

**Remarks:** Community Health, Urban Area, Permanent Clinic,  
Year-Round, Part-Time (open 20 hours per week)

**Planned Parenthood - New Brunswick Center**

**Location:** New Brunswick, NJ - 0 8901

**Contact Phone:** 732.246.2411

**Services:** Abortion Referral, Birth Control, HIV Testing,  
Morning after pill(Emergency contraception), Pregnancy  
Testing & services, STD Testing and treatment and Vaccines,  
Women's Health Care.

**Remarks:** Saturday hours are available on every other  
weekend beginning Jan. 14. Please call 732-246-2411 to  
schedule.

**Planned Parenthood - Perth Amboy Center**

**Location:** Perth Amboy, NJ - 0 8861

**Contact Phone:** 732.442.4499

**Services:** Abortion Referral, Birth Control, HIV Testing,  
Morning after pill(Emergency contraception), Pregnancy  
Testing & services, STD Testing and treatment and Vaccines,  
Women's Health Care.

**Remarks:** Saturday hours are available between 8 a.m. to 1  
p.m. every other weekend beginning Jan. 7. Please call 732-  
442-4499 to schedule.

**Planned Parenthood - Spotswood Center**

**Location:** Spotswood, NJ - 0 8884

**Contact Phone:** 732.723.9192

**Services:** Abortion Referral, Birth Control, HIV Testing,  
Morning after pill(Emergency contraception), Pregnancy  
Testing & services, STD Testing and treatment and Vaccines,  
Women's Health Care.

**University Of Medicine And Dentistry Rwj Eric B.**

**Chandler Health Center**

**Location:** New Brunswick, NJ - 08901-1311

**Contact Phone:** 732-235-6700

**Services:** Adult and Family Medicine, Women's Health Care -  
Obstetrics/Gynecology, Pediatric/Child Health Care, Dental  
Care, Podiatry (Foot Care), Infectious Diseases and HIV,  
Special Services, Laboratory Services.

**Remarks:** Community Health, Urban Area, Permanent Clinic,  
Year-Round, Full-Time (open 52 hours per week)

**University Of Medicine And Dentistry Rwj Eric B.**

**Chandler Health Center**

**Location:** New Brunswick, NJ - 08901-2001

**Contact Phone:** 732-235-2052

**Services:** Adult and Family Medicine, Women's Health Care - Obstetrics/Gynecology, Pediatric/Child Health Care, Dental Care, Podiatry (Foot Care), Infectious Diseases and HIV, Special Services, Laboratory Services.

**Remarks:** Community Health, Urban Area, Permanent Clinic, Year-Round, Full-Time (open 40 hours per week)

All of these centers accept Medicaid and some insurance plans, but also provide services on a sliding scale basis, additional fees for x-rays and lab work. Primary and preventive care. Staff there can help you apply for Medicaid or other benefits if you may be eligible.

**Middlesex Department of Human Services**

75 Bayard St.

New Brunswick, NJ 08901 Phone: 732-745-4042

Middlesex County Prescription Discount Plan

1-800-633-0037

[www.gspops.com](http://www.gspops.com)

**Planned Parenthood of Central NJ**

<http://www.ppcnj.org/>

69 E Newman Spring Rd

Shrewberry NJ 07702

732-842-9300

450 Market St.

Perth Amboy, NJ 08861

732-442-4499

**Provides:**

- ✓ Gynecological exams,
- ✓ Pregnancy testing/counseling,
- ✓ Prenatal care,
- ✓ STD testing/counseling,
- ✓ Teen programs,
- ✓ Emergency contraception,
- ✓ Family planning
- ✓ Male programs.

*Sliding scale fees based on income and family size, Medicaid and most insurance is accepted.*



## **C. Services for People with HIV/AIDS**

In addition to the clinics listed above, a number of places in Middlesex County offer care and support services specifically for people with HIV and AIDS.

### **Catholic Charities**

(testing provided by the Robert Wood Johnson Counseling and Testing Program) has multiple sites.  
24 Abeel Street New Brunswick, NJ 08901  
732-745-9800

### **Elijah's Promise**

(testing provided by the Robert Wood Johnson Counseling and Testing Program)  
18 Neilson Street New Brunswick, NJ 08901  
732-545-9002

### **Eric B. Chandler Health Center**

277 George St. New Brunswick, NJ 08901  
732-235-7992

### **Middlesex County Health Department**

596 Jersey Avenue New Brunswick, NJ 08901  
732- 565-3788 x302

### **Planned Parenthood-New Brunswick**

10B Industrial Drive New Brunswick, NJ 08901  
732-246-2411

### **Planned Parenthood-Perth Amboy**

450 Market Street Perth Amboy, NJ 08861  
732-442-4499

### **Planned Parenthood-Spotswood**

12 Snowhill St, Snowhill Plaza, Ste. 3 Spotswood, NJ 08884  
732-723-9192

### **Pride Center**

(testing provided by Robert Wood Johnson Counseling and Testing Program)  
85 Raritan Avenue #100 Highland Park, NJ 08904  
732- 846-2232

### **Raritan Bay Medical Center**

530 New Brunswick Ave. Perth Amboy, NJ 08861  
732-324-5346

### **Robert Wood Johnson AIDS Program**

1 Robert Wood Johnson Pl. New Brunswick, NJ 08901  
732-235-6142

**Robert Wood Johnson Counseling and Testing Program 1**  
Robert Wood Johnson Place Suite  
1 New Brunswick, NJ 08901  
732- 235-7114

**Catholic Charities Case Management for HIV Disease**  
24 Abeel St.  
New Brunswick NJ 08903  
732-745-9800

**Hyacinth AIDS Foundation**  
317 George Street Suite 203  
New Brunswick, NJ 08901  
732-246-0204 or call the state's hotline 800-433-0254.  
Hours: Mon-Fri 9am-5pm  
Services include case management, support groups, buddy services and treatment advocacy.

**NJ AIDS/STD Hotline**  
UMDNJ/65 Bergen St, Newark  
1-800-624-2377 – 24 hours/day  
The hotline gives referrals, general information, counseling, testing locations and treatment information.

**New Jersey Women and Aids Network**  
103 Bayard Street 3<sup>rd</sup> Floor  
New Brunswick NJ 08901  
Sister Connect Warm Line: 1-800-747-1108  
732-846-4462  
Hours: M-F 9am-5pm

## **D. Services for People With Tuberculosis and Hepatitis C**

In addition to the general medical care facilities listed above, there are a few services especially for people with tuberculosis and hepatitis C.

**National Hepatitis C Coalition**  
**951-766-8238**

**Mercer County Hepatitis Support Group**  
Robert Wood Johnson  
Whitehorse Hamilton Square Road and Klockner Road  
Hamilton NJ  
609-371-3401

**Global TB Institute at the University of Medicine and Dentistry**  
Hotline: 1-800-4TB-DOCS

## **TUBERCULOSIS CONTROL PROGRAM**

29 Oakwood Avenue  
Edison NJ 08837  
732-321-5297  
Hours: M-F 8:30am-4:15pm



### **E. Dental Care**

The locations listed below don't provide free care, but do have a sliding scale for those without insurance. Waiting lists can be long.

#### **RWJ Dental Services**

1 Robert Wood Johnson Place  
New Brunswick, NJ 08901  
732-937-8653

#### **Middlesex County College Dental Hygiene Clinic**

L'Hommedieu Hall  
2600 Woodbridge Avenue  
Edison, New Jersey 08818  
732-906-2536

#### **John F. Kennedy Medical Center**

65 James Street  
Edison, New Jersey 08820  
732-321-7608

*NOTE: Limited to Middlesex County residents only.*

#### **Eric B. Chandler Health Center\***

123 Church Street  
New Brunswick, New Jersey 08901  
732-235-2052

#### **Eric B. Chandler Health Center\***

277 George Street  
New Brunswick, New Jersey 08901  
732-235-6700

## **F. MENTAL HEALTH /SUBSTANCE ABUSE RESOURCES**

**FYI:** Drug addiction can be fatal to your health, not to mention illegal and can result in jail time. In order to be successful in society seeking services for a drug or alcohol addiction will be necessary. Many of the health clinics, support centers and other resources listed in this guide can help refer you to treatment that best fits your needs. Listed below are some of Middlesex County's treatment resources,

and each of these will also help with referrals if they can not help you. If you want treatment, you should also ask your parole officer for help — beds in treatment facilities are hard to come by, and they can help get you in. There are Narcotics Anonymous (NA) and Alcoholics Anonymous (AA) support group meetings all over Middlesex County. To find a meeting near you, call 866-920-1212 (for AA) or 800-992-0401 (for NA). For other self-help group resources, call the New Jersey Self Help Clearinghouse at 800-367-6274. Also, you can call the Addictions Hotline of NJ at 800-238-2333.

**Primary Screening Center for Middlesex County:**

**University Behavioral Health Care**

671 Hoes Lane Piscataway, NJ 08855

HOTLINE: (732) 235-5700

Emergency Services - Affiliated w/Screening

**Center Raritan Bay Medical Center**

530 New Brunswick Avenue Perth Amboy, NJ 08861

HOTLINE: (732) 442-3794

Mental Health Treatment Facilities and Programs:

**East Mountain Hospital**

252 Route 601 Belle Mead, NJ 08502

(800) 379-1949

[www.eastmountainhospital.com](http://www.eastmountainhospital.com)

**Carrier Clinic**

252 Route 601 Belle Mead, NJ 08502

(800) 933-3579

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

**Catholic Charities**

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

(732) 324-8200

**Community Care Behavioral Health Piscataway**

732-572-4666

[www.communitycare.us](http://www.communitycare.us)

Contact we Care 24 Hour National Suicide

**Prevention Hotlines:**

1-800-273-TALK (8255) and 1-800-SUICIDE or Text "CWC" to 839863. 2

**Jewish Family & Vocational Service of Middlesex County**

32 Ford Avenue Milltown, NJ 08850

(732) 777-1940

<http://www.jfvs.org>

**JFK Center for Behavioral Health Edison**

732-321-7189

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

**National Alliance for the Mentally Ill (NAMI NJ)**

North Brunswick

732-940-0991

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

**NAMI Middlesex**

[www.naminj.org/affiliates/middlesex.html](http://www.naminj.org/affiliates/middlesex.html)

732-745-0709

**Raritan Bay Medical Center& Short-Term Care Facility**

Perth Amboy

732-324-5119

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

**Princeton House Behavioral Health North Brunswick**

732-729-3636

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

**UMDNJ**

University Behavioral Health Care Piscataway

1-800-969-5300

[www.ubmc.umdj.edu](http://www.ubmc.umdj.edu)

**G. Emergency Mental Health Services**

**FYI: If at any time you may want to hurt yourself or someone else, please call 911. If you feel like you may be a danger to your self or others. It is very important that you call someone for help. Here are a few numbers of places that would be more than willing to come to your aid.**

**Middlesex County Mental Health Administration**

732-745-5186

[www.co.middlesex.nj.us/humanservices](http://www.co.middlesex.nj.us/humanservices)

**Raritan Bay Medical Center Crisis Stabilization**

Perth Amboy

732-324-5289 /5105

**UMDNJ Crisis**

Piscataway

732-235-5700

**Middlesex County Prescription Discount Plan**

**1-800-633-0037**

[www.gspops.com](http://www.gspops.com)

## H. Free/Low Cost Eyeglasses and Eye care

**Atlantic Medical Eye Care**  
**Dr. Scharfman**  
**Raritan Bay Medical Center**  
3 Hospital Plaza Suite 310  
Old Bridge NJ 08857  
732-607-0555



**American Council of the Blind of New Jersey**  
21 Island Drive  
Old Bridge, NJ 08857

## Finding a Job: Employment Assistance and Training Programs



Getting a job is usually one of the most important necessities when released from prison. Not everyone can obtain employment immediately, sometimes things like getting drug treatment, dealing with your housing, health or family situation may come first. For most people, though, finding work is the first step to getting back on your feet. It will be very challenging to get a job once you have been in prison, but it is not impossible, and you need to be persistent and patient. Below are some pointers on job searching, and information about resources that can help you find a job or get training for the job you want.



### A. Things to Know Before You Start Your Job Search

**Be Prepared:** It is essential that you are organized, and have all records of previous employment available when beginning a job search. A resume is the smartest thing you can create. If you are unsure of how to do so, you may go to your local one-stop career center and seek assistance. Not only will employers want to know your work history, they will inquire of accurate dates that you were employed with the company. Knowing this information is vital to ensuring employment. Employers will not be interested in hearing that you do not remember dates or addresses for your work history. If an employer decides to hire you he will also need your identification so make sure that is readily available.

**Presentation:** Look as neat, clean and organized as possible, no matter what the job is. Be polite and respectful, even when people are not polite and respectful to you, and many won't be. Making the person you want to help you or hire you mad won't get you the job you want.

**Talking About Your Criminal Record:**

Never omit or falsify a document that asks you specifically if you have a criminal record. The application may ask you to give details to the nature of your crime and it may not. Chances are a criminal background check will be administered prior to employment and lying will cost you the job.

**FYI:** Work Opportunity Tax Credit (WOTC): With the Work Opportunity Tax Credit, your employer may be able to save up to \$4800 the first year you are hired. Make sure to inform your potential employer of this benefit.

**For questions regarding WOTC, please call 609-292-5525 or 1-800-792-8881**

**Federal Bonding Program:** Provides bonding “or insurance coverage” for employers who hire individuals with criminal histories who are otherwise qualified but cannot gain employment due to their criminal backgrounds. Please contact your local one stop for more information. (732) 418-3347

**Middlesex County Apprenticeship Programs**

**Contact:** Mr. Bruce Negri

Middlesex County Vocational and Technical Schools

112 Rues Lane, PO Box 1070

East Brunswick, NJ 08816

732.257.3300 x1921

732.390.4252 FAX

[negrib@mail.mcvts.net](mailto:negrib@mail.mcvts.net)

[www.mcvts.net](http://www.mcvts.net)

NJ LWD Representative – James Spinola

**IT'S A JOB FOR RIGHT NOW,  
IT'S NOT THE REST OF YOUR LIFE**

When you are first starting out, especially if you've been out of the job market for a while, or have never had a job, you need to build a work history, and, of course, you need to make some money. Take whatever job you can get for now — it doesn't have to be the exact job you want, or what you eventually want to be doing. Do this job well —even if it's not a great job — and it can help you get a better one in the future. A year of good job performance will make your criminal record matter less.

## **B. Help with Job Search and Job Training: Resources**

***The following are good places to start in looking for a job.***

### **Middlesex County One-Stop/Workforce New Jersey**

550 Jersey Avenue  
New Brunswick NJ  
One Stop: 732-937-6200  
Workforce NJ: 732-745-3955  
Hours: M-F 8:30am-5:30pm

Perth Amboy Office  
161 New Brunswick Ave  
Perth Amboy, NJ  
One Stop: 732-293-5016  
Workforce NJ: 732-826-3200  
Hours: M-F 8:30am-5:30pm

### **Jewish Family and Vocational Service**

Milltown Office: 32 Ford Ave Milltown  
732-777-1940  
Monroe Office: 52 Concordia Shopping Center Monroe  
609-395-7979

Offers: comprehensive career assistance to unemployed, underemployed, refugees, asylees, individuals seeking a new job and/or those seeking a career change.

*\* Also offers women's job center at Milltown office.*

Services include: Career Evaluation and Assessment, Career counseling, Career planning, Job Search Techniques, Resume Writing, Interview Preparation, Job Seeker Support Group, Education and Academic Counseling, Computer Training, English Language Training.

### **NJ Division of Vocational Rehabilitation Services**

New Brunswick, NJ  
732-937-6300

This program includes diagnostic evaluation, vocational guidance and counseling, therapies, vocational training, rehabilitation workshop and training, tools, supplies, assistive devices, vehicle modification, supported employment/job coaching and job placement assistance. Disability must be significant impediment to employment.



**New Brunswick Public Schools Adult Learning Center**

268 Baldwin Street 2<sup>nd</sup> Floor

New Brunswick

732-745-5300 x4100

Offers computer access for job searches and resume writing.

Offers additional services for ages 16-20.

M-F 9:30am-4:30pm

**Civic League of greater New Brunswick**

47-49 Throop Ave

New Brunswick

732-247-9066

Offers public access to computers for job searches and resume writing.

M-F 9:00am-5:00pm.

**Elijah’s Promise- Culinary Arts Training Program**

The Promise Jobs Culinary School offers a full-time, intensive training program that prepares participants for employment in the food service industry.

211 Livingston Ave

New Brunswick

(732) 545-9002, ext. 113

**Middlesex County Apprenticeship Programs**

**Contact:** Mr. Bruce Negri

Middlesex County Vocational and Technical Schools

112 Rues Lane, PO Box 1070

East Brunswick, NJ 08816

732.257.3300 x1921

732.390.4252 FAX

[negrib@mail.mcvts.net](mailto:negrib@mail.mcvts.net)

[www.mcvts.net](http://www.mcvts.net)

NJ LWD Representative – James Spinola

**C. Legal Restrictions on  
Employment and Protections  
Against Discrimination**

If you are interested in getting a job and building a career in a particular area, you should make sure that it isn't one that is forbidden to someone with the kind of criminal conviction that you have on your record. There are about 22 categories of jobs in New Jersey that exclude people with convictions (which conviction it varies by job). These include: aircraft/airport employees; paid public school employees, school bus drivers and school crossing guards; bank employees; bartenders and waiters in establishments where liquor is served; housing authority and municipal police and parking enforcement officers; New Jersey Turnpike Authority employees; liquor

retail, wholesale, manufacturing or distributing employees; paid firefighters; child care center employees; community residences for individuals with developmental disabilities. A much larger number of jobs require that you disclose your criminal record, and that employers perform background checks; some of these, however, also require that employers consider evidence of rehabilitation. These include most jobs in the health care and counseling fields (including drug and alcohol counseling) and social workers.

If you are going to begin training in a particular field, make sure you find out from the training course whether there are any restrictions that will keep you from getting a job.

#### **Protections for Licensed Occupations:**

If you are not absolutely barred from a position because of your conviction, New Jersey law says that you cannot be denied a professional license simply because of your conviction unless the crime for which you were convicted relates to the occupation you want to enter. If the licensing board or agency wants to deny you a license because the crime is related to the occupation, they have to explain, in writing, that they have considered certain factors like the seriousness of the crime, the circumstances of the crime, the date and your age when convicted, whether the crime was an isolated or repeated event, social conditions, and evidence of rehabilitation. You can ask your parole officer about applying for a “certificate of rehabilitation,” which can be used in your license application.

### **D. Benefits for Employers Who Hire People with Criminal Records**

As you look for a job you can tell employers that the federal government has programs to support employers who hire people coming out of prison.

**FYI:** Work Opportunity Tax Credit (WOTC): With the Work Opportunity Tax Credit, your employer may be able to save up to \$4800 the first year you are hired. Make sure to inform your potential employer of this benefit.

**For questions regarding WOTC, please call 609-292-5525 or 1-800-792-8881**

**Federal Bonding Program:** Provides bonding “or insurance coverage” for employers who hire individuals with criminal histories who are otherwise qualified but cannot gain employment due to their criminal backgrounds. Please contact your local one stop for more information. (732) 418-3347.



## **E. Opening a Checking or Savings Account**

After you've gotten a source of income, you may want to open a checking or savings account. A checking account is a great idea because many jobs provide direct deposit, and your check is automatically deposited into your account on payday. Using checks to pay for your bills is also cheaper than using money orders. To open a checking account you usually need a picture I.D. (driver's license or non-driver state I.D.), proof of address, birth certificate, and a social security card. You can also request a debit card with your account, which you can use just like a credit card (as long as you have the money in your account already). You can get a debit card for either a checking account, or a savings account, but with a savings account you can earn interest on the money you've saved. Fees for these accounts will vary depending on the type of account and bank. Many banks now offer free checking.



## **F. Public Libraries**

Your local public library can be a good resource for your job search. Public computers provide internet access (and help using the computer), job and course listings, and other local directories. Libraries also often carry the government forms mentioned in this guide, and librarians can help you find other information that you need.

### **LIBRARIES**

#### Libraries-Middlesex Automation

Avenel, NJ

(732) 750-2525

Open until 8:30 PM

Middlesex Public Library

Middlesex, NJ

(732) 356-6602

Open until 9:00 PM

New Brunswick Free Public Library

New Brunswick, NJ

(732) 745-5108

Open until 9:00 PM

Monroe Township Library  
Monroe Township, NJ  
(732) 521-5000  
Open until 9:00 PM

East Brunswick Public Library  
East Brunswick, NJ  
(732) 390-6950  
Open until 9:00 PM

Middlesex County Planning Department  
New Brunswick, NJ  
(732) 745-3062

Edison Public Library: North Edison Branch  
Edison, NJ  
(732) 548-3045  
Open until 9:00 PM

Westergard Library  
Piscataway Township, NJ  
(732) 752-1166  
Open until 9:00 PM

Piscataway Twp Library  
Piscataway Township, NJ  
(732) 463-1633

Plainfield Public Library  
Plainfield, NJ  
(908) 757-1111  
Open until 9:00 PM

Milltown Public Library  
Milltown, NJ  
(732) 247-2270  
Open until 8:00 PM

Clara Barton Library  
Edison, NJ  
(732) 738-0096  
Closing soon: 5:00 PM

Edison Public Library: Main Branch  
Edison, NJ  
(732) 287-2298  
Open until 9:00 PM

Woodbridge Public Library  
Woodbridge, NJ  
(732) 634-4450  
Open until 9:00 PM

South Brunswick Public Library  
Monmouth Junction, NJ  
(732) 329-4000  
Open until 9:00 PM

Woodbridge Public Library  
Fords, NJ  
(732) 726-7071  
Open until 6:00 PM

Woodbridge Public Library - Henry Inman Branch  
Colonia, NJ  
(732) 726-7072  
Open until 9:00 PM

Franklin Township Public Library, Franklin Park Branch  
Public Library · Franklin Towne Center  
Franklin Park, NJ  
(732) 873-8700  
Closing soon: 5:00 PM

Mercer County Library Windsor  
Princeton Junction, NJ  
(609) 799-0462  
Open until 9:00 PM

Old Bridge Public Library  
Old Bridge, NJ  
(732) 721-5600  
Open until 9:00 PM

## **Reconnecting with Family**

As you prepare to come home, you may be thinking about reuniting with family members, including those you may not have seen for a long time. You may be excited to see your kids, your spouse, your parents, and others who are part of your family, and while most will be glad to see you home, others may be reluctant. All kinds of issues can come up, and you may need some help solving some of the problems that arise. This section provides some information and resources to help solve these issues.

### **Hotlines for Family Services Resources**

**NJ Child Abuse/ Neglect Hotline:**

1(877) NJABUSE (652-2873)

**Child Care Hotline:**

1(800) 332-9227

**NJ Child Support Hotline:**

1 (877) NJKIDS- 1 (655-4371)

**Division of Family Development:**

1(800) 792-9773

**NJ Division of Youth and Family Services:**

1 (800) 331-DYFS (3937)

**Family Health Line:**

1 (800) 328-3838

**Family Help Line (for stressed parents):**

1 (800) THE KIDS (843-2537)

**National Domestic Violence Hotline:**

1(800) 799-7233

**NJ Domestic Violence Hotline:**

1(800) 572-7223

**Parents Anonymous:**

1(800) 843-5437

### **A. Family Counseling Resources**

The following places can provide support, marital and family counseling and parenting classes to help you reunite with your family.

**Catholic Charities – Middlesex Counseling Center**

319 Maple Street  
Perth Amboy, NJ 08861

732-324-8200  
\*DYFS Clients Only

271 Smith Street,  
Perth Amboy, NJ 08861

**Phone:** 732.826.9160

*\*Non-DYFS clients accepted*

**Catholic Charities – Connections Program**

26 Safran Avenue,  
Edison, NJ 08816  
732.738.1323

Hours: Call for hours

Provides high quality, low cost, individual, couple, family and group counseling services to all individuals requesting treatment.

**New Jersey MENTOR**

80 Cottontail Lane, Suite 330  
Somerset, NJ 08873  
732.627.9890

**Family Support Organization of Middlesex County**

1 Ethel Road, Suite 108 A  
Edison, NJ 08817  
732.287.8701



**Parents Anonymous of New Jersey, Inc.**

127 US Highway 206, Suite 10, Hamilton  
609-585-7666  
800-843-5437 (24 hour hotline)

Hours: Call to confirm group times at different locations

Self-help for parents who are under stress and who want to improve their relationship with their children. Groups meet weekly and are facilitated by a volunteer professional; many groups provide child care. Groups meet in most counties throughout the state with some bilingual groups available. Parents Anonymous also offers an on-line support group as well.

**B. Child Custody and Visitation**

Establishing visitation and gaining custody of your children once you are released is not an overnight procedure. If you had custody of your kids at the time you were incarcerated, and no family was able to take care of them, they may have been placed in foster care. If this is the case, and you do not know your child's case manager's name or number, contact the Division of Youth and Family Services (DYFS), at 732-246-5640 or 800-531-1091. You will have to make an

appointment with the case manager for an interview. They may not be willing to give you information over the phone. You'll be asked a series of questions in order to assess when and if you will be given visitation rights, so that you may reestablish your relationship with the child and hopefully gain custody again. This is just a quick overview of what to do and what you can expect.

**If you were convicted of any violent or sexual offenses against children, you may be unable to live with or regain custody of your children.**

### **C. Getting and Paying Child Support**

Whether you have custody of your children on your own when you get out, and need help from an absent “non-custodial” parent, or you do not have custody of kids who need your support, child support payments will be an important part of your life after you are released. Some basic information is included below, as well as other places to go to get more information.

**Child support, custody and visitation issues are very complicated, and if you can get a lawyer, you should.**

Contact the Legal Services of New Jersey hotline, from 9:00 am - 4:30 pm, at 888-576-5529, or the Middlesex County Bar Association Lawyer Referral Service at (732) 828-3433. You can also contact Middlesex County Legal Services, at 317 George Street, Suite 201, New Brunswick, NJ 08901 Phone: (732) 249-7600 / 313 State Street, Suite 308 Perth Amboy, NJ 08861 Phone: (732) 324-1613. From prison, you can also contact the Prisoner's Self Help Legal Clinic, P.O. Box 768, Newark, NJ 07101.

### **Getting and Enforcing a Child Support Order**

If you have custody of your children, and want financial support from the non-custodial parent, you can apply for child support at the Superior Court of NJ Family Division, 56 Paterson St., New Brunswick, (732) 519-3200. There is a possible fee. You can also call 1-877-NJKIDS1 for more information about this. If you are receiving public assistance, there is no fee, and Work First New Jersey/TANF can help with the application, locating the absent parent, and paternity testing, but you will also not get most of the money paid in support while you are receiving public assistance, because it will go to pay back the state for what has been paid to you.

Child Support Services of the Probation Division is located at the **Perth Amboy office**: 262 State St., Perth Amboy/ **New Brunswick office**: 96 Bayard St, New Brunswick which helps enforce child support orders. The phone number for Child Support Enforcement is (877) 655-4371.



## **Paying Child Support**

If you have kids that you did not have custody of before you went to prison, there may be a child support order requiring you to pay a certain amount every month for their support. Even if you did not go to court — if, for example, the parent with custody filed for the order while you were incarcerated — the court can still order you to pay child support. The amount you pay in child support is tied to your income, and if the court does not know your income, they will assume you are working 40 hours a week at minimum wage. Child support payments are usually taken out of your paycheck. If you have not paid at all or missed payments, you will owe “arrears.” Unless you got a modification of your child support order when you went into prison (see below), the amount of arrears that you owe will have continued to grow while you were inside. When you come out, and get a job, they can begin to take out not just the monthly amount you owe for child support, but more money to pay back the arrears (up to 65% of your pay in total). They may also suspend your driver’s license. Here are some things you can do:

**Pre-Release:** Before you are released, you can seek a modification of a child support order, based on your change in circumstances (incarceration). You would be asking the court to reduce the amount you owe, so that arrears do not continue to build up while you are in prison. This process can be done without a lawyer but it is complicated, because you have to fill out and send the appropriate papers to court, the other parent or his or her lawyer, and to the Probation Division. The forms you need and the instructions are available at the state judiciary website:

[www.judiciary.state.nj.us/prose/infmpjm.pdf](http://www.judiciary.state.nj.us/prose/infmpjm.pdf)

or may be available in your prison law library.

**Post-Release:** You can find out how much you owe, and whether there is an existing child support order by going to the Family Division at the Hall of Justice, 120 New St. PO BOX 2691 New Brunswick NJ 08903. If you have not been paying child support, you should be aware that there may be a warrant issued for your arrest — this may have been addressed at the time you were being released, but you should still call before you go there: 732-519-3242. Tell them who you are, that you have just been released from prison and want to find out about how to pay your child support, and ask if there is a warrant. You can ask if they will “recall” the warrant so that you can come in, possibly work out a payment plan, and get a modification of the child support order.

## **D. Domestic Violence/Sexual Assault Resources**

The following places provide counseling, support and shelter or referrals to shelter in domestic violence situations. You can also call these 24 hour hotlines:

**New Jersey Coalition for Battered Women:**  
**(800)-572-SAFE.**

**Domestic Abuse Hotline for Men and Women:**  
**(888) 7HELPLINE (1-888-743-5754)**

### **Manavi**

**24-hour Hotline:** 732-435-1414

<http://www.manavi.org/>

An organization that provides a unique blend of culturally specific support services and intervention methods to address the unmet needs of South Asian women who are victims of violence. Manavi offers group and individual counseling, interpretation, accompaniments and transportation.

### **Women Aware, Inc.**

250 Livingston Ave.  
New Brunswick, NJ 08901

**24-Hour Hotline:** 732-249-4504  
732-249-4900

<http://womenaware.net/>

An organization that addresses the needs of women and children living in violent homes by making available free and confidential services which range from emergency crisis intervention to long-term efforts toward independent living. If necessary, it also plans safe-housing shelters and assist the women in obtaining temporary restraining orders.

### **Women Helping Women**

**24-hour Hotline:** 1-877-889-5610

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

Provides crisis intervention and prevention advocacy on three areas of gender-based violence: sexual assault, domestic violence, and stalking. Although survivors of gender-based violence are predominantly women, we extend all of our support services to men and the LGBTQ community. The agency offers both individual and family counseling for men and women in addition to support groups.

## Getting More Education

Although getting more education may not be part of your short term plans, it certainly should be something to think about for the future, especially if you do not have a high school diploma or a GED.



### **A. High School Diploma/GED Certificate/High School Equivalency Degree (HSED)/Vocational School Certificates**

It is very important to keep records of any degrees and certificates of completion and work-related licenses that have earned. Before you are released, you can write to the school or agency where you earned your degree or certificate to obtain a copy. Once you have a copy in your possession, this should be kept in your strong box.

**FYI:** If you earned your GED while incarcerated please call the Education Department of the institution you were in to obtain a copy.

You can also request your GED transcript or diploma verification from the New Jersey Department of Education providing you completed your diploma in a traditional setting. You will have to fill out a GED Information Request Form.

Please call 609-777-1050 for further assistance.

You may ask that it be sent to you; or you may pick up the form at a local testing center (which you can do after you are released); by downloading the form from the website <http://www.state.nj.us/njded/students/ged/ged7.htm>; or by writing to: GED Testing Program, Bureau of Adult Education and Family Literacy, New Jersey Department of Education, PO Box 500, Trenton, NJ 08625.

Your chances of getting a job that pays a living wage, and of moving forward in a career will improve with more education, and not having the high school diploma or GED will simply lock you out from a lot of opportunities.



## **B. GED Classes**

The places in Middlesex County below offer classes to help you prepare for the GED exam. Call for exact times and procedures. Many locations offer classes at low cost or no cost.

### **GED Locations**

#### **Middlesex County College**

2600 Woodbridge Avenue | Edison, NJ 08818 - 3050 |  
Phone: 732.548.6000 | Information Line: 732.906.2555  
Admissions: 732.906.4243 |  
Continuing Education: 732.906.2556

#### **Middlesex County One-Stop/Workforce New Jersey**

##### **Middlesex Office**

550 Jersey Avenue  
New Brunswick NJ  
One Stop: 732-937-6200  
Workforce NJ: 732-745-3955  
Hours: M-F 8:30am-5:30pm

##### **Perth Amboy Office**

161 New Brunswick Ave  
Perth Amboy, NJ  
One Stop: 732-293-5016  
Workforce NJ: 732-826-3200  
Hours: M-F 8:30am-5:30pm

#### **East Brunswick Adult and Community Education**

380 Cranbury Road  
Room A1  
East Brunswick, NJ 08816  
**Phone:** (732)613-6981

#### **Jewish Family and Vocational Service of Middlesex County** (732) 777-1940 *Fee may be required.*

#### **East Brunswick High School**

(732) 613-6980

#### **Community Learning Center at Roosevelt**

1 Roosevelt Drive  
Edison, NJ 08837  
**Phone:** (732)321-2201

### **Perth Amboy Adult School**

178 Barracks Street  
Perth Amboy, NJ 08861  
**Phone:** (732)376-6243

## **C. Higher Education**



If you already have a high school diploma or a GED certificate, you may want to move forward and get your associate's degree, bachelor's degree or graduate degree. Below are phone numbers for Middlesex County.

### **Local Area Colleges**

#### **Middlesex County College**

2600 Woodbridge Avenue | Edison, NJ 08818 - 3050 |  
Phone: 732.548.6000 | Information Line: 732.906.2555  
Admissions: 732.906.4243 |  
Continuing Education: 732.906.2556

#### **Middlesex County College, New Brunswick Center**

140 New Street  
New Brunswick, New Jersey 08901  
Telephone: 732-745-8866

#### **Middlesex County College, Perth Amboy Center**

60 Washington Street  
Perth Amboy, NJ 08861  
Tel: 732.324.0700

#### **Rutgers University**

65 Davidson Road  
Piscataway, NJ 08854  
732-445-4636

### **Can I Get Financial Aid?**

To pay for this, you will probably try to get some financial aid. If you are applying for any federal financial aid programs after release (such as Pell Grants, Perkins Loans, Federal Family Education Loans, etc.), you are not restricted unless you have a drug-related offense. For possession offenses, a first offense means one year of ineligibility (after your conviction), a second offense, two years, and third offense means you are “indefinitely” ineligible, which to the government means permanently ineligible. For a sales or distribution crime, a first offense has two years of ineligibility, a second offense makes it permanent. Private financial aid or loan programs may not have any restrictions.

## **Other Things You Need to Know**

### **A. Getting Legal Assistance**

To get assistance with civil (not criminal) cases, you can contact the toll free hotline for **Legal Services of New Jersey (LSNJ)**, which provides information and referrals, **888-576-5529**. For local Middlesex County legal services please contact the office located nearest to you.

#### **Perth Amboy**

313 State Street, Suite 308  
Perth Amboy, NJ 08861  
Phone: (732) 324-1613  
Fax: (732) 324-6253

#### **New Brunswick**

317 George Street, Suite 201  
New Brunswick, NJ 08901  
Phone: (732) 249-7600  
Fax: (732) 249-7966

### **B. Checking and Correcting Your Criminal Record (Rap Sheet)**

Since employers, landlords and others will be performing criminal background checks and getting copies of your criminal record, it is important that you know what is on it, and whether it is accurate. It will also help you be prepared to answer any questions about your background. Go into your local police station and make an appointment to be fingerprinted on a State Applicant Fingerprint Card (SBI19). On that card, include your full name, social security number, date of birth and purpose for the record check. Mail the card with a cover letter listing the purpose of the request, the name of the person whose records are being requested, and the address where the records should be sent, to: (see next page)

State Section of Identification  
Records and Identification Bureau  
New Jersey State Police  
P.O. Box 7068  
West Trenton, NJ 08628  
609-882-2000 ext 6425  
609-530-4856 fax

**You must include a \$41 money order or cashier's check, certified check, or business check** made payable to:

DIVISION OF STATE POLICE-SBI. No personal checks are accepted.

### **C. Expungement: Cleaning Up Your Criminal Record**

You may have heard about expungement as one way to clean up your criminal record as you get some distance from your old arrests and convictions. Unfortunately, expungement is fairly limited in New Jersey. You can expunge any arrest that did not lead to a conviction at any point. You can expunge “disorderly persons offenses,” which are low level offenses in New Jersey, after 5 years, and most municipal ordinance offenses after 2 years. Convictions for “indictable offenses” (felonies), can be expunged 10 years from the date of conviction, payment of any fine, satisfactory completion of probation or parole or release from incarceration, but whichever is latest. The most serious of these offenses, such as murder, kidnapping, aggravated sexual assault, robbery, arson, perjury and distribution, sale or possession with intent to distribute of controlled dangerous substances (drugs), can never be expunged. Expungement is a broader remedy for offenses committed as a juvenile. Legal Services of New Jersey has published a guide to cleaning up your record through expungement.

To obtain a copy of the book, call 888-576-5529, or go to the LSNJ website, where you can download it for free: <http://www.lsnj.org/english/crime/municipalcourt/clearingyourrecord.cfm>.

### **D. Checking and Correcting Your Credit Record**



While New Jersey allows employers to look at your criminal record, many employers — and others like landlords and mortgage companies — will use a credit report instead of or in addition to the state’s records. Credit records are maintained by private companies and generally have information about your debts, your history of paying bills and other financial matters, but may also have information about your criminal record. The information may not be correct, and the law does offer you some protections. For example, if an employer uses a credit record to deny you a job, they have to tell you this, and give you the name, address and phone number of the agency that provided the report, and the agency must give you a copy of that information on your request. They cannot charge you money for that request if the employer used the report to deny you a job. If the records of the credit agency

contain incorrect information, they must investigate and correct inaccurate information.

You can get ahead of the curve by getting a copy of your credit record and making sure there isn't any incorrect information on it. New Jersey residents are allowed one free credit report each year. Three companies that provide this service are:

**Equifax Information Systems, LLC:**

Write to them at P.O. Box 740241, Atlanta, GA, 30374, or call 800-685-1111. By mail, be sure to include your full name, current address, Social Security number, and most recent former address for file-matching purposes.

**Transunion Personal Credit Report:**

PO Box 1000, Chester PA 19022  
Call 800-888-4213.

**Experian:**

PO Box 2002, Allen, TX 75013  
Call 800-397-3742.

## **E. Voting Rights**

New Jersey law does not allow you to vote while you are in prison, or while you are on probation or parole for an indictable offense (disorderly persons offenses don't disqualify you). **Once you have completed your parole or probation term, you may register to vote.** Make sure that you are registered in the county in which you reside. Applications for registration can be obtained from Social Services prior to release. Also you may apply with the Division of Elections, the Commissioners of Registration office in the County where you live or from your Municipal Clerk once you are released. Registration forms are also available in various State agencies and at Division of Motor Vehicle offices and can be obtained while transacting agency business. If you are not sure, you can visit [http://www.state.nj.us/lps/elections/vote\\_doe.html](http://www.state.nj.us/lps/elections/vote_doe.html). You will be able to download a voter's registration form and mail it in. This site also explains who can register to vote and where you can register.



## F. Registration of Sexual Offenders (Megan’s Law)

Sex offenders are required to register with the police under Megan’s Law. Offenses include: aggravated sexual assault; sexual assault; aggravated criminal sexual contact; endangering the welfare of a child by engaging in sexual conduct which would impair or debauch the morals of the child; luring or enticing and, if the victim were a minor and the offender not a parent, kidnapping; criminal restraint and false imprisonment and promoting prostitution of a child under 18. **You will be registered prior to release, but must re-register your home address at least 10 days prior to any move with the law enforcement agency with which you were registered when released.** You will also need to verify your address annually or every 90 days if you are a repetitive and compulsive offender.

## The Game Plan

Your first weeks out after leaving prison can be overwhelming. This section is set up to help you get organized and keep yourself on track toward your goals. First, think about what those goals are? What do you want or need to get done in your first week out? In your first month out? Where do you want to be in six months? There are lots of things that other people need you to do — your parole officer, for example, and your family — but you also need to think about what you expect from yourself.

Here are some pages to use to plan your first days out of prison. There are some questions to ask yourself about what you plan to do. It’s best to write things down and plan ahead. **\*\*\*You should also refer to your discharge plan created by your social worker that outlines your needs.** Have a wonderful and successful reentry!

### DO I Have my Basic Needs?

**Shelter:** \_\_\_\_\_

**Food:**

\_\_\_\_\_

**Health Care:**

\_\_\_\_\_

**Clothing:** \_\_\_\_\_

**Transportation:** \_\_\_\_\_

### DO I Have Support?

**Family:** \_\_\_\_\_

**Friends:**  
\_\_\_\_\_

**Do I Have Identification?**

**I.D. Checklist**

<b>Documents</b>	<b>Have?</b>	<b>Need?</b>
Strong Box	_____	_____
Social Security Card	_____	_____
Birth Certificate	_____	_____
County I.D.	_____	_____
Driver's License	_____	_____
Non-driver's I.D.	_____	_____
Certificate of Naturalization	_____	_____
Green Card	_____	_____
Military Discharge Papers	_____	_____
Passport	_____	_____
High School Diploma	_____	_____
Or GED Certificate	_____	_____
Prison Release Papers	_____	_____

**Other things I need to do (job leads, appointments, Prescriptions, go to a support group, etc.):**

**Notes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Important Names and Phone Numbers  
(Parole, Mentor, Emergency Contact, etc.)**

Name:

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Name:

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Name:

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Name:

\_\_\_\_\_

Phone Number: \_\_\_\_\_

## Smart Book Topics



**Getting Started:  
I.D. and Other Documents**



**First Steps after Release:  
Where Do I Go to Find...**



**Taking Care of You:  
Getting Support**



**Taking Care of You:  
Health Care Resources**



**Finding a Job:  
Employment Assistance  
And Training Programs**



**Reconnecting With Family**



**Getting More Education**



**Other Things You Need to  
Know**



**The Game Plan**