



CARITAS PROGRAM

HOLY FAMILY PARISH | 56 THROOP AVENUE, NEW BRUNSWICK, NJ 08901
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MISSION

Rooted in Holy Family Parish, it responds to the basic human needs and provides opportunities for physical and emotional healing and wellness. The Caritas Program uses Trauma-Focused modalities to aid individuals and families therapeutically, and utilizes goal-oriented groups to render larger solutions to common community concerns.

CASE MANAGEMENT

Case Manager-
Diana Palhete Ruiz

An average of six clients are assisted for case management and referral services weekly. Also works in conjunction with the SVDP program for bill and rent assistance.

PROGRAMMING

Programming Assistant-
Jhenyfer Perez

Helps assess need and interest for community programs and events. Partners with other community agencies to bring information, resources, and services to the parish population.

COUNSELING PROGRAM

1 FULL TIME LSW • BRIDGETTE PEREZ

Caseload of about 25 clients. Total of 200 counseling cases (individuals, couples, families) since start of the program in November 2014. Promotes programming and supervises Student Intern, Case Manager, and Programming Assistant.

SOCIAL WORK INTERN • BRANDY ALEXANDER

Assists with an additional caseload of up to 10 clients, co-facilitates groups. Studies within Rutgers Social Work VAWC (Violence Against Women & Children) Program.

THERAPUETIC/JUSTICE GROUPS

Parenting Wisely group currently running November – December 2017.

Teen Leadership Event planned for December 2017 with New Brunswick Tomorrow.

Self-Care Group for Holy Family and Catholic Charities Immigration Staff

Planned for 2018: *Woman's Justice Circle & Women's Self Esteem Group*

CURRENT COMMUNITY PROGRAMS, EVENTS, PARTNERSHIPS

CRAFT CLASSES

Mondays @ 6:30. A space for learning crafts and presenting on Women's issues.

ZUMBA BY SPUH

Mondays & Fridays @ 9:15am and Tuesdays & Wednesdays @ 6pm.

COMMUNITY CLASSES

Abriendo Puertas by United Way (2015-2016)

Family Nights by Prevent Child Abuse (October – November 2017)

Educational Literacy Workshops by Educational Voices of Change (2017 -)

[Upcoming: *Spanish-English Conversation Classes* with Rutgers Conversation Tree]

SEASONAL EVENTS AND PARTNERSHIPS

Healthy Halloween Event: Provides health screenings and promotes wellness

Health Screenings & Flu Shots in Partnership with SPUH

Immigration Screenings/ Information Sessions with Catholic Charities

FUTURE WELLNESS CENTERED EVENTS & IDEAS

- Patient Advisory Board
- Teen Awareness Night (Healthy Relationships, Dating Violence Prevention)
- New Year's Sweater Walk/ Three Kings Day Sweater Run
- Painting Party for Parents and Kids (Encouraging Family Unity)
- Family Game Night/ Scavenger Hunt Night (Promoting Physical Activity Within Families)