



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 10 - 15 clients are assisted for case management and referral services weekly. Works in conjunction with the SVDP program for bill and rent assistance and with the SPUH Charity Care program.

TRAUMA-INFORMED INITIATIVE

Caritas Program
Associate-
Brandy Alexander

Directs Trauma-Informed Initiative to be expanded parish-wide. Will involve training parish leaders and creating a more trauma-informed space. Works with Theophany Center to lead trauma-informed teen retreats.

COUNSELING PROGRAM

1 FULL TIME LSW • BRIDGETTE PEREZ

Caseload of about 25-30 clients. Over 200 counseling cases (individuals, couples, families) since start of the program in November 2014. Promotes programming and supervises Student Interns and Case Manager.

SOCIAL WORK INTERNS FROM RUTGERS SCHOOL OF SOCIAL WORK

Assist with an additional caseload of up to 10 clients each, co-facilitate groups, and assist with community events. The Caritas Program works closely with the VAWC (Violence Against Women & Children) Certificate Program.

THERAPUETIC GROUPS

Parenting Wisely- 2 groups completed in 2017, Fall 2018 group to be facilitated with St. Peter's Hospital Respect Ed

Parenting Wisely 2.0- Graduates of *Parenting Wisely* class attended sessions with their teens from March – April 2018

Children's Craft Group- Held February – April 2018

Self-Care Group- Offered to Holy Family Staff

CURRENT COMMUNITY PROGRAMS, EVENTS, PARTNERSHIPS

WOMAN'S JUSTICE CIRCLES

Follows an 8-week curriculum from the Intercommunity Peace and Justice Center to develop an action plan to deal with pressing justice issues.

Summer 2018: A Circle formed the parish's Mental Health Committee

Fall 2018: Thursday mornings (Spanish); Tuesday evenings (English)

TEENS WHO CARE JUSTICE INITIATIVE

Collaborative project with parish teens and other New Brunswick agencies. Held 2 Youth Justice events during 2017-2018, fall programming TBA.

WOMEN'S CRAFT GROUP

Mondays @ 6:30: A space for crafting and exploring women's issues.

ZUMBA (SPONSORED BY ST. PETER'S HOSPITAL & HOLY FAMILY)

Monday – Friday @ 9:15am & Tuesday – Thursday @ 6pm.

SEASONAL EVENTS AND PARTNERSHIPS

Healthy Halloween Event- Provides health screenings and promotes wellness

St. Peter's Hospital Monthly Health Screenings & Annual Flu Shots

Holy Family Fall Picnic- Parish-wide picnic (Caritas preforms community survey)

Immigration Screenings/ Information Sessions with Catholic Charities

FUTURE CARITAS PROGRAMMING

- Creciendo Juntas- Mother and Daughter Self-Esteem Group
- Providers' Group- For men, focused on domestic violence prevention
- Survivors' Group- For victims of sexual and/or physical abuse
- St. Peter's Patient Advisory Board
- New Mother's Support Group
- Couples-focused programming