



CARITAS PROGRAM

HOLY FAMILY PARISH | 56 THROOP AVENUE, NEW BRUNSWICK, NJ 08901
T: 732-545-1681 EXT 1003 W: HOLYFAMILYFORALL.ORG

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-Informed modalities to aid individuals and families therapeutically and utilizes goal-oriented groups to render larger solutions to common community concerns.

CASE MANAGEMENT

Case Manager – Karen Merino

Over 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.

COUNSELING PROGRAM

3 LICENSED SOCIAL WORKERS - BRANDY ALEXANDER, ALEXI MOTTA, NATHALIE CUADROS

Provide counseling to individuals, couples, and families. Over 400 counseling cases initiated since start of the program in November 2014. Alexi Motta, Program Director, manages Parish relationship and oversees events. Nathalie Cuadros, the Administrative Program Manager, promotes programming, facilitates groups, manages Caritas counseling wait list and develops funding sources to support existing and planned program activities.

SOCIAL WORK INTERNS FROM RUTGERS SCHOOL OF SOCIAL WORK, OTHER SCHOOLS

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 at Rutgers.

HOLISTIC COMMUNITY PROGRAMS, EVENTS, PARTNERSHIPS

Caritas' vision has always been to connect community members to resources that meet their most basic needs. Our mission is to always be an advocate for our neighborhood and to adjust to the current needs of our community; while also being committed in following the correct safety protocols and being mindful of people's different comfort level as we navigate the COVID-19 pandemic.

PAST THERAPEUTIC GROUPS

Men's Group- Focused on healthy relationships; One group run Winter 2019.

Forgiveness Group- One group run Summer 2019 and Fall 2021 (virtual).

Cancer Support Group- Support group in collaboration with Cancer Support Community started 2019 (suspended due to Covid-19).

Women's Self-Esteem Group- Three groups completed to date.

Parenting Wisely- Three groups completed to date.

Parenting Wisely 2.0- Graduates of *Parenting Wisely* class attend workshops with their teens.

Teens Who Care Initiative- Collaborative project with parish active 2017-18.

Ukulele Group- Social emotional learning in conjunction with learning how to play the Ukulele, Summer 2019 and 2021

Family Activity Nights- Focused on family roles and emotions, Fall 2021

Woman's Justice Circles- 8-week curriculum from the Intercommunity Peace and Justice Center to develop an action plan to deal with pressing justice issues

COMMUNITY PARTNERSHIPS

New Brunswick Domestic Violence Awareness Coalition: Part of their mission to fight domestic violence

New Brunswick Tomorrow: COVID-19 prevention initiatives

New Jersey Department of Health: COVID-19 prevention initiatives

Robert Wood Johnson: COVID-19 prevention initiatives

Rutgers Cooperative Extension: Food Distribution

Rutgers Global Health Institute: COVID-19 prevention initiatives

St. Peter's Hospital: COVID-19 prevention initiatives and flu vaccines

Visiting Nurses Association of Central Jersey: COVID-19 prevention initiatives

Unity Square: Case Management Partnership

