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

Positive Transitioning	1-844-335-1321
American Friends Service Committee **Prisoner's Resource Center**	1-973-643-2205
CDC National STD and AIDS Hotlines	
Spanish:	1-800-344-7432
English:	1-800-227-8922
Addictions Hotline of NJ	1-800-238-2333
Alcoholics Anonymous	1-800-245-1377
Division of Disability Services (DDS)	1-888-285-3036
Division of Youth & Family Services	1-800-792-8610
Hyacinth AIDS Foundation	1-800-433-0254
Legal Services of New Jersey	1-888-576-5529
NJ Motor Vehicle Commission	
Driver's License Suspension Hotline	1-609-292-7500
Main Information	1-888-486-3339
Narcotics Anonymous of NJ	1-800-992-0401
National Suicide Crisis Hotline	1-800-784-2433
New Jersey AIDS **STD Hotline (Beth Israel)**	1-800-624-2377
2-1-1 First Call for Help	2-1-1/
Se habla español or toll free	1-800-331-7272
Middlesex County One Stop	1-877-995-2600
Social Security Office	1-800-772-1213
Statewide Domestic Violence Hotline **(Woman's Space, Inc.)**	
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
3rd 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). 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. 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. 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. 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. 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 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 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. 2nd 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
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., 3rd Floor
Newark
973-645-1441 (regional office).

The Veterans Services Coordinator for Middlesex County
Doug Breen
75 Bayard St., New Brunswick
732-745-4051

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

Info for NJ Veterans:
www.vetsinfo.com

New Jersey Dept of Veterans Affairs: www.state.nj.us/military

New Jersey Veterans Guide:
www.state.nj.us/military/veterans/njguide

VA Home Loans:
www.homeloans.va.gov

Veterans Counseling Service Center:
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

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

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
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

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.
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

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., 2nd 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

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 (10a-6p, M-F; 10a-4p, Sa)**

Call (Medical COVID-19 Questions): **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 08901Phone: 732-745-4042
Middlesex County Prescription Discount Plan
1-800-633-0037
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 3rd 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
Carrier Clinic
252 Route 601 Belle Mead, NJ 08502
(800) 933-3579
www.carrierclinic.org

Catholic Charities
www.ccdom.org
(732) 324-8200

Community Care Behavioral Health Piscataway
732-572-4666
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

National Alliance for the Mentally Ill (NAMI NJ)
North Brunswick
732-940-0991
www.naminj.org

NAMI Middlesex
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

Princeton House Behavioral Health North Brunswick
732-729-3636
www.princetonhouse.org

UMDNJ
University Behavioral Health Care Piscataway
1-800-969-5300
www.ubmc.umdnj.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

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

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
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 2nd 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
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 is 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
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 apple 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. 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

Documents	**Have?**	**Need?**
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