



**NORTHERN REGION**

Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren

**Care Plus New Jersey**

Jenna Sherfer, Support Coordinator

Phone: 201-669-7309

Email: [jennas@careplusnj.org](mailto:jennas@careplusnj.org)

Website: [www.careplusnj.org](http://www.careplusnj.org)

**CENTRAL REGION**

Hunterdon, Mercer, Somerset, Monmouth, Middlesex, Union

**Prevention Resources -**

**Sharing the Hope Family Support Center**

Cieran Carthy, FSC Program Manager

Office: 908-484-6437

email: [ccarthy@njprevent.com](mailto:ccarthy@njprevent.com)

Website: [www.njprevent.com/family-support-center/](http://www.njprevent.com/family-support-center/)

**SOUTHERN REGION**

Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean, Salem

**Center for Family Services-**

**Reconnections Family Support Center**

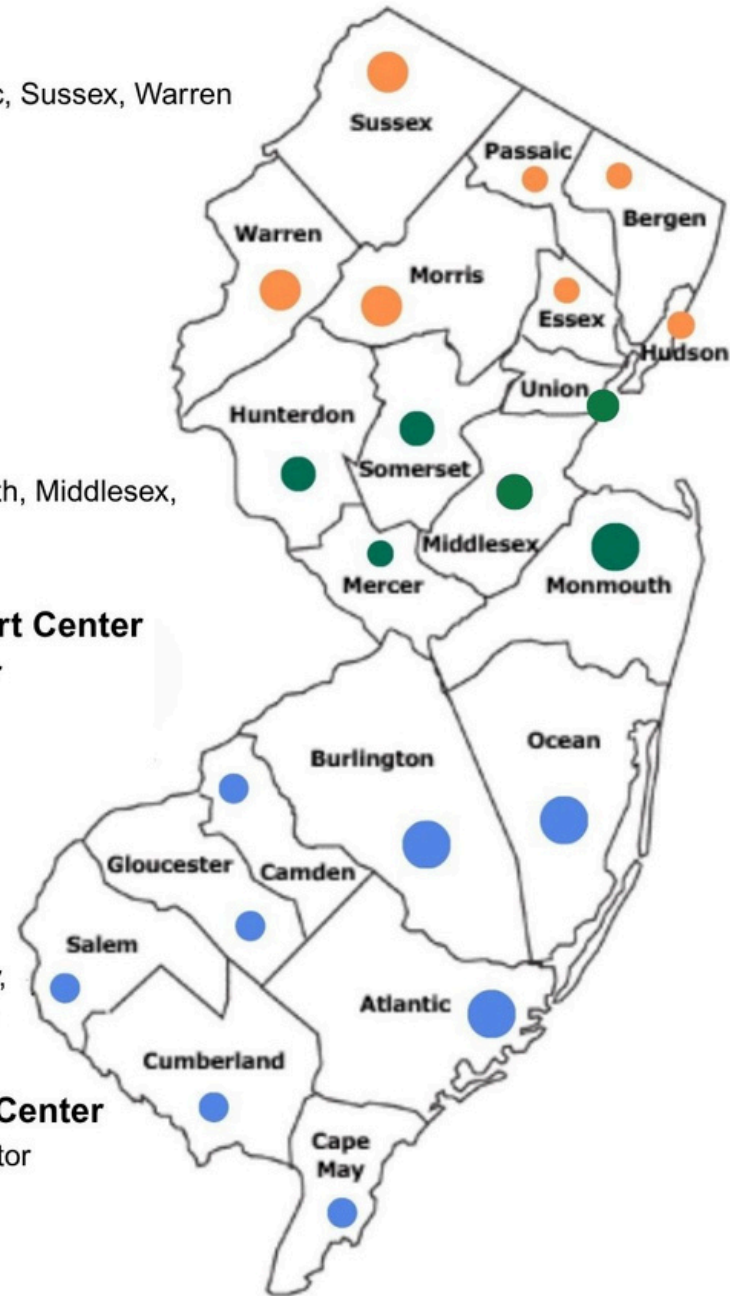
Josie Brining, Lead Program Coordinator

Phone: 877-922-2377

Cell: 609-970-5595

Email: [josie.brining@centerffs.org](mailto:josie.brining@centerffs.org)

Website: [www.centerffs.org/our-services/addiction-and-recovery/reconnections](http://www.centerffs.org/our-services/addiction-and-recovery/reconnections)



**NJ Family Support Centers**

# Our Purpose

Compassionate care for families and friends affected by loved one(s) with substance and alcohol use disorder.

We are committed to creating a confidential, inclusive environment where everyone feels respected, supported, and valued.





# About our Centers:

Grant based services for up to 1 year & there are no waitlists!



## Who we serve:

- Parents
- Siblings
- Extended family members
- Friends
- Significant others
- Neighbors

## What we provide:

- Peer-to-peer coaching
- Community Reinforcement & Family Training (CRAFT)
- Case management
- Educational workshops
- Family advocacy
- Wellness plan development
- Bilingual services available
- On-call support services
- Educational Materials
- Patient Brokering Prevention
- Naloxone (Narcan)

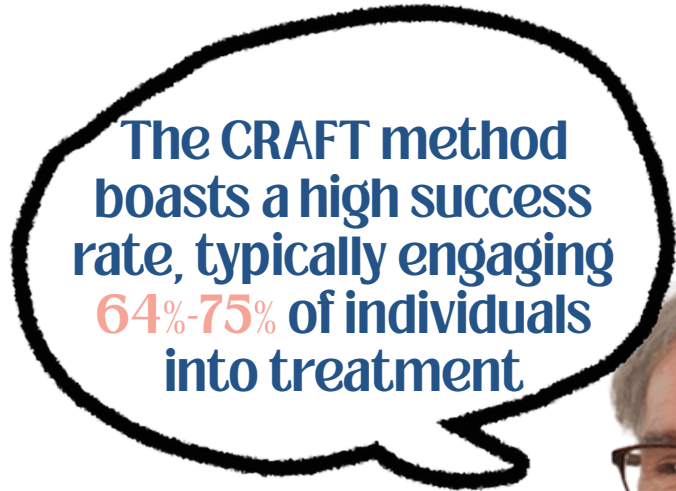
## Where we serve:

- Northern Region:**  
**Care Plus NJ**  
Bergen, Essex, Hudson, Morris, Passaic, Sussex, Warren
- Central Region:**  
**Prevention Resources- Sharing the Hope Family Support Center**  
Hunterdon, Mercer, Somerset, Monmouth, Middlesex, Union
- Southern Region:**  
**Center for Family Services- ReConnections Family Support Center**  
Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean, Salem





**Bridging the gap**  
CRAFT helps “bridge the gap” between loved ones and individuals struggling with substance use by improving communication and rebuilding trust.



Dr. Robert Meyers

# What is CRAFT?



- CRAFT was developed by Dr. Robert Meyers in 1976
- CRAFT stands for Community Reinforcement and Family Training
- Emphasizes empathy, understanding, and stigma-free support

## Examples:

### Traffic Light Analogy

Helps family members recognize when to pause, communicate calmly, and move forward productively instead of reacting emotionally.

### Toolbox Analogy

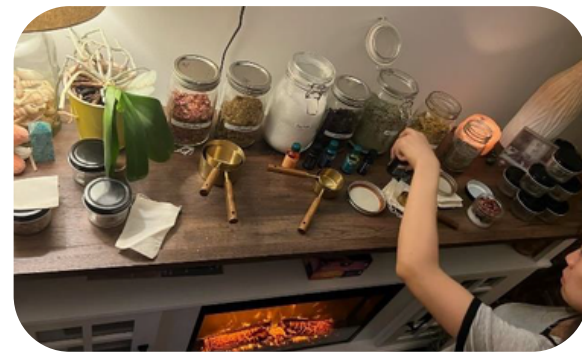
CRAFT provides practical tools families can keep handy to encourage treatment, reduce conflict, and support their own wellbeing.





# Event Highlights:

Self-care events, book clubs, family support groups, monthly newsletters, wellness walks and more!!



ReConnections  
*Book Club*


A safe, judgement free space to read, reflect, and connect - exactly as you are.

Ongoing Quarterly Meetings  
the 2<sup>nd</sup> week of the month  
Thursdays · 6:30 PM  
via Google Meet

*Read at your pace.  
Enjoy from the comforts of home.*

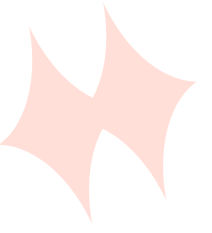
Sign up here

Josie Brining · 609 970 5595  
josie.brining@centerffs.org





# How to Connect with us:



## Northern Region

Jenna Sherfer, Program Coordinator  
Phone: 201-669-7309  
Email: [jennas@careplusnj.org](mailto:jennas@careplusnj.org)

## Central Region

Cieran Carthy, Program Manager  
Phone: 908-484-6437  
Email: [ccarthy@njprevent.com](mailto:ccarthy@njprevent.com)

## Southern Region

Josie Brining, Lead Program Coordinator  
Phone: 609-742-6421  
Email: [josiebrining@centerffs.org](mailto:josiebrining@centerffs.org)



# Success Stories:

WE SERVED 508 FAMILIES IN 2025!

"These 3 years have gone by quickly, not always easily. But without the steady support of Sharing the Hope and its caring staff, I wouldn't have grown in the compassion and confidence I have today. I truly hope my loved one can see that I'm becoming more accountable for my actions, more supportive of her journey, and more committed to our shared hope for a better life.

I'm deeply grateful for the compassion, knowledge, and encouragement I've received through Sharing the Hope. It has changed me not just how I care for my loved one – but how I care for myself."

"I love the self care events when I can attend! This program has changed my life while dealing with someone in addiction. It's provided me with the tools on how to handle my situation with an addicted loved one. I love the activity books and self help guides. I also called the after hours #, when it got really bad & they answered and helped me! The CRAFT techniques work and I practice them. It has provided so much information for how I should try to communicate with my addicted loved one with positive results."

"I'm currently working with a mom whose son is a poly substance user for most of his life. Mom was very enabling when she started with FSC & would always give him money when he asked because she was afraid to not have a relationship with him. By working with FSC she was able to establish healthy boundaries with him, remove rewards, & eventually over a few months motivate him toward treatment. He checked himself into Alena Lodge over 90 days ago and just graduated from the program last week. He moved into a sober living home in South Jersey where he will continue to live for the next few months. Mom and the rest of the family have been reestablishing a healthy relationship with him and everyone is doing well. "