



BERGEN COUNTY MENTAL HEALTH BOARD

MONTHLY MEETING

Date: Monday, January 25, 2010

Time: 5:00 PM: Executive session*
6:00 PM: Public meeting*

* both meetings are open to the public

Place: Bergen County Community Services Building
327 E. Ridgewood Avenue, Paramus, NJ
(Across from the Bergen Regional Medical Center)

Light supper & Presentation

Speaker: Ms. Shaheen Ahmed
Member, BCMHB
President, Caravan of Life, USA

Topic: "Psychiatric Rehabilitation: An international perspective"

DIRECTIONS TO THE MEETING:

From Route 4 East or West: Exit on Forest Avenue and drive north to the fourth traffic light (Ridgewood Ave). Turn left onto E. Ridgewood Ave. About one-third mile on the right is the entrance to the parking lot of the Community Services Building.

From the Garden State Parkway or NJ Route 17, either North or South: Exit at Ridgewood/Oradell Ave. (#165 on Parkway) heading east (toward Oradell). The first traffic light east of the Parkway is Pascack Road. Turn right and proceed to the next traffic light, and taking the jug handle go through the intersection. You will be on East Ridgewood Ave. The Community Services Building is on your left at the corner.

By Bus: Take the 752 or 762 bus to Bergen Regional Medical Center. Cross Pascack Road. The Community Services Building is a three-story brick building with white columns at the intersection of Pascack Road and East Ridgewood Ave. in Paramus. Call NJ Transit at 1-800-772-2222 for schedules and fares or visit www.njtransit.com

Upcoming Activity for February Meeting:

Speaker: Mr. Eric Marcy, Chair of the Board of trustees, Greystone Hospital. **Topic:** TBA

For additional information on the Board's activities call: 201-634-2750.