

CARING CONSTANTLY

חסד דשיכון סקווירא

PRESENTS



Special Thanks

ke sher.com

AND THEIR CONTRIBUTING CHEFS

FOR ALLOWING US TO SHOWCASE THEIR RECIPES.



Chesed 24/7 is an oasis in the hospital providing whatever support is needed. Whether it's a simple cup of coffee, a fresh hot meal, or a shoulder to lean on, Chesed 24/7 is there – *like family*.

Chesed 24/7 has 20 CHESED ROOMS located in the following hospitals:

Columbia University
Medical Center
MILSTEIN HOSPITAL
PAVILION

Columbia University
Medical Center
BABIES' AND CHILDREN'S
HOSPITAL

Lenox Hill Hospital

- (B) Cornell Medical Center
- Hackensack University
 Medical Center
 WOMEN'S BUILDING
- Hackensack University Medical Center MAIN BUILDING
- Englewood Hospital and Medical Center
- Mount Sinai Hospital



- Hospital for Special Surgery
- Ellenville Hospital
- Catskill Regional Medical Center (HARRIS HOSPITAL)
 - Montefiore -Albert Einstein -Weiller Division
- Valley Hospital MAIN BUILDING
- Valley Hospital MOTHER & BABY UNIT
- Trinitas Hospital (ELIZABETH)
- Calvary Hospital
- Hearth Henry J. Carter Hospital
- Alaris Health Rochelle Park



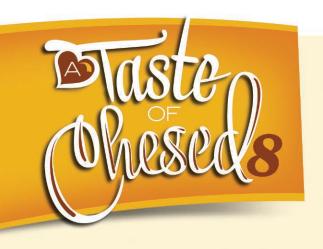
PRESENTED BY



חסד דשיכון סקווירא

286 North Main Street | Spring Valley, NY 10977 845.354.3233 | info@chesed247.org

www.chesed247.org



Is there a secret recipe for chesed?

We all know that this mitzvah is one of the foundations of our world, but do we know the best way to give a helping hand?

Do we know how to offer support to those in need?

At Chesed 24/7, we have fine-tuned and perfected the recipe for chesed.

Our wide range of services offer care and support to hospitalized patients and their families. From home-cooked meals, to transportation, to friendly visitors, Chesed 24/7 provides comfort and sustenance to those going through a medical crisis.

On the following pages, you will find a selection of detailed recipes for delicious Yom Toy meals.

As you enjoy these delicacies, remember those suffering in the hospital who turn to Chesed 24/7 for their Yom Tov meals, the comforts of home and assistance from those who care.

You too can be a part of this great mitzvah. Support Chesed 24/7 and support patients and their families.

Wishing you and your family a happy and healthy new year,



FOR SPONSORSHIP OPPORTUNITIES AND DEDICATIONS IN MEMORY OR IN HONOR OF

Please contact Rabbi Binyomin Sanders at bsanders@chesed247.org · 845.354.3233 ext 1124

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Be a partner in the work of Chesed 24/7!

Visit www.chesed247.org to donate online.



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 TO GO DIRECTLY
 TO OUR ONLINE
 DONATION PAGE.



Missed out on last year's recipes?

Download your FREE copy of the cookbook with your donation at www.chesed247.org



Terra-Stick Cutlet Skewers

BY CHANIE NAYMAN | SERVINGS: 12

CHICKEN CUTLETS

- 2½ pounds dark meat chicken cutlets, cut into nuggets
- 1 cup light mayonnaise
- 2 tablespoons **mustard**
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 7.5-oz. bag **Terra sticks** or **chips**, crushed

DIPPING SAUCE

- 1 12-oz. jar apricot jam
- 2 tablespoons soy sauce
- 1 tablespoon hot sauce, or ½ teaspoon crushed red pepper flakes

PREPARATION

- 1 Preheat oven to 350°F (180°C).
- 2 In a small bowl, combine the mayonnaise, mustard, soy sauce, and honey.
- 3 Coat the nuggets with the mixture and roll in the Terra chips. Arrange on a lined baking sheet and spray with cooking spray.
- 4 Bake for 35–40 minutes. (Unlike chicken breasts, these will not dry out, since you're using dark meat chicken.)
- 5 Combine dipping sauce ingredients and set aside.

TO SERVE

1 Place three nuggets onto a skewer. Arrange on a plate with dipping sauce on the side.



SINGING • TALKING • JUGGLING ANYTHING TO BRING SMILES TO PATIENTS' FACES

Chili Salmon Salad BY RAIZY FRIED I SERVINGS: 4

SALAD

4 oz. **Arugula** (or Romaine) 1 **red onion**, sliced 3/4 cup shelled pistachios 6 oz. **cherry tomatoes**, halved 1 **orange pepper**, cut into strips

DRESSING

½ teaspoon salt
dash of pepper
¼ cup white vinegar
¼ cup barbecue sauce
¼ cup sugar
1 tablespoon spicy brown mustard
½ cup oil

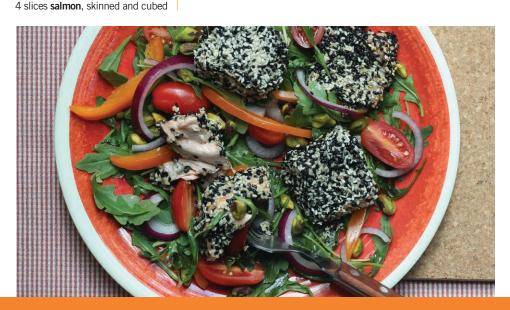
SALMON

½ cup black sesame seeds ½ cup white sesame seeds 2 teaspoons mustard 8 tablespoons sweet chilli sauce (Thai style)

- Preheat the oven to 350 degrees Fahrenheit. Line a cookie sheet with parchment paper.
- 2 In a medium-sized bowl, combine the chilli sauce and mustard. Add in the salmon cubes and toss well, so the salmon cubes are coated on all sides.
- 3 In another bowl or large flat plate, combine the two types of sesame seeds, then dip each salmon cube into the mixture. Place the coated cubes on the lined cookie sheet and bake for 15–20 minutes.
- 4 Combine all dressing ingredients and mix well.
- 5 Combine the salad ingredients (except pistachios) in a large bowl and toss with a bit of the dressing.

TO SERVE

1 Place some salad on a plate and top with the salmon cubes. Don't forget to top with the pistachios; they add such a tasty texture!





CHESED KNOWS NO VACATION! WE ARE IN THE COUNTRY WITH YOU TOO

Pistachio-Crusted Honey Mustard Salmon

BY RIVKY KLEIMAN | SERVINGS: 6

1/4 cup canola oil

- 2 tablespoons **honey**, plus extra for drizzling
- 2 tablespoons yellow mustard
- 1 tablespoon lemon juice
- ½ cup seasoned Panko crumbs
- ½ cup shelled **pistachio**
- 6 11/4" salmon fillets
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon **paprika**

PREPARATION

- 1 Preheat oven to 375°F.
- 2 Whisk oil, honey, mustard and lemon in a medium-sized bowl and set aside.
- 3 Combine pistachios and Panko crumbs in a large Ziploc bag. Crush mixture with a rolling pin.
- 4 Rinse and pat the salmon fillets dry. Season with spices, then toss the salmon in the honey-mustard mixture.
- 5 Place one fillet at a time into the crumb mixture. Shake well until completely coated. Lay on a parchment-lined cookie sheet.
- 6 Lightly drizzle honey over the coated salmon.
- 7 Bake uncovered 20 minutes.

A PLACE TO REST, RECHARGE AND REFRESH



Creamed Squash Soup

BY NITRA LADIES AUXILIARY | 6 SERVINGS

- 1 onion, diced
- 3 tablespoons oil or chicken fat
- 3 carrots, diced
- 2 medium potatoes, diced
- 2 medium **zucchini**, diced
- 1 tablespoon salt

PREPARATION

- 1 In a 4-quart pot, sauté onion in oil. Add all vegetables to onions and sauté for 10–15 minutes. Add water to cover vegetables. Cook for 45 minutes.
- 2 Blend vegetables and pour back into soup. Add salt and simmer for another 15 minutes.



24 HOURS A DAY7 DAYS A WEEK365 DAYS A YEAR

Blood Orange Pomegranate Salad

BY CHAIA FRISHMAN | SERVINGS: 8

SALAD

- 1 10-oz. bag mesculun salad mix
- 1 cup pomegranate arils
- 2 blood oranges, peeled and sliced ½ cup candied pistachios, crushed

DRESSING

iuice of 2 blood oranges

- 2 tablespoons plum wine vinegar
- 2 tablespoons honey
- 1/4 teaspoon fine salt
- 2 tablespoons extra-virgin olive oil

PREPARATION

TOPPING & DRESSING

- 1 To make candied pistachios stir 3 tablespoons sugar, 1 tablespoon water, and a pinch of salt in a bowl. Add ½ cup shelled pistachios and stir to coat. Spread on a baking sheet and bake 8 minutes till nuts are crispy.
- 2 Mix together all dressing ingredients. It should yield about 1 cup of dressing.

TO SERVE

1 This salad looks great on a wide plate with the salad layered on the bottom, pomegranate arils and pistachios sprinkled on top and the blood orange slices placed before serving. Drizzle the dressing in a zig zag across the dish.



CHESED HOSPITALITY APARTMENTS a Home (way From Home for the Patient's Family

Potato Chip Schnitzel with a Thai Nectarine Slaw

BY DANIELLE RENOV | SERVINGS: 8

FOR THE CHICKEN

- 12 pieces thin chicken cutlets
- 2 cups potato starch or flour
- 4 cups **potato chip crumbs** (salty potato chips crushed by hand or in a food processor until they resemble fine bread crumbs)
- 3 cups **potato chips that have been gently crushed by hand** (they should look like broken potato chips, not crumbs)
- 3 eggs, beaten
- 1 tablespoon garlic powder
- 1 teaspoon black pepper
- 1/4 teaspoon salt

flavorless oil for frying

FOR THE SLAW

- 4 nectarine or peaches (that are still slightly firm), halved and thin
- 3 cups shredded purple cabbage
- 1 purple onion, diced
- 1 cup roasted, salted cashews, roughly chopped
- ½ cup lime juice
- 3 tablespoons sugar
- 1-2 **thai chiles**, finely chopped (or any small spicy red pepper) (optional)
- 6 6-in. stems from cilantro (leaves removed), finely chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper

FOR THE CHICKEN

- 1 In a bowl combine both potato chips and flour. In a second bowl combine eggs, salt, pepper and garlic powder. Dip each piece of chicken in egg mixture and then into potato chip mixture, using your hands to help press the potato chips onto the chicken.
- 2 Heat 1-2 inches of oil in a frying pan. When oil is hot add only 2-3 pieces of schnitzel to the pan. It is important not to overcrowd the pan or the schnitzel will steam and not get crunchy! Fry for 2-3 minutes on the first side and then flip and fry for an additional 1-2 minutes on the second side. Remove from pan and place on a cooling rack to allow any excess oil to drip off.

FOR THE SLAW

- 1 Slice peaches in half, remove pit and then thinly slice peach. In a bowl combine sliced peaches, cabbage, onion and cashews.
- 2 In a small bowl or jar combine the rest of the ingredients. Shake or mix well to dissolve the sugar. Pour over salad and allow to marinate for 4-5 minutes.
- 3 Place 1/4 cup of slaw over each piece of schnitzel to serve.

VISITATION AND PATIENT LIAISON

SUPPORT
GUIDANCE
RESPITE
every step of the way.



Oven-Fried Veal Chop with Shallot Mushroom Sauce BY CHAYLE SCHLISSELFELD | 2 SERVINGS

VEAL CHOPS

2 first-cut veal chops 2 eggs ½ teaspoon thyme 1 teaspoon garlic powder ½ teaspoon salt ¼ cup flour 1 cup bread crumbs

SHALLOT MUSHROOM SAUCE

2 teaspoons oil 8 oz. mushrooms, halved 4 shallots, thinly sliced ½ cup chicken stock ½ cup red wine

VEAL CHOPS

PREPARATION

- 1 Preheat oven to 425°F. Grease a baking sheet.
- 2 Crack eggs into a shallow dish and whisk in thyme, garlic powder, and salt.
- 3 Place flour in a second shallow dish and bread crumbs in a third shallow dish.
- 4 Dredge veal chops first in flour, then egg mixture, then crumbs, making sure both sides are fully coated.
- 5 Place veal chops on prepared baking sheets and spray with nonstick cooking spray. Bake for 15 minutes. Flip over and bake for an additional 10 minutes.

SHALLOT MUSHROOM SAUCE

- 1 Meanwhile, prepare the shallot-mushroom sauce. Heat oil in a frying pan. Add mushrooms and shallots and cook until shallots are soft and mushrooms are beginning to brown.
- 2 Add stock and wine and cook for five minutes to reduce. Serve over veal chops (or over mashed potatoes alongside veal chops).
- 3 Serve over veal chops (or over mashed potatoes alongside veal chops)

DELICIOUS HOME COOKED MEALS

PREPARED, PACKAGED AND DELIVERED TO HOSPITALS ON WEEKDAYS, SHABBOS and throughout the year

Red Wine and Honey Braised Brisket

BY GABE GARCIA | SERVINGS: 8

5 pounds **brisket**, fat trimmed **vegetable** or **cottonseed oil**

- 3 tablespoons
 - coarsely ground black pepper
- 2 tablespoons **kosher salt**
- 1 large **onion**, cut in large dice
- 2 heads **fennel**, cut into large dice
- 3 large celery stalks, cut into large dice
- 8 cloves garlic, chopped
- 3 tablespoons chopped ginger
- 1 cup **sugar**
- 3 cups freshly squeezed orange juice
- 2 cups honey
- 1 bottle Baron Herzog Old Vine Red Zinfandel
- 2-4 cups unsalted **beef stock** (if needed)
- 1 bay leaf
- 2 cinnamon sticks
- 3 whole star anise
- 1 chii de arbol or Thai Chili

- 1 Preheat the oven to 325 degrees Fahrenheit.
- 2 Season the brisket with salt and pepper on both sides.
- 3 Heat up a braising pan on medium-high heat and add a quarter cup of oil. Place the brisket in the pan and sear all sides until you have a golden brown crust. Remove the brisket and set aside.
- 4 Add onions, fennel and celery to the pan. Brown the vegetables, then add garlic and ginger and sweat for one minute. Add sugar, cook until it melts, then add orange juice, honey, red wine, bay leaf, cinnamon, star anise and chili.
- 5 Cook off the alcohol, and then place the brisket back into the pan. Be sure that it has enough liquid to almost cover the meat; if not, add unsalted beef stock.
- 6 Cover and roast in the oven for 3 hours until the brisket is fork tender.
- 7 Remove brisket and place onto a cutting board. Strain vegetable from braising liquid. Remove excess fat from braising liquid and reduce liquid on stove top until desired consistency.
- 8 Slice brisket across the grain and sauce with wine and honey reduction. Garnish with rosemary and parsley.



SHABBOS IN·A·BOX

EVERYTHING
THE PATIENT NEEDS
TO WELCOME
Shabbos in the Hospital



Crispy Mashed Potatoes

BY NITRA LADIES AUXILIARY | SERVINGS: 2

½ cup oil 5-6 potatoes 1 tablespoon salt 1 teaspoon black pepper pinch of paprika for color

PARATION

- 1 Boil potatoes until soft enough to mash, about 45 minutes.
- 2 Remove peel; mash the potatoes with salt, pepper and paprika.
- 3 Tip: Try to use all same size potatoes so they cook in same amount of time.
- 4 Heat oil in skillet over medium-high heat.
- **5** Add mashed potatoes, stir until they become crispy, golden brown color.

BOOST IN·A· BOTTLE 50,000 FRESHLY SQUEEZED
ANTIOXIDANT-RICH
POMEGRANATES
Giving energy to Cancer Patients

Cauliflower Tempura

PREPARATION

BY NITRA LADIES AUXILIARY | SERVINGS: 4

- 1 medium **cauliflower**, cooked and drained
- $1~{\it egg}$, beaten
- 2 tablespoons **flour** ½ teaspoon **salt** dash of **pepper**
- 1 Combine eggs, flour and spices until smooth.
- 2 Dip florets into batter.
- 3 Deep fry until lightly brown. Drain well.



LENDING LIBRARY ENTERTAINMENT FOR

MEN • WOMEN • CHILDREN

ON ELECTRONIC TABLETS

AND CUSTOMIZED USBs



DESSERTS

Chocolate Sandwich Cake

BY NITRA LADIES AUXILIARY | SERVINGS: 30

DOUGH

3 cups flour

1 teaspoon baking powder

12 ounces margarine

2 egg yolks

1/3 cup water

2 tablespoons sugar

½ teaspoon salt

FILLING

8 ounces baking chocolate

2 tablespoons cocoa

2 cups sugar

½ cup water

4 oz. margarine

7 egg whites

5 egg yolks

1 cup flour

½ teaspoon baking powder

PREPARATION

- 1 Combine ingredients for dough and knead until smooth. Divide into two parts.
- 2 Bring chocolate, cocoa, sugar and water to a boil. Remove from heat. Add margarine and stir to dissolve. Cool
- 3 Beat egg whites until stiff. Reduce speed. Add yolks, one at a time.
- 4 Add chocolate mixture, flour and baking powder. Beat only until combined.
- 5 Roll out half of dough and place into lined 10- x 16-inch baking pan.
- 6 Pour filling over dough. Roll out second half of dough and invert over batter.
- 7 Prick top dough. Bake at 350 degrees Fahrenheit for one hour.
- 8 Sprinkle confectioners' sugar over before serving.



YOUR **HOME**IN THE HOSPITAL



Honey Bundt Cake BY NITRA LADIES AUXILIARY

CAKE

6 eggs

1½ cups sugar

½ cup oil

- 1 teaspoon coffee, dissolved in 1 cup water
- 1 pound honey
- 1 teaspoon **baking soda**
- 1 teaspoon baking powder
- 1 teaspoon vanilla sugar

pinch of salt

3 cups flour

CREAM

6 ounces margarine

2 egg yolks

1 teaspoon **coffee**, dissolved in 1½ teaspoons water

½ pound confectioners' sugar

1 tablespoon vanilla sugar

9

CAKE

- 1 Beat eggs.
- 2 Add sugar and beat until light and fluffy.
- 3 Add oil, beat well.
- 4 Reduce speed and add remaining ingredients, alternating liquid ingredients with dry ingredients.
- 5 Pour into greased nine-inch bundt pan. Bake at 325°F for one hour.
- 6 Cool completely. To release from pan, invert cool cake onto plate.

CREAN

- 1 Cream margarine and yolks until light and fluffy.
- 2 Add remaining ingredients and cream well. Pour over cake.

VOLUNTEER DREAM TEAM MAKING A real DIFFERENCE IN PEOPLE'S LIVES



Chesed Hospitality Rooms

The CHESED 24/7 HOSPITALITY ROOMS consist of a room or suite of rooms equipped with a refrigerator, kosher cakes and snacks, hot water and coffee, milk, yogurt and other dairy products, prepackaged meals and soups, comfortable chairs or recliners, Jewish reading materials, CDs and other sources of inspiration, Shabbat food warmers and any other amenities a Jewish individual would require. More importantly, it offers a quiet place where family members can sit, relax, and recover their emotions in a more private setting.

CHESED HOSPITALITY ROOM LOCATIONS:

COLUMBIA UNIVERSITY MEDICAL CENTER - MILSTEIN HOSPITAL PAVILION . COLUMBIA UNIVERSITY MEDICAL CENTER - BABIES' AND CHILDREN'S HOSPITAL . LENOX HILL HOSPITAL • CORNELL MEDICAL CENTER HACKENSACK UNIVERSITY MEDICAL CENTER -WOMEN'S BUILDING . HACKENSACK UNIVERSITY MEDICAL CENTER - MAIN BUILDING • GOOD SAMARITAN HOSPITAL (SUFFERN) • ENGLEWOOD HOSPITAL AND MEDICAL CENTER • MOUNT SINAL HOSPITAL MEMORIAL SLOAN KETTERING • HOSPITAL FOR SPECIAL SURGERY • ELLENVILLE HOSPITAL • CATSKILL REGIONAL MEDICAL CENTER (HARRIS HOSPITAL) • MONTEFIORE - ALBERT EINSTEIN - WEILLER DIVISION VALLEY HOSPITAL - MAIN BUILDING • VALLEY HOSPITAL - MOTHER & BABY UNIT • TRINITAS HOSPITAL (ELIZABETH) • CALVARY HOSPITAL • HENRY J. CARTER HOSPITAL • ALARIS HEALTH



Chesed 24/7 prepares SPECIAL HOT MEALS for hospitalized patients and their families, delivering them to hospital rooms daily. On Yom Tov, Chesed 24/7 employs a non Jewish driver to deliver freshly prepared and specially wrapped meals to the hospitals so that patients and their families can have fresh, hot food on Yom Tov.

Transportation

Chesed 24/7 runs **TWO DAILY SHUTTLES** transporting people from Rockland County to Manhattan area hospitals for doctor's appointments, treatments, or visitation. In case these shuttles are either at inconvenient times or inconvenient locations, Chesed 24/7 also coordinates hundreds of volunteers who donate their time transporting people door to door from their homes to doctor's appointments or hospitals.

Chesed Apartments

THE CHESED APARTMENTS, located near Columbia University Medical Center, give families a comfortable place to sleep while minutes away from the patient's bedside.

Shabbos in a Box

Every Shabbos, Chesed 24/7 delivers hospitalized patients a BOX WHICH CONTAINS ALL ITEMS NECESSARY TO PROPERLY BRING IN SHABBOS. Included in the box is a pair of electric candlesticks which the patient can light in their hospital rooms, a challah cover, a tablecloth, grape juice, a Kiddush cup, a silk flower, a box of Shabbos sweets, and bisamim to use for Havdalah.



Chesed 24/7 distributes THOUSANDS
OF BOTTLES OF PURE, FRESHLY
SQUEEZED POMEGRANATE JUICE
to patients who are undergoing chemotherapy
treatment or other severe treatments and need to
regain their energy and blood levels.

Medical Supplies

Chesed 24/7 has MEDICAL SUPPLIES AVAILABLE FOR LOAN to any person who requires them. Medical supplies include: wheelchairs, hospital beds, crutches, walkers, etc.

Smile 24/7

This program provides talented, caring volunteers who SING, DANCE, PERFORM SKITS, MAGIC SHOWS, and many other interesting feats to provide happiness and light in what can be a dreary hospital stay.

△Share 24/7

Share 24/7, a division of Chesed 24/7, provides
COMPREHENSIVE CARE AND ADVOCACY
FOR DEVELOPMENTALLY DELAYED AND
DISABLED INDIVIDUALS and their families.
With a team consisting of skilled professionals, devoted
staff members and selfless volunteers, Share 24/7 assists
challenged individuals achieve personal satisfaction
and fulfillment to the utmost of their abilities. Some of
the programs run by Share 24/7 include: Habilitation
Services, Residential Programs, Respite Programs, Case
Management, Group Homes, Supported Employment,
Vocational Training, Sunday, Weekend and Holiday
Programs, Family Reimbursements, Weekend Retreats, our
unique Summer Retreat and our ABA program for adults.



חסד דשיכון סקווירא

WOULD LIKE TO THANK OUR devoted volunteers FROM THE FOLLOWING COMMUNITIES:

- Manhattan
- Washington Heights
- Boro Park
- Crown Heights
- Far Rockaway
- Flatbush
- Williamsburg
- Monsey
- New Square
- Passaic
- Teaneck
- Woodmere
- Englewood
- Elizabeth
- Lawrence
- Queens
- Cedarhurst
- Lakewood
- Queens

Whether it's packaging meals, cutting fruits and vegetables, stocking the Chesed Rooms, visiting patients or collecting food packages, our dedicated teams of Chesed volunteers help 24/7/365 and we cannot thank them enough for the difference they make.

If you would like to join our team of volunteers, please contact Chesed 24/7 at 845.354.3233 and see how you too can help.

CHESED 24/7 an Empire of Kindness

Chesed 24/7 does everything in its power to make people's lives easier. Whether it's hospital based services, services for the special needs population, or our newest early intervention service, we provide the human touch of warmth, kindness and compassion in everything we do.



- Chesed Hospitality Rooms
- Hot Meals Delivered to Patients and their Families
- Hospital Liaisons
- ▶ Smile 24/7 Entertainment
- Visitation and Respite
- Shabbos in a Box
- Boost in a Bottle -Pomegranate Juice



- Day Habilitation
- Group Homes
- Community Habilitation
- Respite
- Family Care
- Medicaid Service Coordination (MSC)
- ABA Services
- Supportive Employment



EARLY INTERVENTION SERVICES

- Developmental Evaluations
- Speech/Language Therapies
- Feeding Therapy Services
- Vision Therapy Services
- Physical Therapy Services
- Occupational Therapy Services
- Social Work Services
- Service Coordination
- Family Support/Counseling
- Parent/Caregiver Workshops

