

A Special Transportation Guide For Westfield Commuters



J Transit takes you to Newark Penn Station where you can make all of the right connections.

To New York:

A simple track change at Newark Penn Station will get you on board a NJ Transit train to Penn Station New York. Check the monitor for the next connecting New York train and go to the track no. indicated.



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Path rail service at Newark Penn Station takes you directly to the World Trade Center in downtown New York. Trains also serve Jersey City and midtown Manhattan at Christopher Street, 9th Street, 14th Street, 23rd Street, and 33rd Street. Please call 1-800-234-PATH for information.

To Amtrak Trains

At Newark Penn Station, connect with Amtrak trains to locations throughout the nation. For information, please call 1-800-USA-RAIL.

To Hoboken

Waterfront connection trains offer express service between Newark Penn Station and Hoboken Terminal for connections to New York and Jersey City. At the Hoboken Terminal, take the NY Waterway Ferry direct to the World Financial Center in lower Manhattan. The ferry is next to Track No. 15. For information, please call 1-800-53-FERRY.

To Other NJ Transit Rail Lines

NJ Transit rail lines that serve Newark Penn Station include: Raritan Valley, Northeast Corridor, and North Jersey Coast Lines. Hoboken Terminal includes: Morris and Essex, Boonton, Pascack Valley, Main/Bergen, and limited North Jersey Coast and Raritan Valley line service.

To Downtown Newark

The Loop serves the Downtown/Arts and Ironbound districts with mid-day and evening shuttles between Newark Penn Station, Newark Broad Street Station, and the New Jersey Performing Arts Center. Newark City Subway provides convenient service from Newark Penn Station to business and university areas of Newark.



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NJ Transit Buses are available at Newark Penn Station to take you to various locations in New Jersey.

To Newark International Airport

Airlink buses provide express service between Newark Penn Station, Newark Broad Street Station and Newark International Airport. Regular departures leave every 20 to 30 minutes from 6 to 2 a.m. on weekdays and every 30 minutes on weekends and holidays from 6:30 to 2 a.m.

NJ Transit cannot assume responsibility for inconvenience, expense, or damage resulting from errors in timetables, delayed trains, failure to make connections or for shortages of equipment.

When You Want to Get There

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www.njtransit.state.nj.us
Amtrak: www.amtrak.com

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Call Today! **(908) 232-0767 or Fax (908) 232-1076** 349 South Ave. East Westfield

Youth and Family Counseling Always Lends a Helping Hand

The Youth and Family Counseling Service, which recently celebrated its 80th anniversary, is a family counseling agency and mental health resource which has as its main focus, "People helping people," according to a spokesman for the service.

The group counsels individuals and families with difficulties in the following areas:

- Young children who have difficulty in relationships at home or at school, acting out behavior and/or angry or depressed feelings, even at an early age.
- Teenagers who have difficulties with poor self-images, depression and/or anxiety, suicidal thoughts or feelings, stress at school, under achievement, behavioral problems, peer conflicts and difficulties with academic performance and authority figures.
- Young adults with0 anxiety about college, financial stresses, social and peer conflicts, vocational choice concerns and sexual insecurities.
- Married couples who are experiencing hostile relations. Many of these couples have been married for many years, sometimes 20 to 40 years, and now feel they want some happiness, in or out of marriage, before their lives slip away.
- Adults who feel depressed, anxious, lonely or isolated and confused about economic and sexual stress, social and peer conflicts, vocational choice concerns and sexual insecurities.
- Senior citizens who are having difficulties with loneliness, alienation and family stresses.

Throughout the years the agency has remained aware of the ongoing, and changing needs of community residents. Some clinical changes in recent years have included:

The addition of a part-time child psychiatrist on the staff, to evaluate and diagnose different situations and provide medication, where indicated. The increase in family and group therapy in addition to individual counseling. The increased work with domestic violence in families.

Parenting Skills Workshops are extended to community agencies, schools, churches and synagogues. The workshops concentrate on developing healthy parenting skills and attitudes.

Milton Faith, the Executive Director, also writes a monthly mental health advice-giving column for *The Westfield Leader*, a column now in its 32nd year of publication.

All counseling sessions are arranged by appointments made in advance. The agency is located at 233 Prospect Street and is a member agency of the United Fund of Westfield.

How to Get Involved:
Youth and Family Counseling Service
(908) 233-2042
Westfield Volunteer Rescue Squad
(908) 233-2501

Town Volunteer Rescue Squad Marks 48th Year of Service

An average of seven emergencies or transportations are handled by the Westfield Volunteer Rescue Squad each day, 365 days a year, to any patient.

The squad responds to calls such as motor vehicle accidents, childbirth, cardiac problems, orthopedic injuries, burns, sudden illnesses and psychiatric crises, etc.

The squad is totally funded by the tax-deductible contributions of Westfield residents. The squad, now in its 48th year, receives no support from the town, state or federal governments. A separate fund drive is held annually in March.

The squad is always accepting applications for either Emergency Medical Technicians or telephone dispatchers. No prior experience in emergency first aid is necessary to apply for membership, only a willingness to learn and the desire to help others.

The only requirement is applicants must have a valid New Jersey driver's license. All training will be provided.

For more information on any of these services or membership information, please call the squad at its non-emergency number at (908) 233-2501.



VOLUNTEERS NEEDED!...Members of the Westfield Volunteer Rescue Squad are pictured at its annual membership drive during the FestiFall street fair held in September. Pictured, left to right, are: kneeling, Laura Druck and Bettylou Yevich, and standing, Jim D'Ambrosio, Lauren Pass, Grace Kowalski and Richard Jackson.

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