



ABOUT NJ CENTER FOR THE HEALING ARTS

The NJ Center for the Healing Arts has been setting standards of excellence in the practice and education of Integrative Mental Healthcare since 1989.

One of the first models of integrative mental health in the country, the NJ Center for the Healing Arts integrates counseling and psychotherapy with the best practices of conventional, alternative and complementary medicine. Its model honors the importance of spirituality and community. Though the NJ Center for the Healing Arts celebrates over two decades of practice, it is still considered to be on the "cutting edge" of healthcare.

The guiding philosophy is based on research that confirms that people thrive when invited to participate fully in their own health and healing process. They benefit from sharing their very personal stories that include challenges and celebrations with respect to faith, hope, love, gratitude, and forgiveness. All of these dimensions of being fully human have a direct impact on health.

It is the mission of the NJ Center for the Healing Arts, Inc. to provide access to opportunities for the integration of mind, body, emotions and spirit through counseling, medicine, complementary healing arts, educational resources, cultural and artistic expression, and the celebration of community.

CONTACT US

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/njcenterforthehealingarts



@njcenterforhealingarts



NJCHA.eventbrite.com



@NJCHA

Drop-in Counseling

\$25 FOR 30-MIN SESSION



LOCATION

NJ Center for the Healing Arts
248 Broad St., Red Bank, NJ 07701

DROP-IN HOURS

Monday: 10am - 7pm
Wednesday: 10am - 6pm
Friday: 12pm - 8pm

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Drop-In Counseling

NJ Center for the Healing Arts



Our new drop-in counseling center is one of few in Monmouth County to offer same day, brief and affordable counseling sessions. Individuals of all ages are welcomed to "drop-in" for a 30-minute session when experiencing stress, anxiety, depression, relationship or family concerns, or when in need of support while managing conflict, making difficult decisions, or helping loved ones that are struggling. If you are interested in making a follow-up appointment after your initial drop-in session, you can request to see the same counselor or be placed with a counselor that would be a good fit for you.

In the case of an emergency, visit your nearest emergency room.

**Riverview Medical Center
1 Riverview Plaza., Red Bank, NJ**

WHAT?

Whether you have a consistent counselor who is out of town, you're in need of immediate assistance, or are considering beginning therapy for the first time, this service will be accessible for you during your time of need. The center will be staffed with counselors designated specifically for Drop-In Services during the hours listed. Individuals interested in utilizing these services could either call ahead or walk-in during the available Drop-In hours. When you arrive, sign-in to let us know you are here, and then you will be prompted to fill out an abridged Application for Services form that will help our counselors to better serve your needs.

WHEN?

... you had a big argument with your partner
... you feel overwhelmed
... you need someone to talk to right away
... your therapist is on vacation
... your child got in trouble at school
... you had a panic attack
... you notice the warning signs for depression coming back again
... you haven't been able to sleep
... you noticed a change in appetite

HOW IT WORKS

The Drop-In Clinic is open for all, however minors under the age of 16 must be accompanied by a parent or guardian.

Sessions will be 30 minutes long, costing \$25 per session. All payment must be made in cash, card, or check. No insurance will be accepted for drop-in services.

If a client feels they need additional time after the initial 30 minutes, NJCHA will offer the ability to extend the session to 60 minutes for an additional \$20.

In order to schedule a follow-up appointment with your therapist, you will need to register as a new client with our office staff.

DISCLAIMER: If other clients are waiting to utilize Drop-In services and additional counselors are not present to serve them, the option to extend to a 60-minute session will no longer apply.