



NJ CENTER FOR THE HEALING ARTS



children ages 3-18 struggling with...

- SCHOOL REFUSAL
- ANXIETY
- PANIC ATTACKS
- BEHAVIORAL CONCERNS
- SLEEP/EATING CHANGES
- FAMILY CONFLICT

drop-in hours

Monday: 10am -7pm

Wednesday: 10am - 6pm

Friday: 12pm - 8pm

\$25 for 30-min session

SUPPORT WHEN YOU NEED IT

Are you feeling overwhelmed by your child or teen's behavior or mental health? Don't know what the "right" thing to do is? Our new drop-in counseling center is one of the only in New Jersey to offer same day, brief and affordable counseling sessions for youth. "Drop-in" for a 30-minute session when your child is in distress. Your counselor will help you and your child manage difficult emotions, address unwanted behaviors, resolve conflicts, and/or provide referrals and resources that will help your family move forward after the crisis.

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 your family.

In the case of an emergency, visit your nearest emergency room.
Riverview Medical Center | 1 Riverview Plaza., Red Bank, NJ

LOCATION

NJ Center for the Healing Arts
248 Broad St., Red Bank, NJ 07700