

## OUR IMPACT

*"I came to Catholic Charities for my daughter who was out of control and needed help. Her therapist has been a great help. She has also seen the psychiatrist and I am hopeful that the more she comes, the better she will get."*

— Crystal N., Parent

*"Our experience at Catholic Charities has been wonderful. My granddaughter's therapist has done a fantastic job helping her verbalize and use art medium to express her feelings. I would recommend the program to other families."*

—Anonymous, Grandparent/Guardian

Catholic Charities, Diocese of Trenton

### **Counseling Services of Monmouth County**

145 Maple Ave, **Red Bank:**

Monday through Friday 9am – 8pm, Saturdays 9am – 1pm

1312 Allenhurst Ave, **Ocean Township:**

Monday through Friday 9am – 8pm, Saturdays 9am – 1pm

**Phone: 732.747.9660**

**Melissa Boege, Program Director**

**mboege@cctrenton.org**

Access, Help and Information Center

**800.360.7711**

**CatholicCharitiesTrenton.org**



# COUNSELING SERVICES OF MONMOUTH COUNTY

PROVIDING COUNSELING SERVICES TO  
CHILDREN AND ADOLESCENTS (AGES 5 TO 17)



Do you know a child or adolescent who needs help and support to work through an emotional problem?

Do you seek guidance in dealing with an adolescent who “acts out” at school and is shutting you out?

Are you a school social worker trying to assist a student and family coping with excessive bullying?

These are just a few examples of the types of challenges with which our staff can help.

Catholic Charities’ Counseling Services of Monmouth County, located in Red Bank and Ocean Township, offers psychological counseling for children and adolescents (ages 5–17).

Adjunct services for those in counseling include psychiatric evaluations, and medication monitoring.

## ABOUT OUR PROGRAM

We are a COA-accredited agency that has offered experienced counseling to families in Monmouth County since 1965. Using evidence-based practices, our clinicians have helped families and individuals successfully resolve problems such as:

- Low self-esteem
- Depression
- School avoidance/ excessive absenteeism
- Bullying
- Social anxiety
- Family Conflict
- Phobic behaviors

All of our program counselors are Master’s level clinicians. We work in collaboration with Monmouth University’s Mental Health Counseling Program.

We also offer a convenient location, accessible by bus or train.

## OVERVIEW OF SERVICES

- Psychological counseling for children and adolescents (ages 5 to 17) (Medicaid and sliding scale available)
- Psychiatric evaluations
- Medication monitoring
- Individual, family and group counseling



## ABOUT CATHOLIC CHARITIES

Catholic Charities, Diocese of Trenton, has been providing critical services for people in need for more than 100 years regardless of religion, race, ethnicity or income.

Counseling Services of Monmouth County is part of a four-county network of specialized counseling services that we provide. Catholic Charities is a non-profit recognized by the Chronicle of Philanthropy as one of the most fiscally efficient in the country.

The mission of Catholic Charities is to alleviate human suffering through service, advocacy and community building. We meet this mission through a wide variety of services that include behavioral healthcare, domestic violence prevention and treatment, help with basic needs, housing assistance, disaster response, addiction treatment, job training and supported employment.