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NJ CENTER FOR THE HEALING ARTS

248 Broad st, Red Bank, NJ 07701

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**drop-in
counseling
for youth**

about us



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.



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youth ages 3-18 struggling with...

- SCHOOL REFUSAL
- ANXIETY
- PANIC ATTACKS
- BEHAVIORAL CONCERNS
- SLEEP/EATING CHANGES
- FAMILY CRISIS/DIVORCE
- CONFLICT RESOLUTION
- SELF-ESTEEM
- ADD/ADHD
- SOCIAL SKILLS
- GENDER/SEXUALITY ISSUES
- DEVELOPMENTAL ISSUES
- AUTISM
- GRIEF COUNSELING
- PROBLEMS IN SCHOOL
- DEPRESSION
- MEDICAL TRAUMA
- PARENTING
- PERFECTIONISM

drop-in hours

Monday: 10am -7pm

Wednesday: 10am - 6pm

Friday: 12pm - 8pm



services for children and teens

Creative Expressive Therapies and Art Therapy

Creative Expressive Therapies use techniques that help clients explore feelings, dreams, memories and ideas and to provide a means of creative expression for that which has no words. No artistic skill is necessary. The goal is to resolve conflict. Though a non-threatening form of therapy for children, creative expressive techniques are for people of all ages. They are especially effective when dealing with trauma, depression, and loss, recovering from abuse and for management of anger.

Sand Tray Therapy

Sand Tray Therapy is a symbolic process that has the power to reach deep unconscious content without words or analysis. It works on the premise that the human psyche is capable of healing itself when given the opportunity and the right conditions. Using a tray filled with sand, participants are given minimal instructions. They select from numerous objects and then arrange their selections in the tray. The therapist is a witness to the creation of the world in sand as the process unfolds and the story is told.

\$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**