

NJP Counseling Center is a comprehensive child and adolescent servicing center offering a wide range of counseling and community support services. These include specialty counseling, individual, group and family therapy, psychological testing, psychiatric consultation and community youth support.

Services:

- Outpatient Mental Health
- Psychiatric Evaluation & Treatment
- Psychotherapy (Individual, Family, Group)
- Dual Diagnosis Services
- Professional Hypnotherapy & Guided Imagery
- Child and Adolescent Services
- Crisis Intervention
- Relationship Issues
- Parents/Children Relationships
- Fatherless Daughters / Sons
- Forgiveness Issues (Self & Others)

NJP Counseling Center
Programs help individuals
rebuild their lives by
integrating treatment and
support services.

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*We accept Medicaid,
Medicare, major
insurances and
private pay*

NEW JERSEY PSYCHOTHERAPY COUNSELING CENTER



**BELIEVE IN BETTER
TOMORROW!**

The mission of our program
CHILD & FAMILY is to heal
and strengthen the lives of
children and families.



**Licensed by the
New Jersey Department of
Human Services - Division
of Mental Health and
Addiction Services**

*...Helps children and families
Hope for the future,
Power the present*

Unplanned life stresses such as unemployment, divorce, death and abuse can hit families hard. Faced with these and other situations, children can struggle with feelings of grief, despair, anger or loss, and display behavioral problems.

NJP Counseling Center helps children and families navigate through stresses. We provide emotional, behavioral and psychiatric support in a safe, healthy and caring environment using effective debriefing modalities.

Our staff communicates with children and families to address their multiple and complex needs, and with the goal of keeping families stable and safe, preserve family and community stability.

Accessing Services:

NJP Counseling Center is committed to providing the highest quality care possible by working together with families and within the community. Referrals and inquiries are accepted from individuals, families, friends, physicians, local agencies, school counselors, clergy, insurance companies and the department of social services.

Things change when you turn 18

*Know the services and resources
available to you to feel successful
as an adult*



We provide services to adolescents, ages 15-22, with the transition to adulthood including:

- Independent Living Skills Classes where you can learn about life skills such as how to manage your money, rent an apartment, buy a car, eat well, stay healthy, and find positive relationships
- GED assistance
- Information about how to pay for education
- Employment Readiness Training
- Social and Mental Health Counseling

When to Get Help

Children and adolescents with mental or behavioral health problems need to get help as soon as possible. Pay attention if a child or adolescent you know has any of these warning signs:

- School refusal behavior (school phobia)
- Anxiety, bullying
- Test anxiety
- Social anxiety
- Poor self-esteem and confidence
- Uncontrollable anger or outbursts or overreacting
- Constant concern about physical problems / appearance
- Repetitive habits and rituals such as hand-washing, counting or touching
- Worry about being harmed, hurting others or doing something “bad”
- Excessive sexual thoughts or actions.
- Having racing thoughts that are almost too fast to follow
- Repetitive stealing
- Using alcohol or other drugs
- Unhealthy eating behavior
- Obsessive dieting and/or exercising
- Paranoid or delusional thought
- Aggressive or impulsive behavior
- Grief and sadness due to loss
- Difficulty coping with parental divorce or separation