

# Children's Programs and Resources

## **Center for Children's Behavioral Health**

**973-575-2794**

Provides mental health services to children and adolescents struggling to maintain stability in their community. Services are intended to help avoid hospitalization or extended inpatient stay. Both the partial care and IOP program offers psychiatric and therapeutic services. Full day, half day, and IOP services available. Accepts both private and Medicaid insurance options. Transportation provided to children within a 30 mile radius of the center, located in Fairfield NJ.

<https://www.ccbhnj.org/>

## **Bergen Family Center Children's Services**

**201-568-0817**

Bergen Family Center is located in Englewood, NJ, and offers a number of services for children and families, including the Leonard Johnson Early Learning Center, pre-school, and aftercare services. These services provide parents with affordable and high-quality child care. The Family Success Center provides mentorship services to mentors families learn new skills, set goals, and acquire resources and tools to make positive change. The Home Instruction for Parents of Pre-school Youngsters (HIPPY) program provides parents with training to be their child's first teacher – families receive books, activity packets and skills needed to prepare their children for school.

[https://bergenfamilycenter.org/SandP\\_Children-2.html](https://bergenfamilycenter.org/SandP_Children-2.html)

[https://bergenfamilycenter.org/SandP\\_Community-2.html](https://bergenfamilycenter.org/SandP_Community-2.html)

## **Audrey Hepburn Children's House Hackensack UMC**

**551-996-2271**

**Hotline: 1-855-463-6323**

Working to improve the quality of life for children who have been maltreated and abused. We strive to lessen the trauma experienced by abused children through a coordinated interdisciplinary team response, quality evaluations, and treatment in a child and family-friendly and culturally sensitive environment.

## **Comprehensive Behavioral HealthCare 201-646-0195**

Adolescent Counseling Services is a therapeutic program that assists children in identifying the source of their life challenges and developing an effective solution-based approach to resolving their emotional and behavioral difficulties. Telehealth services are available to quickly and conveniently connect those in need with providers who can help. Addresses issues such as sexual abuse and trauma, ADHD, grief, anxiety, child-parent conflict, depression, anxiety, school issues, etc. Private Insurance, Managed Care, Self-Pay, Medicare and Medicaid accepted. <https://www.cbhcare.com/adolescent-counseling>

## **Compass Counseling & Psychotherapy 973-259-8557**

Social service agency that focuses on improving the emotional health and wellbeing of children, adolescents, young adults, adults and families. Offers comprehensive wraparound services, Intensive in Community Therapy (IIC) and Behavioral Assistance (BA), and outpatient mental health services. Focuses include anxiety disorders, mood disorders, oppositional defiance, attention deficit disorder, post-traumatic stress disorders, eating disorder, parent-child conflict, and sexual abuse issues. Accepts a number of private insurances and self-pay.

<https://www.compasscounselingpsych.com/>

## **Cooperative Counseling Services**

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## **908-731-7099**

Offering telehealth services to all of NJ. Serving children and adolescents 3-26 years old and parents/caregivers of individuals 26 years old and under. Expertise in psychiatric, behavioral, emotional disorders, Depression, Anxiety, ADHD, Bullying, Oppositional/Defiant, etc., Modalities include Trauma-Focused CBT & Trauma-Informed Care, Co-occurring Substance Use, Family Systems and Communication, Adoption and Foster Care, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Play Therapy, Grief Counseling, Behavior Modification. Accepts NJ Medicaid. Bilingual Services in Spanish available. <https://www.cooperativecs.com/>

## **Core Counseling of North Jersey (551) 230-7421**

Core Counseling of North Jersey offers the highest level of care to individuals, couples, families, and groups- helping people resolve their challenges and feel more confident and comfortable in themselves as they move through their lives. Our specialties include: depression, anxiety, trauma, disordered eating, body image, and aging. Accepts many different insurances including Medicare. Expertise working with children, adolescents and teens. <https://www.corecounselingofnorthjersey.com/>

## **All Star Counseling 201-590-4242**

Works directly with youth, parents, families, and organizations. Focuses include trauma, Autism Spectrum Disorder, Substance Use Disorders, Abuse and Neglect, Anxiety Disorders, Depressive Disorders, Bipolar Disorders, Person/Family Centered Therapy, Play Therapy, Biopsychosocial Assessments, Cognitive Behavioral Therapy, Emotion Focused Therapy, Acceptance & Commitment Therapy. Offering IIC, BA, parent coaching, life coaching, and

mentoring services. Multi-lingual services available. Provides trauma-focused therapy. Telehealth services available. <https://allstarcounseling.org/services/>

## **E H Counseling, LLC (201) 523-4048**

Community-based mental health practice that offers therapeutic services. Certified Trauma Professional therapists trained specially in helping children, teens, and adults in addressing the emotions associated with the traumatic events. Expertise in human trafficking, trauma, sexual abuse, domestic violence, trauma-informed CBT, grief and loss. Individual and group therapy options available, family and coupled therapy offered. Affordable rates per session. Out of network insurance provider. <https://www.ehcounseling.org/>

## **LPCNJ Mindful Counseling Services 201-481-8733**

Expertise in the following: Phase of Life challenges, Family discord, Parenting, Crisis Management, Stress Management, Women's needs, Substance Use/Recovery support, Relationship challenges, Work related challenges, Cultural-Acculturation Needs, Young Adulthood Issues, Eating Disorders, Challenges in Adolescence, Behavioral Needs, Anxiety, Depression, Trauma, and School Issues. Works with Youth ages 7+, Family Therapy, Couples Therapy, Parenting Groups, Support Groups, and more. Also works as an IIC provider through Children's System of Care. Spanish-speaking staff available. [Lpcnj@njcounselor.com](mailto:Lpcnj@njcounselor.com) <https://njcounselor.com/contact-us-1>

## **Wellness Counseling of Bergen County 201-661-8070**

Assisting clients who are experiencing stress, anxiety, depression and self-doubt. Therapists partner with guidance counselors, teachers and administrators to help clients access resources. Collaboration with pediatricians, school

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nurses, psychiatrists and other medical professionals to help clients manage anxiety, depression and other issues. Services for children (12+), adolescents, adults, couples, and families. Works with most insurance companies as an out of network provider. Offices in Allendale and Hoboken, telehealth and in-person services available.

[info@wellnesscounselingbc.com](mailto:info@wellnesscounselingbc.com)  
<https://www.wellnesscounselingbc.com/>

## **Wafa House, Inc.** **800-930-WAFA(9232)**

Counseling and mental health program includes individual and group therapy, family therapy, and play therapy. Focuses include domestic and sexual violence, marital and family issues, and substance abuse. Services are free of charge. Therapists speak English and Arabic. Also offers case management, financial assistance, language assistance, legal advocacy, and crisis intervention services to clients.

<http://www.wafahouse.org/ourservices.html>

## **Bergen County Therapist** **551-579-4441**

Psychotherapy and counseling practice focused on tailoring treatment to individual needs. Offers a wide range of therapy services and focuses, including sexual abuse and violence, grief, depression, anxiety, PTSD, family and marriage counseling, and children's services. Children's services include school issues, behavioral problems, bullying, self-esteem issues, grief and loss, sexual and physical violence, and more.

<https://www.bergencountytherapist.com/services/>

## **Mind your Mind New Jersey** **(609) 222-4902**

Outpatient behavioral health service focuses include: Depression and anxiety disorders, Child and adolescent behavioral disorders, Suicidal, homicidal, and aggressive behaviors, Various neurodevelopmental disorders, PTSD and

co-occurring disorders, OCD, ADHD, post-partum, bipolar, eating disorders, and substance use. Also offers psychiatric evaluations and medication monitoring. Accepts a number of insurances including Medicaid.

[MindYourMindNJ@gmail.com](mailto:MindYourMindNJ@gmail.com)  
<https://mindyourmindnj.com/services>

## **Harambe Social Services, Inc.** **(609) 225-6936**

Harambe Social Services is a statewide non-profit agency that provides domestic and sexual violence education, training and support rooted in the teachings and traditions of African culture. The organization provides supportive education and resources to families impacted by domestic and sexual assault. Harambe also offers technical assistance and training to organizations in the community and to mainstream organizations to build their capacity to provide more culturally relevant services to people of the African Diaspora. Individual and group counseling services available. Services free of charge.

[info@harambesocialservices.org](mailto:info@harambesocialservices.org)  
<https://harambesocialservices.org/>

## **L&A Absolute Care** **973-849-6030**

Outpatient mental health clinic that provides therapeutic and psychiatric services to individuals across the age spectrum from children to adolescents, adults, and geriatrics. Scope of treatment includes the delivery of comprehensive psychiatric evaluations, medication monitoring, and holistic therapy. Treating individuals who present with a multitude of mental health conditions and are looking for psychotherapy and pharmacotherapy. Specializes in trauma, PTSD, sexual abuse, etc. Spanish-speaking available. Accepts several insurances including Medicaid and Medicare.

<https://www.lnacare.com/about>

## **Peace and Wellness Center** **973-777-6490**

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Provides mental health services to adults and children, including psychotherapy, child study team evaluations, parenting services, clinical supervision, immigration evaluations, and more. Psychotherapy includes individual and group services for children, adolescents, and adults, and specialties include sexual and domestic violence, interpersonal violence and abuse, trauma, eating disorders, ADHD, autism, grief, bipolar, learning disabilities, and more. Accepts Medicare, private insurance and sliding-scale for self-pay. [info@peaceandwellnesscenternj.com](mailto:info@peaceandwellnesscenternj.com)  
<http://www.peaceandwellnesscenternj.com/>

## **Treat Me Right – Youth Program** **201-678-1802**

The TMR – Youth Program is highly recommended for youth and families who are uninsured or underinsured and who would not otherwise have access to mental healthcare. Services include 16 weeks of integrative care, including Family therapy, Individual Therapy, Medication Management, Psychiatric Evaluations, and Psychopharmacology. Program criteria: youth ages 10-18 who are uninsured/underinsured. Staff speaks Creole, Farsi, French, Gujarati, Haitian, Hindi, Korean, Serbian, and Spanish. <https://tmmrmentalhealthcare.com/>

## **Thriving Minds Counseling & Therapy** **201-205-1131**

Specific focus working with LatinX community. Expertise is in working with survivors of trauma to learn the skills to heal and move forward following experiences of childhood abuse, sexual assault and exploitation, domestic violence, immigration, and community violence. Worked extensively to support individuals and families experiencing life transitions, loss and separation, anxiety and depression, and relationship challenges. Clinicians are bilingual and Hispanic-identified. Children 9+.  
[info@thrivingmindscounseling.com](mailto:info@thrivingmindscounseling.com)  
<https://thrivingmindscounseling.com/>

## **Peace of Mind New Jersey Counseling** **908-363-5535**

A holistic wellness center helping those with PTSD, trauma, depression, stress, and anxiety. Outpatient mental health and wellness center, offering counseling services to children, adolescents, adults, families, couples, and groups. Experience with anxiety and depression to divorce, domestic violence, loss of a loved one, and trauma. Offering CBT, music therapy, EMDR, trauma-focused yoga therapy, and more. Out of network insurance provider. <https://www.pomnj.com/>

## **Special Dragons Karate** **973-667-8525**

Karate program for children with special needs. ALL DIAGNOSIS ARE WELCOME AT SPECIAL DRAGONS. SPECIAL DRAGONS classes uses basic karate techniques to address issues like, eye/hand coordination, motor control, balance, sensory integration, conditioning, focus, time on task, and other challenges faced by our children with special needs. Locations in Union, Belleville, Hackensack, and Jersey City.  
[George@SpecialDragons.us](mailto:George@SpecialDragons.us)  
<https://www.specialdragons.us/>