

MENTAL HEALTH THERAPY

LET OUR TEAM OF LICENSED MENTAL HEALTH PROFESSIONALS HELP YOU REGAIN YOUR SENSE OF PURPOSE.

JFS of Central NJ offers mental health services for individuals, children, families, and older adults via Telehealth, and in-person.

WE OFFER HELP WITH:

Adoption

Aging/Retirement

Anxiety

Attachment

Children of Separation/Divorce

Chronic/Critical Illness

Cognitive Behavioral Therapy (CBT)

Couples Therapy/Family Therapy

Depression

Dialectical Behavioral Therapy (DBT)

Emotionally Focused Therapy (EFT)

Mindfulness

Play Therapy

Trauma Focused Therapy

Most insurance, Medicaid, Medicare accepted.

CONTACT US:

908-352-8375

INFO@JFSCENTRALNJ.ORG

TO SCHEDULE AN APPOINTMENT



VISIT OUR WEBSITE: WWW.JFSCENTRALNJ.ORG

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655 WESTFIELD AVENUE, ELIZABETH, NJ