



The Mindful Counseling Center offers high quality, compassionate mental health care – in-person at our office in Egg Harbor Township, NJ, as health conditions permit, and virtually for anyone living in New Jersey.

PSYCHOTHERAPY FOR INDIVIDUALS AND PEOPLE IN RELATIONSHIPS

Seeking psychotherapy is an important step in making positive change in your life. As a private group counseling practice, our team of counselors offer effective, evidence-based treatment to assist you in gaining a fresh perspective and identifying solutions to meet your personal goals. We can aid you in reducing problematic feelings, thoughts and patterns in your life.

The Mindful Counseling Center offers therapy for individuals aged 14 and up and people in relationships. We also can offer therapy in group settings on different topics, as sufficient interest arises.

We provide therapy for people who are struggling with a myriad of life challenges, such as stress, anxiety, depression, trauma or difficult memories, addictions and compulsive behaviors, co-occurring disorders, relationship or family issues, caregiver self-care, LGBTQ+ and diversity issues, life transitions, grief and loss, feeling lost or lonely, low self-confidence, difficulty communicating or concentrating, finding purpose and fulfillment in life, and more. Our counselors use an eclectic mix of therapeutic approaches tailored to meet your needs.

WHAT TO EXPECT FROM THERAPY

When you reach out to us, we will first talk with you to find out what you are hoping to achieve through therapy. Based on these hopes, we will endeavor to match you with a therapist who can assist you in defining and addressing your specific therapeutic goals and increasing your well-being. We will then schedule your initial appointment, as appropriate.

Your first appointment usually is an intake session, where your therapist gathers more information from you about your needs/goals and gives you an opportunity to ask further questions to help define what you want out of our services. The intake session is followed by standard counseling sessions, where you and your therapist journey towards fulfilling your therapeutic needs/goals.

SELF-CARE SUPPORT

The Mindful Counseling Center also offers self-care support resources on our website to supplement therapy or as a stand-alone service for those interested in improving their life skills and fulfillment. We offer educational and inspirational materials (many for FREE). We are also planning classes, workshops+

REACH OUT TO MEET YOUR THERAPY & SELF-CARE SUPPORT NEEDS.

Contact us at **609-377-5859** or **info@mindful-counseling-center.com**. We can connect you to one of our therapists and/or help you find additional resources. See our website for more information on our practice and/or to leave us a message: **mindful-counseling-center.com**. Questions about the practice can be directed to CEO/owner Patrick Connelly, LCSW, or our office manager. Our office address is 3069 English Creek Ave., Suite 224, Egg Harbor Township, New Jersey 08234.

