



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 AND PSYCHIATRIC SERVICES

Seeking psychotherapy and psychiatric services are important steps in making positive change in your life. Our team of psychotherapists and a psychiatric service provider offer effective, evidence-based treatment to assist you in addressing mental health concerns, 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 psychotherapy / counseling for individuals age 8 and up and people in relationships. We also can offer psychotherapy / counseling in group settings on different topics, as sufficient interest arises.

We provide psychotherapy / counseling 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+ 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 psychotherapists / counselors use an eclectic mix of therapeutic approaches tailored to meet your needs.

The Mindful Counseling Center offers psychiatric services for individuals age 12 and up. Our board-certified psychiatric mental health nurse practitioner provides patients with a psychiatric evaluation while formulating a medication management plan and follow-up, as clinically indicated. This provider strives to determine what works best for patients to attain emotional wellness and stability, so they can be the best version of themselves.

REACH OUT TO THE MINDFUL COUNSELING CENTER

To contact us, call **609-377-5859**, email info@mindful-counseling-center.com, or leave a message at <https://mindful-counseling-center.com/appointment-request/>. Our location is 3069 English Creek Ave., Suite 224, Egg Harbor Township, New Jersey 08234.

