



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HERE FOR OUR COMMUNITY

YMCA OF GREATER MONMOUTH COUNTY COUNSELING & SOCIAL SERVICES

The Y is the nation's leading non-profit strengthening communities through youth development, healthy living and social responsibility. Every day, YMCA of Greater Monmouth County works side by side with our neighbors, community partners and volunteers to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

Since 1974, our Y has been helping families in Monmouth County and throughout the state of New Jersey through our Counseling & Social Services. We offer a variety of programs for youth and families to support them through difficult situations and times of transition. Programs are designed to meet the ever-changing needs of the community and provide safe, confidential services which strengthen family life and individual growth.

Our team of caring and certified Y professionals are licensed to serve as counselors to youth and families, specializing in Social Work, Clinical Counseling, and Alcohol and Drug Counseling.

In addition to Counseling & Social Services, YMCA of Greater Monmouth County provides preschool programs, before and after school care in over 30 schools across Monmouth County, teen leadership activities, summer camp and health and wellness membership at our facilities in Red Bank, Freehold and Old Bridge.



The Y. For a better us.™

YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services

166 Main Street
Matawan, NJ 07747

732.290.9040
info@ymcanj.org

CYMCA.org

YMCANJ.org



819-4332-CSS

Here for all.

Financial assistance is offered
based on availability of funds.

HELPING KIDS COPE

SCHOOL-BASED COUNSELING SERVICES

Growing up isn't always easy, especially given the pressures that today's kids face at home and school, like getting bullied on social media, navigating standardized testing and struggling with difficult family issues. YMCA of Greater Monmouth County's Young People's Program empowers children and adolescents to cope with difficult situations through 1:1 therapeutic counseling sessions in the convenience of their school. The Y's school-based Young People's Program helps schools address the behavioral and emotional health needs of their students.

PROGRAM HIGHLIGHTS

- > We partner with schools to meet the need for counseling services on site.
- > Services include:
 - > Play therapy
 - > Individual and family therapy
 - > Parenting education
 - > Psychiatric services
 - > English and Spanish speaking services
- > Services can be provided during the school day or after school, whichever is more convenient for the school.
- > There is no charge to the school, services are billed directly to insurance.
- > Y counselors, all Masters level, licensed and background checked, work closely with school administrators and counselors.
- > Schools simply make a referral by completing a form and faxing to the Y at 732.566.0433.

PROBLEMS ADDRESSED

- > School difficulties
- > Parent/child conflict
- > Grief/loss issues
- > Depression
- > Anxiety
- > Adjusting to transitions
- > Behavior problems
- > Trauma issues (natural disasters, witnessing domestic violence, abuse, neglect, etc.)
- > Parenting issues (substance abuse, divorce, behavior management)

SCHOOL DISTRICTS WE SERVE

The Y is pleased to offer the Young People's Program at 88 schools in these school districts:

- > Asbury Park
- > Eatontown
- > Hazlet
- > Howell
- > Jackson
- > Keansburg
- > Keyport
- > Long Branch
- > Matawan-Aberdeen
- > Middletown
- > Neptune
- > Old Bridge
- > Red Bank
- > Toms River
- > Union Beach

We accept Medicaid at these school sites, along with private insurance from Aetna and Horizon Blue Cross Blue Shield.

ADDITIONAL COMMUNITY SITES

- > Aberdeen
- > Little Egg Harbor
- > Freehold
- > Manahawkin
- > Union Beach
- > Wall

We accept Medicaid, private insurance and self-pay at these community sites.

Sliding scale fees are available based on income and state funding may be available for some of our services based on eligibility.



The Y is so much more than a place. We help kids, adults and families from all walks of life reach their goals and contribute to solutions that improve communities.

For more information on bringing this program to your school, call 732.290.9040, ext. 0 or e-mail outpatient@cymca.org.

