



Services:

- Outpatient Mental Health
- Psychiatric evaluation
- Individual therapy
- Substance abuse service
- Medication management
- Cognitive therapy
- Couples therapy
- Family therapy
- Group therapy
- Hypnosis



"Helping couples & individuals untangle their wires of communication to dissolve their pockets of pain."

- Relationship Issues
- Blended Families
- Adoptive Families
- Mother/ Daughter Relationships
- Fatherless Daughters/ Sons
- Forgiveness Issues (Self & Others)
- Gay/ Lesbian Issues
- Etc.

Phone: 732-955-4141
3901 Highway 516, Suite 1C
Old Bridge, NJ 08857
Monday – Sunday: from 9:00 am to 9:00 pm



- Forgiveness Issues (Self & Others)
- Gay/ Lesbian Issues
- Miscarriage
- Abortion
- Pre-Marital / Couples Counseling
- Facing / Accepting Family Secrets
- Parenting & Children of Divorce
- Coping with Death and Illness
- Ongoing Depression/ Sadness



Reset Positive Mental Health Program — helping individuals rebuild their lives by integrating treatment and support services



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Is comprised of Adult Mental Health and Child and Adolescent Services. The clinic provides an array of care for your family from individual therapy to couples, family or group therapy.

"Are you emotionally overwhelmed? Are you having negative, sad, and/or uncomfortable thoughts? Are your friends and family tired of you talking about the same thing over and over again? Many situations, which others may not understand, can cause painful and conflicting feelings in your life. Our therapists can help you find your joy again. Sometimes we need someone to help show us the way."

Call today and schedule your first confidential counseling session. We may be with a client, please leave a message. I do look forward to talking with you.

Phone: 732-955-4141
Fax: 732-970-3778

3901 Highway 516, Suite 1C
Old Bridge, NJ 08857

www.PositiveReset.com
E-mail: PositiveReset@gmail.com

Monday – Sunday
from 9:00 am to 9:00 pm
Call for appointment



helps children and families

**Hope for the future,
power in the present**

Life too often throws curve balls, leaving many people feeling powerless and overwhelmed with life's challenges. Unplanned circumstances such as unemployment, divorce, death and abuse can hit families hard. Faced with these and other stressful situations, children can struggle with feelings of grief, anger or loss, and display behavioral problems.

Reset Positive's Outpatient Mental Health Clinic helps children and families navigate through such difficult times. We provide emotional, behavioral and psychiatric support in a safe, healthy and caring environment using effective treatment modalities.

Our staff communicates with children and families to address their multiple and complex needs, and with the goal of keeping families intact.

Schools and physicians use the Clinic to ensure access to effective, affordable counseling and community resources to preserve family and community stability.

Accessing Services:

Reset Positive is committed to providing the highest quality care possible by working together with families and within the community. Referrals and inquiries are accepted from individuals, families, friends, physicians, local agencies, school counselors, clergy, insurance companies and the department of social services.

For more information call : **732-955-4141**

www.PositiveReset.com



Things change when you Turn 18

**Know the services and resources
available to you to feel successful
as an adult.**



Finding the resources to help with these changes does not have to be frustrating. This guide can help you find the assistance and resources you need to feel successful as an adult.

We provide services to adolescents, ages 15-22, with the transition to adulthood including:

- Independent Living Skills Classes where you can learn about life skills such as how to manage your money, rent an apartment, buy a car, eat well, stay healthy, and find positive relationships.
- GED assistance
- Information about how to pay for education
- Employment Readiness Training
- Mental Health Counseling

For more information call : **732-955-4141**

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Psychotherapy

Psychotherapy is discussion-based behavioral health therapy. Outpatient psychotherapy are covered when medically or psychologically necessary to treat a behavioral health disorder. Outpatient psychotherapy is covered up to two sessions per week provided two therapy sessions of the same type do not occur on the same day in any combination of individual, family, group, or collateral sessions. The following types of therapy sessions are covered:



•Individual psychotherapy: Therapy may be used for adults and children to ease emotional issues, reverse or change troubling behavior, and encourage personality growth and development. Sessions are covered up to 60 minutes; crisis sessions may extend up to 120 minutes.

•Family or conjoint psychotherapy: Therapy designed to treat the entire family. Regular sessions are covered up to 90 minutes; crisis sessions may extend up to 180 minutes.

•Group psychotherapy: Therapy in which multiple patients are treated together as a group. Sessions are covered up to 90 minutes.

For more information call : **732-905-4141**

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