

Adolescent Resource



**Ocean
County
Health
Department**

Guide

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FOREWORD

The *Adolescent Resource Guide* was originally compiled for a program called the **Game of Life**, where students participated in real-life situations. The Ocean County Health Department delivered the **Game of Life** to numerous high schools in Ocean County. As part of the program, many of the different agencies that provide interventions for these situations were invited to participate. Students were encouraged to access help to solve their “situation” and obtain any help they may need for real life situations.

In the planning stages of the program, educators and representatives from local social service agencies realized that there was a real need for a comprehensive listing of resources within Ocean County. As the resources were gathered, I was surprised and pleased to see that there were many agencies within Ocean County that could provide help to adolescents.

Over the past few months, there was a tremendous need to update the *Adolescent Resource Guide*. Recent additions have been a new design and links to the organizations website. The *Adolescent Resource Guide* is available on the Ocean County Health Department website by following the link www.ochd.org/resourcedir.

If you have any additions, corrections or suggestions, please feel free to contact me at (732) 341-9700 ext. 7224 or you can e-mail lterjesen@ochd.org.

Thank you for your interest.

Sincerely,

Leslie Terjesen

Leslie Terjesen
Health Educator

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Adoption & Foster Care Issues

Adoption ARC

Phone: (800) 884-4004

Website: www.njadopt.org

Service: Helps with placement of children and children with special needs.

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Referrals and help with adoption.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Help with adoptions and foster care.

Division of Youth and Family Services

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(732) 901-4198 or (866) 544-9197 (Lakewood)

(732) 255-0700 or (800) 442-6232 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: DYFS helps families and individuals develop a case plan to meet their specific needs including adoption services.

New Jersey Adoption Resource Clearing House

Phone: (973) 763-2041 or (877) 427-2465

Website: www.njarch.org

Service: Provide support to all members of the adoption constellation (The adoption constellation includes anyone whose life is touched by adoption, including those who receive and/or deliver services.) Our goal is to direct people to appropriate adoption services in New Jersey.

Ocean Mental Health Services

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: "Connections" program serves Ocean County by matching youngsters with trained foster families.

Preferred Children's Services Visitation Program

Phone: (732) 905-5106

Website: www.preferredbehavioral.org/children/services.html

Service: Work with families to maintain regular contact between family and child.

Preferred Children's Services Foster Care Services

Phone: (732) 905-5106

Website: www.preferredbehavioral.org/children/services.html

Service: Provides services to foster families and children in their care, including behavioral management, tutoring and support services.

(Adoption & Foster Care Issues continued on next page)

Safe Haven Infant Protection Hotline

Phone: (877) 839-2339

Website: <http://www.njsafehaven.org>

Service: Referrals.

AIDS/HIV Issues & Treatment

AIDS Community Care Alternatives Program (ACCAP)

Phone: (732) 349-1500 (Ocean County Board of Social Services-Based)

Service: Provides eligible residents with financial, medical and social services.

AIDS Community Care Alternatives Program (ACCAP)

Phone: (732) 341-9700 ext. 7603 or (800) 342-9738 ext. 7603 (Ocean County Health Department-Based)

Website: www.ochd.org/clinics2.aspx?ID=23

Service: Provide case-management services for residents infected with HIV.

AIDS Hotline

Phone: (800) 342-AIDS (2437) or (800) 344-7432 (espanol)

Service: Counseling, emotional support and information.

Jersey Shore Addiction Services

Phone: (732) 988-8877

Service: Counseling and programs for people living with HIV.

NJ AIDS Hotline

Phone: (800) 624-2377

Service: Information and referrals.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7610 or (800) 342-9738 ext. 7610

Website: <http://www.ochd.org/clinics2.aspx?ID=17>

Service: AIDS clinic, counseling and testing, support groups, hotline, educational materials and speakers.

Alcohol Resources

ADACO Central Intake Program

Phone: (732) 367-5515

Website: www.adaco.org

Service: Provide substance abuse assessments for all Ocean County adolescents.

ADACO Counseling Center

Phone: (609) 597-9601

Website: www.adaco.org

Service: Adult and adolescent substance abuse treatment services (Aftercare, Assessments, DWI Program, Family Groups, Individual and Group Counseling).

(Alcohol Resources continued on next page)

Addiction Hotline of New Jersey

Phone: (800) 283-2333

Website: www.njdrughotline.org

Service: Find alcohol or drug treatment programs, locate 12-step support meetings, or find the answers to questions concerning drugs and alcohol.

AGAPE Counseling Services

Phone: (609) 693-1333

Service: Outpatient Treatment Program.

Al-Anon Family Group Headquarters

Phone: (888) 4AL-ANON or (757) 563-1600

Website: www.al-anon.alateen.org

Service: Information and educational material.

Alcoholics Anonymous (AA), Cape Atlantic Intergroup

Phone: (609) 641-8855 or (800) 604-4357

Website: www.caigrp.org

Service: Listing of support groups for the 12-step program.

Alcoholics Anonymous (AA), Central Jersey Intergroup

Phone: (609) 298-7795

Website: www.centraljerseyintergroup.org

Service: Listing of support groups for the 12-step program.

Alcoholism and Drug Abuse Council of Ocean County (ADACO)

Phone: (732) 367-5515

Website: www.adaco.org

Service: Education, referrals, AA meeting schedules and resource center for information.

Behavioral Healthcare of Catholic Charities

Phone: (732) 262-3474 ext. 103

Website: www.catholiccharitiestrenton.org

Service: Counseling.

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: **Weekend Co-dependency program** and **Bright Futures for Kids** (for children ages 4-12) for families that are affected by alcohol problems, **Couples in Recovery** (support group for couples affected by addiction).

CheckYourself

Service: Online resource for yourself about drug and alcohol addiction

Website: www.checkyourself.org

Children of Alcoholics Foundation, Inc.

Phone: (800) 359-COAF (2623)

Website: www.coaf.org

Service: Information, referrals and educational materials.

(Alcohol Resources continued on next page)

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Referrals.

CONTACT of Ocean County

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24 hour hotline with information and referrals.

Counseling and Referral Services of Ocean, Inc.

Phone: (732) 920-2700 or (732) 244-1600

Website: www.carsofocean.com

Service: Treatment and Driving Under the Influence (DUI) Program.

Freevibe.com

Website: www.freevibe.com

Service: Information on drugs and addiction.

Healy Counseling Associates

Phone: (732) 797-0400

Service: Out-patient treatment.

Liberty Behavioral Management Corporation

Phone: (201) 236-8880 or Luis Sanchez (201) 923-6219

Website: www.libertymgt.com

Service: In-patient and out-patient services (adult, women's program, detoxification, dual-focus and rehabilitation).

Lighthouse at Mays Landing

Phone: (800) 852-8851

Website: www.lighthouseatmayslanding.com

Service: Detoxification, in-patient and out-patient services.

Maryville Alcohol and Drug Treatment Center

Phone: (800) 587-0244

Service: Detoxification, in-patient and out-patient services, Adolescent Treatment Program designed for adolescents aged 13-17.

New Hope Foundation

Phone: (732) 946-3030 ext. 247

Website: www.newhopefoundation.org

Service: Detoxification, in-patient and out-patient services.

New Jersey Al-Anon & Alateen

Phone: (973) 744 – 8686 (North Jersey)

(856) 547 – 0855 (South Jersey)

Website: www.nj-al-anon.org

Service: Information, educational materials and meetings.

(Alcohol Resources continued on next page)

New Jersey Ala-Call

Phone: (800) 322-5525

Website: www.snj.com/ala-call

Service: Hotline providing referrals.

New Jersey Drug Hotline

Phone: (800) 662-4357

Service: Referrals.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Support groups, information and educational materials.

Ocean County Health Department Drug and Alcohol Unit

Phone: (732) 341-9700 ext. 7535 or (800) 342-9738 ext. 7535

Website: www.ochd.org/nursing.aspx?subcat=alcohol

Service: Referrals and listings of AA meetings, screenings for in-patient services.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Turnaround Program offers substance abuse services for people 12 -25 years old.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Riptide IOP Program which is an intensive substance abuse out-patient program for ages 13 -18.

Prevline (Prevention Online) SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI)

Phone: (800) 729-6686

Website: www.ncadi.samhsa.gov

Service: One-stop resource for information about substance abuse prevention and addiction treatment.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling parents in **Sobriety Group** and **Parents in Recovery Group** for southern Ocean County residents.

Saint Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: In-patient and out-patient services.

Seabrook House

Phone: (800) 761-7575

Website: www.seabrookhouse.org

Service: Detoxification, in-patient and out-patient treatment and relapse prevention.

(Alcohol Resources continued on next page)

Sunrise House

Phone: (973) 383-6300

Website: www.sunrisehouse.com

Service: Adolescent in-patient program, **Teen & Clean**.

The Cool Spot

Website: www.thecoolspot.gov

Service: Provides information about underage drinking and alcohol problems.

Tough Love International Hotline

Phone: (800) 333-1069

Touchstone Hall

Phone: (201) 784-6490

Website: www.vantagenj.org/services.html

Service: Male adolescent (ages 13 -17) residential treatment facility.

Turning Point, Inc.

Phone: (973) 239-4600

Website: www.turningpointnj.org

Service: Detoxification and in-patient services.

White Deer Run

Phone: (800) 255-2335

Website: www.whitedeerrun.com

Service: Residential facility.

Anger Management Resources

Center for Kids and Family

Phone: (732) 505-KIDS (5437)

Website: www.sbhcs.com/hospitals/community_medical/services/kidsandfamily.html

Service: Support Groups.

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Individual and group therapy.

Service: The **Family Growth Program** serves physically and sexually abused children. It also serves juvenile and adolescent perpetrators of child sexual abuse.

Division of Youth and Family Services (DYFS)

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(732) 901-4198 (Lakewood)

(732) 255-0700 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: Counseling.

(Anger Management Resources continued on next page)

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Group and individual programs.

Ocean Mental Health Services

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: **Turnaround Program** addresses teen and parent issues including anger control.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Individual, family and group therapy.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Anger management program for teens and parents in recovery located in Brant Beach and Lakewood.

Anxiety Management Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Specialized services for those suffering from anxiety.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Treatment and therapy.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Counseling.

Saint Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: Counseling for anxiety disorders.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Individual therapy for residents of southern Ocean County.

Assault Issues & Resources

Child Abuse Hotline

Phone: (877) NJ ABUSE (652-2873)

Website: www.state.nj.us/dcf/abuse/hotline/index.html

Service: Reports of child abuse and neglect, including those occurring in institutional settings such as child care centers, schools, foster homes and residential treatment centers, must be reported to the State Central Registry (SCR).

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24-hour hotline with immediate referrals.

Division of Youth and Family Services (DYFS)

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(732) 901-4198 (Lakewood)

(732) 255-0700 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: Perform follow-up investigations on reports of child abuse.

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: Immediate intervention.

New Jersey Child Abuse Reporting

Phone: (800) 792-8610

Service: Documents child abuse incidents.

Ocean County Prosecutor's Office

Phone: (732) 929-2027

Website: www.prosecutor.co.ocean.nj.us

Service: Help and investigations.

St. Francis Sexual Assault Hotline

Phone: (609) 494-1090 or (732) 370-4010

Website: www.stfranciscenterlbi.com

Service: Help and referrals for sexual assault victims and families in Ocean County.

Bereavement Resources

American Cancer Society

Phone: (732) 914-1000 or (800) ACS-2345

Website: www.cancer.org

Service: Provide support groups for those who have lost a loved one from cancer.

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Counseling.

Center for Kids and Family

Phone: (732) 505-KIDS (5437)

Website: www.sbhcs.com/hospitals/community_medical/services/kidsandfamily.html

Service: Support groups.

St. Francis Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Individual and group counseling for residents of southern Ocean County.

Birth Control Issues & Resources

Atlantic City Medical Center, Family Planning Services

Phone: (877) 947-4222

Website: www.atlanticare.org/healthservices/women_services.php#wellness

Service: Offers birth control methods and options, education and information.

Family Planning of Ocean County, Inc.

Phone: (732) 364-9696

Website: www.familyplanningoceanco.org

Service: Birth control methods and options, education and information, low cost reproductive healthcare.

Planned Parenthood

Phone: (800) 230-PLAN (7526)

Website: www.plannedparenthood.org

Service: Birth control methods and options, education and information, low cost reproductive healthcare.

Career Opportunities

New Jersey Department of Labor and Workforce Development

Phone: (732) 255-0836

Website: <http://lwd.dol.state.nj.us/labor/index.shtml>

Service: Provide employment at fair wages in a safe environment.

(Career Opportunities continued on next page)

Ocean County Library

Phone: (732) 349-6200

Website: www.theoceancountylibrary.org

Service: Technology training, Internet access and small business information.

Ocean County Vocational-Technical Schools

Phone: (732) 473-3100 (Toms River)

(732) 920-0050 (Brick)

(609) 693-3434 (Waretown)

(732) 928-3830 (Jackson)

(732) 657-4000 (Navy Lakehurst Center)

(609) 978-8439 (MATES)

Website: www.ocvts.org

Service: Offer many different career-oriented training programs.

Ocean County ONE STOP CAREER Center

Phone: (732) 286-5616 (Toms River)

(732) 286-6446 ext. 261 (Toms River)

(732) 905-5996 (Lakewood)

Website: www.ocpic.com

Service: Career advice, information, resume help and job training.

U.S. Army

Phone: (732) 341-2755 or (877) 550-9842 ext. 2

Website: www.goarmy.com

Service: Military career options available.

Child Abuse Resources

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: **Family Growth Program** which serves physically and sexually abused children.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Provide education to child care providers on child abuse issues.

Division of Youth and Family Services (DYFS)

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(800) 792-8610 for emergency, night, holiday and weekends.

(732) 901-4198 (Lakewood)

(732) 255-0700 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: Child abuse reporting, investigations, counseling and child protection.

(Child Abuse Resources continued on next page)

Right to Life

Phone: (908) 276-6620

Website: www.njrfl.org

Service: Referrals.

Safe Haven for Infants Hotline

Phone: (877) 839-2339

Service: Information and referrals.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling for children in the southern Ocean County area.

Child Care Resources

Child Care Help Line of New Jersey

Phone: (800) 332-9227

Website: <http://www.state.nj.us/humanservices/dfd/chldca.html>

Service: Child care resources in your area.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Child care vouchers, resources and referrals, and registered day-care referrals.

Division of Youth and Family Services

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(732) 901-4198 (Lakewood)

(732) 255-0700 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: Information and referrals.

Here We Grow Child Care Center

Phone: (732) 363-8355

Service: Serves children ages 2 months to 12 years to accommodate working parents.

Ocean Inc., Head Start

Phone: (732) 244-5333

Website: www.oceaninc.org

Service: Programs offered at the following locations: Toms River, Lakewood, Barnegat, Berkeley, Brick, Lakewood, Manchester and Tuckerton. Pre-school for low-income families.

Preferred Children's Services F.A.C.E.S (Family and Childhood Education Services)

Phone: (732) 886-3764

Website: <http://www.preferredbehavioral.org/children/services.html>

Service: Child care for infants (Lakewood High School), parenting skills and well baby care.

Children's Health Resources

American Cancer Society

Phone: (732) 914-1000 or (800) ACS-2345

Website: www.cancer.org

Service: Provide information and referrals for children living with cancer.

Big Brothers Big Sisters of Ocean County

Phone: (732) 905-5349

Website: www.bbbsoc.org

Service: Big Brothers Big Sisters is the oldest and largest youth mentoring organization in the United States.

Research and anecdotal evidence show specifically that BBBS one-to-one mentoring helps at-risk youth overcome the many challenges they face.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Health consultations for the child care providers, "special needs" network.

Long Beach Island Health Department

Phone: (609) 492-1212

Website: www.lbihealth.com

Service: Immunizations, WIC and well-child visits, and information and referrals.

NJ FamilyCare

Phone: (800) 701-0710

Website: www.njfamilycare.org

Service: Well-child and doctor's visits, dental and vision care, prescriptions, hearing services, lab work, x-rays.

Income guidelines must be met.

Ocean County Family Support Organization, Inc.

Phone: (732) 281-5770

Website: www.ocfso.org

Service: Resources and services for children with special needs.

Ocean County Health Department Early Intervention Program

Phone: (732) 341-9700 ext. 7602 or (800) 342-9738 ext. 7602

Website: www.ochd.org/clinics2.aspx?ID=22

Service: Offer a variety of services to families with children from birth to age 3 that have a developmental disability.

Ocean County Health Department Special Child Health Unit

Phone: (732) 341-9700 ext. 7602 or (800) 342-9738 ext. 7602

Website: www.ochd.org/clinics2.aspx?ID=20

Service: Coordinates resources and services for children with special needs up to age 21.

Ocean Health Initiatives

Phone: (732) 363-6655 (Lakewood)

(732) 552-0377 (Toms River)

Website: www.ohinj.org

Service: Accessible and affordable pediatric health care.

(Children's Health Resources continued on next page)

Ocean Medical Center

Phone: (800) 560-9990 or (732) 836-4290

Website: <http://www.oceanmedicalcenter.com/index.cfm/AboutUs/ImportantNumbers/index.cfm>

Service: Family Health Center.

Regional Perinatal Consortium of Monmouth & Ocean Counties

Phone: (732) 362-5400

Website: www.rpcmoc.org

Service: Referrals and educational material.

Southern Ocean County Hospital

Phone: (609) 978-8900 or (609) 597-6011

Website: www.soch.com

Service: Health services for children, referrals.

Chronic Illness Support Resources

American Cancer Society

Phone: (732) 914-1000 or (800) ACS-2345

Website: www.cancer.org

Service: Support groups.

Ocean County Health Department Special Child Health Unit

Phone: (732) 341-9700 ext. 7602 or (800) 342-9738 ext. 7602

Website: www.ochd.org/clinics2.aspx?ID=20

Service: Coordinates resources and services for children with special needs up to age 21.

Crisis Intervention Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Family Therapy.

Children's Mobile Response and Stabilization System

Phone: (877) 652-7624

Service: Provides time-limited, crisis intervention and stabilization services to children and youth with emotional or behavioral disturbances that threaten to disrupt their current living arrangements.

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referral service offered.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: Phone counseling and referrals.

(Crisis Intervention Resources continued on next page)

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: Provide 24-hour crisis intervention, family assessments and referrals and communications skills training.

National Youth Crisis Hotline

Phone: (800) 442 – HOPE (4673)

Service: Referrals, counseling and interventions.

National Runaway Switchboard

Phone: (800) RUNAWAY (786-2929)

Service: Provides counseling and alternatives to running from home.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Offers shelter for youth who have run away, been abused or asked to leave their homes.

Parents Anonymous

Phone: (800) 843-5437

Service: Referrals.

Providence House

Phone: (732) 244-8259 or (800) 246-8910

Website: www.catholiccharitiestrenton.org

Service: Provide intervention and shelter for domestic violence victims.

Psychiatric Emergency Screening Services (PESS)

Phone: (732) 886-4474 or (886) 904-4474

Service: Screening assessments and crisis interventions for victims and people experiencing traumatic events.

Safe Haven Infant Protection Hotline

Phone: (877) 839-2339

Service: Provides counseling, information and referrals.

Saint Barnabas Behavioral Health

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com/hospitals/psychiatric/facilities/shoreline/index.htm

Service: Provide crisis intervention.

St. Francis Counseling Center

Phone: (609) 494-1090 or (732) 370-4010

Website: www.stfranciscenterlbi.com

Service: Provide emergency numbers for sexual assault victims.

Depression Issues & Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Treatment and therapy.

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: Crisis intervention hotline.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Counseling available.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org/pbh/mentalservices.html

Service: Counseling available.

St. Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com/hospitals/psychiatric/facilities/shoreline/index.htm

Service: Provide in-patient and out-patient services and Children's Crisis Intervention Services.

Divorce Issues

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Counseling available for couples.

Center for Kids and Family

Phone: (732) 505-KIDS (5437)

Website: www.sbhcs.com/hospitals/community_medical/services/kidsandfamily.html

Service: Support groups.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Counseling available.

(Divorce Issues continued on next page)

Preferred Children's Services

Phone: (732) 458-1700

Website: www.preferredbehavioral.org/children/services.html

Service: Counseling available.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling available for residents of southern Ocean County.

Domestic Violence Resources

Adult Protective Services

Phone: (732) 286-5819

(732) 349-1500 (after hours)

Website: www.state.nj.us/health/senior/aps.shtml

Service: Support and assistance for adults in need of protective services.

Domestic Violence Justice Complex

Phone: (732) 929-2019

Service: File a complaint.

Domestic Violence Unit of the Family Court

Phone: (732) 244-5353

Service: Crisis intervention, protective services and court involvement.

Providence House

Phone: (732) 244-8259 or (800) 246-8910

Website: www.catholiccharitiestrenton.org/s_results.php?service_type=vpts

Service: Counseling and shelter available for victims and children.

St. Francis Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Provide extended counseling for residents of southern Ocean County after a stay at Providence House.

Driving Under the Influence (DUI) Resources

Alcohol and Drug Abuse Council of Ocean (ADACO)

Phone: (732) 367-5515

Website: www.adaco.org

Service: Intoxicated driver resource center program (IDRC).

Counseling and Referral Services of Ocean, Inc.

Phone: (732) 244-1600 or (732) 920-2700

Website: www.carsofocean.com

Service: Intoxicated driver resource center program (IDRC).

(DUI Resources continued on next page)

Healy Counseling Associates

Phone: (732) 797-0400

E-mail: patt.healy@yahoo.com

Service: Out-patient program and counseling.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7535 or (800) 342-9738 ext. 7535

Website: www.ochd.org/nursing2.aspx?subcat=alcohol

Service: Intoxicated driver resource center program (IDRC).

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Intoxicated driver resource center program (IDRC).

Drug Abuse Programs

ADACO Counseling Center

Phone: (609) 597-9601

Website: www.adaco.org

Service: Adult and adolescent substance abuse treatment services (Aftercare, Assessments, Family Groups, Individual and Group Counseling).

Al-Anon Family Group Headquarters

Phone: (888) 4AL-ANON or (757) 563-1600

Website: www.al-anon.alateen.org

Service: Information and educational material.

Alcohol Anonymous Hotline

Phone: (800) 245-1377

Service: Referrals and service line.

Alcohol and Drug Abuse Council of Ocean (ADACO)

Phone: (732) 367-5515

Website: www.adaco.org

Service: Information, referrals and resource center.

Alcohol and Drug Abuse Council of Ocean (ADACO) Central Intake Program

Phone: (732) 367-5515

Website: www.adaco.org

Service: Provide substance abuse assessments for residents of Ocean County.

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: In-patient and out-patient services and co-dependency programs.

(Drug Abuse Programs continued on next page)

Cocaine Anonymous

Phone: (800) 347-8998 (Referrals and services line)
(212) COCAINE (262-2463) (North Jersey)
(215) 333-7798 (South Jersey)

Website: www.ca-ny.org (North Jersey)
www.cocaine-capanide.org (South Jersey)

Service: Share experience, strength and hope with others so that they may solve their common problem and help others to recover from their addiction.

Cocaine Hotline

Phone: (800) COCAINE (262-2463)
Service: Referral and service lines.

CONTACT's First Call for Help

Phone: (732) 240-6105
Website: www.contactocean.org
Service: Information and referrals

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834
Website: www.contactocean.org
Service: Crisis hotline.

Counseling and Referral Services of Ocean County

Phone: (732) 244-1600 or (732) 920-2700
Website: www.carssofocean.com
Service: Provide men's and women's intensive out-patient treatment programs.

Families Anonymous

Phone: (732) 864-0548 (Toms River)
E-mail: FamAnonTR@comcast.net
Service: Provide a Twelve-Step, self-help program for parents, grandparents, other family members, and friends concerned about a loved one's use of mind-altering substances or behavior problems.

Jersey Shore Addiction Services

Phone: (732) 988-8877
Service: Counseling and out-patient care.

Liberty Behavioral Management Corporation

Phone: (201) 236-8880 or Luis Sanchez (201) 923-6219
Website: www.libertymgt.com
Service: In-patient and out-patient services, detoxification and 12-step programs.

Lighthouse at Mays Landing

Phone: (800) 852-8851
Website: www.lighthouseatmayslanding.com
Service: In-patient and out-patient services and detoxification.

(Drug Abuse Programs continued on next page)

Maryville Alcohol and Drug Treatment Center

Phone: (800) 587-0244

Service: In-patient and out-patient services, detoxification and Adolescent Treatment Program for ages 13-17.

Narcotics Anonymous (NA) Helpline

Phone: (800) 992-0401

Website: www.nanj.org

Service: Community-based association for recovering drug addicts providing weekly meetings.

Nar-Anon

Phone: (877) 424-4491 or (800) 238-2333

Website: www.naranonofnj.org

Service: Family Group, which is for someone who knows or known a feeling of desperation concerning an addiction problem of someone very near to you.

New Hope Foundation

Phone: (732) 946-3030

Website: www.newhopefoundation.org

Service: In-patient and out-patient services, detoxification.

New Jersey Alcohol/Drug Hotline

Phone: (800) 225-0196

Service: Referral and service lines.

New Jersey Al-Anon & Alateen

Phone: (973) 744 – 8686 (North Jersey)

(856) 547 – 0855 (South Jersey)

Website: www.nj-al-anon.org

Service: Information, educational materials and meetings.

New Jersey Ala-Call

Phone: (800) 322-5525

Website: www.snj.com/ala-call

Service: Hotline providing referrals.

Ocean County Health Department Alcohol and Drug Abuse Unit

Phone: (732) 341-9700 ext. 7535 or (800) 342-9738 ext. 7535

Website: www.ochd.org/Nursing2.aspx?subcat=Alcohol

Service: Information and referrals.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Prevention and intervention.

Ocean Medical Services, Inc.

Phone: (732) 288-9322

Website: www.oceanmed.net

Service: Methadone services and treatment.

(Drug Abuse Programs continued on next page)

Ocean Mental Health Services

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: **Turnaround Program** offers substance abuse services for ages 12 to 25.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Counseling, treatment and relapse prevention.

Preferred Behavioral Riptide IOP (Intensive out-patient program)

Phone: (732) 367-1710

Website: www.preferredbehavioral.org/pbh/subabuse.html

Service: Intensive out-patient treatment for teenagers ages 13-18 through Riptide program.

Seabrook House

Phone: (800) 761-7575

Website: www.seabrookhouse.org

Service: In-patient and out-patient services and detoxification.

Saint Barnabas Behavioral Health

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: In-patient and out-patient services and partial hospitalization.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: 24-hour hotline, crisis intervention counseling, and information and referrals for residents of southern Ocean County.

Sunrise House

Phone: (973) 383-6300

Website: www.sunrisehouse.com

Service: In-patient and out-patient treatment **Teen & Clean** program.

Touchstone Hall

Phone: (201) 784-6490

Website: www.vantagenj.org/services.html

Service: In-patient and out-patient treatment for male adolescents ages 13-17.

Turning Point

Phone: (973) 239-4600

Website: www.turningpointnj.org

Service: In-patient and out-patient services and detoxification.

White Deer Run

Phone: (800) 255-2335

Website: www.whitedeerrun.com

Service: Residential facility.

Drug Testing Resources

Counseling and Referral Services of Ocean, Inc.

Phone: (732) 244-1600 or (732) 920-2700

Website: www.carsofocean.com

Service: Urine testing for school, pre-employment and court cases.

Eating Disorders Resources

American Anorexia/Bulimia Hotline

Phone: (800) 522-2230

Website: www.edanj.org

Service: Referral, service lines and support groups.

Center for Kids and Family

Phone: (732) 505-KIDS

Website: www.sbhcs.com/hospitals/community_medical/services/kidsandfamily.html

Service: Support groups.

Eating Disorders at the Medical Center of Princeton

Phone: (609) 497-4490

Website: www.princetonhcs.org/default.aspx?p=4773

Service: In-patient, partial hospitalization for anorexia, bulimia and other eating disorders.

Jersey Shore Intergroup of Overeaters

Phone: (609) 698-0244

Website: www.jerseyshoreoa.org

Service: Recovery programs and support groups.

Jersey Shore University Medical Center

Phone: (800) 560-9990

Website: www.jerseyshoreuniversitymedicalcenter.com/index.cfm/HealthInfo/Peds/P02563.cfm

Service: Provide anorexia and bulimia support groups.

Monmouth Psychological Associates

Phone: (732) 530-9029

Website: www.monmouthpsych.com

Service: **Eating Disorders Program** provides comprehensive psychological and nutritional care for people with eating disorders. They also provide referrals to hospitals for treatment.

Overeaters Anonymous, South Jersey Intergroup

Phone: (609) 239-0022

Website: www.southjerseyoa.org

Service: To aid those with the problem of compulsive eating, meeting times and dates.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Provide individual therapy for residents of southern Ocean County.

Education Opportunities

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Child care training available.

Georgian Court University

Phone: (732) 987-2760 or (800) 458-8422 ext. 2760

Website: www.georgian.edu

Service: Offer a variety of degree programs.

New Jersey Department of Labor (Division of Vocational Rehabilitation Services)

Phone: (732) 505-2310

Website: <http://lwd.dol.state.nj.us/labor/dvrs/DVRIndex.html>

Service: Offer persons with disabilities employment opportunities.

New Jersey Department of Labor

Phone: (732) 255-0836

Website: <http://lwd.dol.state.nj.us/labor/index.shtml>

Service: Vocational Rehabilitation Program enables individuals with disabilities to find jobs. The program provides diagnostic evaluations, vocational counseling and guidance, job-seeking skills training and selective job placement coaching.

The Transition from School to Work for Youth with Disabilities helps persons with disabilities prepare for, obtain and keep their jobs. It is the school district's responsibility to contact the Division of Vocational Rehabilitation and each school has an assigned rehabilitation counselor.

New Jersey Higher Education Student Assistance Authority

Phone: (800) 792-8670

Website: www.hesaa.org

Service: Financial assistance and scholarships.

Ocean County College

Phone: (732) 255-0400

Website: www.ocean.edu

Service: Offer many types of certification and Associate degree programs.

Ocean County ONE STOP CAREER Center

Phone: (732) 286-5616 (Toms River)

(732) 286-6446 ext. 261 (Toms River)

(732) 905-5996 (Lakewood)

Website: www.ocpic.com

Service: Offer career advice, information, résumé help and job training.

(Education Opportunities continued on next page)

Ocean County Vocational Technical School

Phone: (732) 473-3100 (Toms River)
(732) 920-0050 (Brick)
(609) 693-3434 (Waretown)
(732) 928-3830 (Jackson)
(732) 657-4000 (Navy Lakehurst Center)
(609) 978-8439 (MATES)

Website: www.ocvts.org

Service: Many types of educational and career oriented programs.

Ocean County Library

Phone: (732) 349-6200

Website: www.theoceancountylibrary.org

Service: GED materials, technology training, internet access and reference and referral services.

The Richard Stockton College of New Jersey

Phone: (609) 652-1776 or (866) 772-2885

Website: www2.stockton.edu

Service: Offer a variety of degree programs.

Emergency Care Resources

9-1-1

Service: Emergency number for most municipalities.

Atlantic City Medical Center (Mainland Division)

Phone: (609) 652-1000

Website: www.atlanticare.org/healthservices/trauma.php

Community Medical Center

Phone: (732) 557-8080

Website: www.sbhcs.com/hospitals/community_medical/services/ed/about.html

Kimball Medical Center

Phone: (732) 886-4525

Website: www.saintbarnabas.com/hospitals/kimbal_medical/mservices/emergency.html

Ocean Medical Center

Phone: (732) 836-4380

Website: www.oceanmedicalcenter.com/index.cfm/services/emergency/index.cfm

Ocean Care Center Satellite Emergency Department

Phone: (732) 295-6377

Southern Ocean County Hospital

Phone: (609) 978-8900 or (609) 597-6011

Website: www.soch.com

Employment Resources & Job Issues

Ocean County Library

Phone: (732) 349-6200

Website: www.theoceancountylibrary.org

Service: Internet access for civil service job listings, books, information and help with résumé writing.

Ocean County Vocational Technical School

Phone: (732) 473-3100 (Toms River)

(732) 920-0050 (Brick)

(609) 693-3434 (Waretown)

(732) 928-3830 (Jackson)

(732) 657-4000 (Navy Lakehurst Center)

(609) 978-8439 (MATES)

Website: www.ocvts.org

Service: Offer various types of career opportunities through training.

One Stop Career Center

Phone: (732) 240-5995

Website: www.ocpic.com

Service: Career advice, learn to create résumés, ability to access services, counseling, job training and computer access.

Preferred Children's Services

Phone: (732) 886-3764

Website: www.preferredbehavioral.org

Service: Offer the Lakewood School Based Program and provides job readiness training.

Workforce New Jersey

Phone: (732) 255-0836

Website: http://lwd.dol.state.nj.us/labor/wnjpin/wnjpin_index.html

Service: Counseling, training, ability to provide job searches and vocational rehabilitation.

Family & Individual Therapy Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Counseling and mental health awareness programs.

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Therapy, counseling and communications skills.

Children's Mobile Response (Stabilization System)

Phone: (877) 652-7624

Website: www.ubhc.umdj.edu/childrenfamily/cmrss.htm

Service: In-home therapy can be provided for up to 8 weeks.

(Family & Individual Therapy Resources continued on next page)

Counseling and Referral Services of Ocean, Inc.

Phone: (732) 244-1600 or (732) 920-2700

Website: www.carsofocean.com

Service: Counseling.

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: Short-term individual and family counseling.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: The **Family Focus Program** provides intensive on-site out-patient therapy to individuals and families, additional family programs offered.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Family, individual and group therapy.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Family support program, individual and group therapy.

Preferred Children's Services

Phone: (732) 458-1700

Website: www.preferredbehavioral.org

Service: Wraparound services to fit needs of children and families.

Saint Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: Family counseling.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling and in-home services to help families stay together. This service is offered to residents of southern Ocean County.

Financial Assistance Resources

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Provide vouchers to those eligible for childcare.

(Financial Assistance Resources continued on next page)

O.C.E.A.N., Inc.

Phone: (732) 244-5333

Website: www.oceaninc.org

Service: Home energy assistance and **First Time Home Buyers Program** available.

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Temporary Assistance for Needy Families (TANF), Emergency Assistance, food stamps and general assistance.

Food Request Resources

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Emergency food supply and ability to find food sites.

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Crisis hotline.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24 hour hotline for information and referral.

Emergency Food Bank

Phone: (732) 918-2600

Website: www.foodbankmoc.org

Service: Distributes emergency food throughout Monmouth and Ocean County.

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Provide food stamps to those who qualify and an emergency food bank.

Ocean County Health Department WIC (Women, Infants and Children) Program

Phone: (732) 341-9700 ext. 7520 or (800) 342-9738 ext. 7520

Website: www.ochd.org/nursing.aspx?subcat=wic

Service: Provide food vouchers for pregnant women, breastfeeding women, infants and children under the age of 5 who are eligible (must meet income guidelines).

The FoodBank of Monmouth and Ocean Counties

Phone: (732) 918-2600

Website: www.foodbankmoc.org

E-mail: main@foodbankmoc.org

Service: Provides food to more than 200 food pantries, soup kitchens and offer shelter and residential programs.

(Food Request Resources continued on next page)

Salvation Army

Phone: (732) 270-8393

Website: www.newjerseysalvationarmy.org

Service: Offer food baskets.

St. Mary's Church

Phone: (609) 698-5531 (Barnegat)

Service: Provide food for emergencies.

Gambling Addiction Resources

ADACO Counseling Center

Phone: (609) 597-9601

Website: www.adaco.org

Service: Compulsive Gambling Program (If qualified, free screening and full assessment for individuals with compulsive gambling problems).

Council of Compulsive Gambling of New Jersey, Inc.

Phone: (800) GAMBLER (426-2537)

Website: www.800gambler.org

E-mail: ccqnj@gambler.org

Service: Help problem and compulsive (pathological) gamblers and those affected by this illness.

CONTACT of Ocean County

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: Crisis hotline.

CONTACT First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

Gamblers Anonymous

Phone: (800) GA LIVES (425-4837) or (908) 756-1171

Website: www.gamblersanonymous.org

Service: 12-step program, help others recover from a gambling problem.

New Hope Foundation

Phone: (732) 946-3030 ext. 247

Website: www.newhopefoundation.org

Service: In-patient and out-patient services for gambling addiction.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling for gambling through their substance abuse program.

Gay, Lesbian & Transgender Resources

A copy of the **Youth Resource Guide** produced by the New Jersey and Gay Lesbian Coalition can be found at www.njlgc.org/publications/youth_guide/index.html.

American Civil Liberties Union

Phone: (212) 549-2627

Website: www.aclu.org/lgbt/youth/index.html

Service: In-service training program teaches educators how to resolve problems caused by homophobia. Resources on how to advocate for non-discrimination and anti-harassment policies are also available.

Gay Activist Alliance in Morris County

Phone: (973) 285-1595

Website: www.gaamc.org

Service: Offer a variety of support services.

GLBT National Help Center

Phone: (888) 843-4564

Website: www.glnh.org

Service: Free and anonymous hotline.

Gay and Lesbian Youth in New Jersey

Phone: (973) 285-1595

Website: www.galnj.org

Service: Provide a social support network that serves young people who identify as lesbian, gay, bisexual or unsure of their sexuality.

Gay, Lesbian and Straight Education Network (GLSEN)

Phone: (212) 727-0135

Website: www.glsen.org

Service: Provides student curriculums and staff training materials to help fight anti-gay, prejudiced and hate motivated violence in schools.

HiTOPS

Phone: (609) 683-5155

Website: www.hitops.org

Service: Social support and education.

Keeping it Safe

Phone: (856) 963-2432

Website: www.camden-ahec.org/health/keeping-it-safe.html

Service: Social support group for youth.

National Youth Advocacy Coalition

Phone: (202) 319-7596 or (800) 541-6922

Website: www.nyacyouth.org

Service: Information and education addressing gay, lesbian, bisexual and transgender youth issues.

(Gay, Lesbian & Transgender Resources continued on next page)

New Jersey Education Associations Sexual Orientation Issues in Schools Committee

Phone: (609) 599-4561

Website: www.njea.org

Service: Addresses questions of sexual orientation in schools.

Parents, Families and Friends of Lesbians & Gays (PFLAG)

Phone: (908) 814-2155

Website: www.jerseyshorepflag.org

E-mail: jerseyshorepflag@yahoo.com

Service: Promote the health and well-being of lesbian, gay, bisexual and transgendered persons and their families through support to cope with an adverse society.

The Peer Listening Line

Phone: (800) 399-PEER (7337)

Service: Confidential phone line offering information, referrals and support.

Pride Center of New Jersey

Phone: (732) 846-2232

Website: www.pridecenter.org

Service: Lending library and resource center.

University of Medicine and Dentistry of New Jersey

Phone: (800) 249-7750

Website: <http://njms.umdnj.edu/departments/pediatrics/divisions/dayam/stop.cfm>

Service: UMDNJ offers (2) programs geared towards HIV, HIV testing, substance abuse and sexual orientation.

ViSAGE

Phone: (973) 285-1595

Service: Social support group for ages 14 to 21.

General Health Issues & Resources

Family Resource Center at Southern Ocean County Hospital

Phone: (609) 978-3559

Website: www.soch.com/PrevSupp_family_resource.php

Service: Wellness, education and referrals for all family members.

Meridian Family Health Center

Phone: (732) 836-4290

Website: www.meridianhealth.com/index.cfm/index.cfm

Service: Offer well and sick visits.

NJ FamilyCare

Phone: (800) 701-0710

Website: www.njfamilycare.org

Service: Well-child and doctor's visits, dental and vision care, prescriptions, hearing services, lab work, x-rays. Income guidelines must be met.

(General Health Issues & Resources continued on next page)

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Early periodontic screening, diagnosis and treatment (EPSbt), preventive healthcare for Medicaid eligible persons under the age of 21.

Ocean Health Initiatives

Phone: (732) 363-6655 (Lakewood)

(732) 552-0377 (Toms River)

Website: www.ohinj.org

Service: Accessible and affordable health care.

Housing Resources

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24 hour hotline with information and referrals.

Department of Community Affairs, Bureau of Housing and Community Resources

Phone: (732) 255-0818

Website: www.state.nj.us/dca

Service: Provide housing assistance to those who meet income eligibility requirements.

Interfaith Hospitality Network

Phone: (732) 736-1550

Website: www.ihnoc.com

Service: Provide temporary shelter at churches and synagogues for families in need.

O.C.E.A.N., Inc.

Phone: (732) 244-5333

Website: www.oceaninc.org

Service: Offer weatherization and **First Time Home Buyers Program**.

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Special Response Unit.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Provide shelter for youth who have runaway, are homeless or have been abused, neglected or abandoned.

(Housing Resources continued on next page)

Ocean - Monmouth Legal Services

Phone: (732) 341-2727

Website: www.lsnj.org/omls

Service: Legal services offered for rental issues and complaints.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Homeless Program for clients 18 years of age and older.

Insurance Resources

Coe-Brook Independent Insurance Agents

Phone: (732) 899-6800

Service: Information on auto and health insurance and renters and homeowner's policies.

Legal Issues & Resources

American Civil Liberties Union

Phone: (973) 642-2084

Website: www.aclu-nj.org

Service: Offer legal defense on serious violations of rights.

Ocean County Office of Victim Witness Advocacy

Phone: (732) 929-2195

Website: www.oceancountyprosecutor.org

Service: Provide services to victims and witnesses involved in the investigation and prosecution of a crime.

Ocean - Monmouth Legal Services

Phone: (732) 341-2727

Website: www.lsnj.org/omls

Service: Help with civil and family problems and cases for those who are eligible.

Providence House

Phone: (732) 244-8259

Website: www.catholiccharitiestrenton.org

Service: Help victims of domestic violence access legal services and will accompany the victim in court.

Public Defender - Ocean Region

Phone: (732) 286-6400

Website: www.thedefenders.nj.gov

Service: Legal assistance to persons charged with a criminal offense in Superior Court.

Mental & Psychiatric Resources

ADACO Counseling Center

Phone: (609) 597-9601

Website: www.adaco.org

Service: Mental Health Treatment Services (Counseling for people with Adjustment Disorders, Bipolar Disorders, Childhood Behavior Disorders and Other Mental Health Classifications Provided to Adult Individuals, Couples, Families and Children (parent must be involved)).

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Treatment offered to individuals of all ages and also provides a support group for families and friends.

Catholic Charities

Phone: (609) 278-4933 or (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Therapy and counseling, **Connection Program** for teens.

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: Crisis hotline.

Counseling and Referral Services, Inc.

Phone: (732) 244-1600 or (732) 920-2700

Website: www.carsofocean.com

Service: Counseling.

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: 24-hour crisis intervention, family assessment, counseling and referrals.

Jewish Family Services (Children Services)

Phone: (732) 363-8010

Website: www.jewishoceancounty.org

Service: Advocacy, support, information and referrals.

Liberty Behavioral Management Corporation

Phone: (201) 236-8880 or Luis Sanchez (201) 923-6219

Website: www.libertymgt.com

Service: Dual diagnosis and psychiatric services.

(Mental & Psychiatric Resources continued on next page)

NAMI - Ocean County

Phone: (732) 244-4401

Website: www.namij.org/affiliates/ocean.html

Service: National Alliance for the Mentally Ill.

Ocean Mental Health Services, Inc.

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Treatment programs available in-house and at home, mental assessment and residential treatment.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Treatment, residential services, out-patient and family programs.

Psychiatric Emergency Screening Services (PESS)

Phone: (732) 886-4474 or (806) 904-4474

Service: Screening assessments and crisis intervention for victims and people experiencing traumatic events.

Puerto Rican Action Board

Phone: (732) 886-9395

Service: Advocacy, support, information and referrals.

Saint Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: In-patient, partial hospitalization and intensive out-patient services.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Mental health counseling available for adolescents of southern Ocean County.

Municipal Alliances of Ocean County

Municipal Alliances are dedicated to a comprehensive and coordinated effort against substance abuse through the schools, law enforcement, businesses and other community members.

Barnegat Township

Phone: (609) 698-0080 ext. 131

Beachwood Borough

Phone: (732) 286-6000

Berkeley Township

Phone: (732) 269-4456

Brick Township

Phone: (732) 262-1107

(Municipal Alliances continued on next page)

Toms River Township

Phone: (732) 341-1000 ext. 8490

Little Egg Harbor/Eagleswood Township

Phone: (609) 296-3040

Island Heights

Phone: (732) 270-6415

Jackson Township

Phone: (732) 928-1111

Lacey Township

Phone: (609) 242-0249

Lakehurst Borough

Phone: (732) 657-4141

Lakewood Township

Phone: (732) 367-5515

Lavallette Borough

Phone: (732) 793-4800

Long Beach Township

Phone: (609) 492-1212

Manchester Township

Phone: (732) 657-6700 ext. 1149

Ocean Gate Borough

Phone: (732) 269-3166

Ocean Township

Phone: (609) 693-5407

Pine Beach Borough

Phone: (732) 349-6425

Plumsted Township

Phone: (732) 758-2241

Point Pleasant Borough

Phone: (732) 892-3434

Point Pleasant Beach

Phone: (732) 892-1118

(Municipal Alliances continued on next page)

Seaside Park Borough

Phone: (732) 793-3700

South Toms River

Phone: (732) 349-0403

Stafford Township

Phone: (609) 597-1000 ext. 8585

Tuckerton Borough

Phone: (609) 296-0687

Parenting Resources

Center for Kids and Family

Phone: (732) 505-KIDS

Website: www.sbhcs.com/hospitals/community_medical/services/kidsandfamily.html

Service: Parenting classes.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsofnj.org

Service: Parenting education, child care and educational information.

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24 hour hotline for information and referrals.

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: Parent communication skills training.

Family Resource Center at Southern Ocean County Hospital

Phone: (609) 978-3559

Website: www.soch.com/PrevSupp_family_resource.php

Service: Resources and referrals.

Grace Initiatives

Phone: (877) 50-GRACE (47223) or (609) 242-0131

Website: www.graceinitiatives.org

E-mail: info@graceinitiatives.org

Service: Empowers expectant mothers to prepare for their future and their child's future by providing shelter, counseling and life skills training.

(Parenting Resources continued on next page)

Open Door Pregnancy Center

Phone: (732) 240-5504

Website: www.theopendoor.com

Service: Parenting program.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Parent support group.

Parents Anonymous

Phone: (800) 843-5437

Service: Information, referrals and support groups.

Preferred Children's Services

Phone: (732) 458-1700

Website: www.preferredbehavioral.org

Service: Grads child care parenting program.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Offer parenting programs in both the northern and southern parts of Ocean County.

Phobia Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Counseling.

Ocean Mental Health Services

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Counseling.

Preferred Behavioral Services

Phone: (888) 367-9080

Website: www.preferredbehavioral.org

Service: Counseling.

Saint Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: Counseling.

(Phobia Resources continued on next page)

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfrancislbj.com

Service: Counseling available for the southern portion of Ocean County.

Police Departments

Most townships and municipalities have the 9-1-1 emergency phone number in place.

Barnegat Township

Phone: (609) 698-5000

Barnegat Light

Phone: (609) 494-3322

Website: www.lbtpd.org

Bay Head Borough

Phone: (732) 892-0632

Website: www.bayheadpolice.org

Beach Haven Borough

Phone: (609) 492-0505

Beachwood Borough

Phone: (732) 341-1242

Website: www.beachwoodusa.com/policedepartment/index.html

Berkeley Township

Phone: (732) 341-6600

Website: www.twp.berkeley.nj.us

Brick Township

Phone: (732) 262-1100

Website: www.brickpd.com

Toms River Township Police Department

Phone: (732) 349-0150

Website: www.trpolice.org

Eagleswood Township

Phone: (609) 296-3040

Harvey Cedars Borough

Phone: (609) 494-3036

Website: www.hcpolice.org

Island Heights Borough

Phone: (732) 270-3006

(Police Department's continued on next page)

Jackson Township

Phone: (732) 928-1111

Website: www.jacksontownshipnj.net/police/index.htm

Lacey Township

Phone: (609) 693-6636

Website: www.laceytownship.org/content/81/407/default.aspx

Lakehurst Borough

Phone: (732) 657-7812

Website: www.lakehurstnj.org

Lakewood Township

Phone: (732) 363-0200

Lavallette Borough

Phone: (732) 793-4800

Website: www.lavalletteboro.com/police_department.htm

Little Egg Harbor Township

Phone: (609) 296-3666

Long Beach

Phone: (609) 494-3322

Website: www.lbtpd.org

Manchester Township

Phone: (732) 657-6111

Website: www.manchestertownshipnj.org/POLICE/

Mantoloking Borough

Phone: (732) 892-0832

Website: www.mantoloking.org/police.html

Ocean (Waretown)

Phone: (609) 693-4007

Ocean Gate Borough

Phone: (732) 269-3166

Pine Beach Borough

Phone: (732) 341-2616

Plumsted Township

Phone: (609) 758-7185

Website: www.plumsted.org/police/index.html

Point Pleasant Borough

Phone: (732) 892-0060

(Police Department's continued on next page)

Point Pleasant Beach

Phone: (732) 892-0500

Website: www.pointpleasantbeach.org/police.shtml

Seaside Heights Borough

Phone: (732) 793-1800

Seaside Park Borough

Phone: (732) 793-8000

Website: www.seasideparknj.org/Policedept.htm

Ship Bottom Borough

Phone: (609) 494-1518

Website: www.shipbottom.org/police

South Toms River

Phone: (732) 349-0313

Stafford Township

Phone: (609) 597-8581

Website: www.twp.stafford.nj.us/about/police-dept.php

Surf City Borough

Phone: (609) 494-8121

Website: www.longbeachisland.com/surf_city.html

Tuckerton Borough

Phone: (609) 296-9417

Pregnancy Testing & Pre-natal Care

Birthright

Phone: (732) 349-0154 or (800) 550-4900

Website: www.birthright.org/htmpages

Service: Pregnancy testing and support services for pregnant women.

Children's Home Society

Phone: (732) 557-9633

Website: www.chsonj.org

Service: Pregnancy, birth parent counseling and foster care for pregnant teens (includes shelter, etc.).

Family Planning Center of Ocean County, Inc.

Phone: (732) 364-9696

Website: www.familyplanningoceanco.org

Service: Pregnancy testing and follow-up counseling.

(Pregnancy Testing & Pre-natal Care continued on next page)

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Help women access New Jersey Care/Kid Care.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7520 or (800) 342-9738 ext. 7520

Website: www.ochd.org/nursing2.aspx?subcat=wic

Service: Provide WIC (nutrition program for pregnant women and children).

Ocean Health Initiatives

Phone: (732) 363-6655 (Lakewood)

(732) 552-0377 (Toms River)

Website: www.ohinj.org

Service: Accessible and affordable health care and screenings

Ocean Medical Center

Phone: (732) 840-3290

Website: www.meridianhealth.com/mcoc.cfm/index.cfm

Service: Pregnancy testing and pre-natal and post-natal care.

Southern Ocean County Hospital

Phone: (609) 978-8900 or (609) 597-6011

Website: www.soch.com

Service: Maternity division.

The Open Door

Phone: (732) 240-5504

Website: www.theopendoor.com

Service: Pregnancy testing, follow-up counseling and support.

Rape & Sexual Assault Resources

Ocean County Prosecutor's Office

Sexual Assault Nurse Examiner, Rita O'Connor

Phone: (732) 831-7989

Website: www.oceancountyprosecutor.org

Service: Coordinates the Sexual Assault Response Team.

Providence House

Phone: (732) 244-8259

Website: www.catholiccharitiestrenton.org

Service: Offer shelter, counseling and outreach services.

St. Francis Center

Phone: (609) 494-1554

Hotline: (609) 494-1090 (Southern Ocean County)

Hotline: (732) 370-4010 (Northern Ocean County)

Website: www.stfranciscenterlbi.com

Service: Counseling, reporting and intervention.

Runaway Resources

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: 24 hour hotline for information and referrals..

National Runaway Switchboard

Phone: (800) 621-4000 or (800) RUNAWAY

Website: www.nrscrisisline.org

Service: 24-hour hotline for adolescents, crisis intervention for runaways, establish conference calls to shelter. Greyhound HomeFree program provides free bus transportation for teens returning to legal guardians.

Ocean's Harbor House

Phone: (732) 929-0660

Website: www.oceansharborhouse.org

Service: Provides shelter for youth who may have run away or have been put out of their homes.

STD Testing & Resources

Family Planning Center of Ocean County, Inc.

Phone: (732) 364-9696

Website: www.familyplanningoceanco.org

Service: Testing for Sexually Transmitted Infections and treatment are available.

National STI Resource Center Hotline

Phone: (800) 227-8922

Website: www.ashastd.org/hrc/index.html

Service: Provides accurate information and appropriate referrals to anyone concerned about STI's.

National STI/AIDS Hotline

Phone: (800) 342-AIDS (2437)

(800) 344-7432 (Spanish)

Website: www.doe.state.in.us/sservices/hiv aids_cdch hotline.html

Service: Provide callers with anonymous, confidential, and reliable answers to their questions about Sexually Transmitted Infections (STI's) and HIV/AIDS.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7502 or (800) 342-9738 ext. 7502

Website: www.ochd.org/clinics2.aspx?ID=13

Service: Sexually Transmitted Disease (STD) clinic held every Wednesday at the Health Department. Testing and treatment are provided.

(STD Testing & Resources continued on next page)

The Open Door Pregnancy Center

Phone: (732) 240-5504

Website: www.theopendoor.com

Service: Information, birth control methods and options.

Shelter Resources

Covenant House

Phone: (609) 348-4070 or (973) 621-8705

Hotline: (800) 999-9999

Website: www.covenanthousenj.org/index.html

Service: Emergency shelter for persons ages 18-21. Day programs for those under 18, food and clothing provisions, GED programs, crisis intervention and parenting classes.

Interfaith Hospitality Network

Phone: (732) 736-1550

Service: Provide temporary shelter at churches and synagogues for families in need.

Ocean County Board of Social Services

Phone: (732) 349-1500

Website: www.co.ocean.nj.us/socialservices

Service: Housing and relocation assistance, special response.

Ocean Emergency Services

Phone: (732) 363-5222

Service: Household items, food and referrals.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Provide shelter for youth who have runaway, are homeless or have been abused, neglected or abandoned.

Smoking Resources

Alcohol and Drug Abuse Council of Ocean County (ADACO)

Phone: (732) 367-5515

Website: www.adaco.org

Service: Resources and referrals, REBEL (Reaching Everyone By Exposing Lies).

Alcohol and Drug Abuse Council of Ocean County (ADACO)

Phone: (732) 367-5515

Website: www.adaco.org

Service: REBEL (Reaching Everyone By Exposing Lies), Adolescent anti-tobacco youth group-coordinator based at ADACO.

(Smoking Resources continued on next page)

American Cancer Society

Phone: (732) 914-1000 or (800) ACS-2345

Website: www.cancer.org

Service: Information and referrals.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7224 or (800) 342-9738 ext. 7224

Website: www.ochd.org/administration.aspx?subcat=education

Service: Reports of illegal tobacco sales, education programs.

Saint Barnabas Tobacco Dependence Program

Phone: (732) 914-1688 ext. 3955

Website: www.instituteforprevention.com/programs/tobaccodependence.html

Service: Assessment and cessation program.

Southern Ocean County Hospital

Phone: SOCH Connect (609) 978-3400

Website: www.sochconnect.com

Service: Nicotine anonymous hotline.

Stress Management Resources

Carrier Clinic

Phone: (800) 933-3579

Website: www.carrier.org

Service: Mental health awareness programs and counseling.

Catholic Charities

Phone: (609) 278-4933 – or – (800) 360-7711

Website: www.catholiccharitiestrenton.org

Service: Counseling available.

Counseling and Referral Services, Inc.

Phone: (732) 244-1600 or (732) 920-2700

Website: www.carsofocean.com

Service: Counseling.

Ocean Mental Health

Phone: (732) 349-5550

Website: www.oceanmentalhealth.org

Service: Counseling.

Ocean's Harbor House

Phone: (732) 929-0660

Family Crisis Intervention: (732) 281-3999

Website: www.oceansharborhouse.org

Service: Provides shelter for youth who may have run away or have been put out of their homes.

(Stress Management Resources continued on next page)

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Counseling.

St. Barnabas Behavioral Health Center

Phone: (732) 914-1688 or (800) 300-0628

Website: www.sbhcs.com

Service: Counseling.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Counseling available to those living in Southern Ocean County.

Suicide Prevention Resources

CONTACT's First Call for Help

Phone: (732) 240-6105

Website: www.contactocean.org

Service: Information and referrals.

CONTACT of Ocean County Crisis Hotline

Phone: (732) 240-6100 or (609) 693-5834

Website: www.contactocean.org

Service: Listening and counseling services provided via phone call.

National Suicide Crisis Hotline

Phone: (800) 784-2433 or (800) 273-8255

Website: www.suicidehotlines.com/newjersey.html

Service: Provide suicidal, emotional and family crisis support.

Preferred Behavioral Health of New Jersey

Phone: (732) 367-4700

Website: www.preferredbehavioral.org

Service: Individual, group and family therapy.

Psychiatric Emergency Screening Services (PESS)

Phone: (732) 886-4474 or (866) 904-4474

Service: Psychiatric evaluation and assessments.

Survivors of Suicide Group (Kimball)

Phone: (732) 886-4474 (Crisis Hotline)

Service: Provide a support group for survivors of suicide.

Violence Prevention & Resources

See local Police Department listings for each municipality.

Alternatives to Violence (Hotline)

Phone: (609) 649-6775

Division of Youth and Family Services

Phone: (609) 292-6920 (Main Number)

(877) NJ ABUSE (652-2873) (Child Abuse/Child Neglect Hotline)

(800) THE KIDS (843-5437) (Family Helpline)

(800) 331 DYFS (3937) (DYFS Action Line)

(732) 901-4198 (Lakewood)

(732) 255-0700 (Toms River)

Website: www.state.nj.us/humanservices/dyfs

Service: Reporting and counseling.

Family Crisis Intervention Unit

Phone: (732) 281-3999

Service: 24-hour crisis intervention.

Providence House

Phone: (732) 244-8259 or (800) 246-8910

Website: www.catholiccharitiestrenton.org

Service: Counseling and support groups for victims of domestic violence and their children.

St. Francis Counseling Center

Phone: (609) 494-1554

Website: www.stfranciscenterlbi.com

Service: Provide education on dating violence and healthy relationships.

Volunteer Opportunities

Students may also call their local Municipal Alliance to find out about volunteer opportunities.

Caregivers of Toms River

Phone: (732) 505-2273

Service: Support services for the elderly and homebound.

Community Medical Center Volunteer Resource Center

Phone: (732) 557-8129

Website: www.saintbarnabas.com

Service: Students from age 13-18 can help in various capacities within the hospital.

Interfaith Health and Support Services for Southern Ocean County

Phone: (609) 489-0278

Website: www.interfaithsoc.com

Service: Volunteering that involves non-medical support.

(Volunteer Opportunities continued on next page)

Kimball Medical Center Volunteer Resource Center

Phone: (732) 886-4523

Website: http://www.saintbarnabas.com/hospitals/kimball_medical/index.html

E-mail: KMCVolunteers@SBHCS

Service: Volunteer opportunities available.

Ocean County Library

Phone: (732) 349-6200

Website: www.theoceancountylibrary.org

Service: Volunteers can be used in various capacities.

Providence House

Phone: (732) 244-8259

Website: www.catholiccharitiestrenton.org

Service: Volunteers work with victims of domestic violence and their family members.

Southern Ocean County Hospital Volunteers

Phone: (609) 978-3145

Website: www.soch.com

Service: Volunteer opportunities available.

Women's Health Issues & Resources

American Cancer Society

Phone: (732) 914-1000 or (800) ACS-2345

Website: www.cancer.org

Service: Referrals.

Family Resource Center at Southern Ocean County Hospital

Phone: (609) 978-3559

Website: www.soch.com/PrevSupp_family_resource.php

Service: Breast health wellness, education and referrals.

Family Planning Center of Ocean County, Inc.

Phone: (732) 364-9696

Website: www.familyplanningoceanco.org

Service: Gynecological exams, STD screenings, pregnancy testing and birth control options.

Ocean County Health Department

Phone: (732) 341-9700 ext. 7604 or (800) 342-9738 ext. 7604

Website: www.ochd.org/clinics2.aspx?ID=14

Service: Gynecological exams offered to any Ocean County resident one-time per month.

Ocean Health Initiatives

Phone: (732) 363-6655 (Lakewood)

(732) 552-0377 (Toms River)

Website: www.ohinj.org

Service: Accessible and affordable health care and screenings.