

YMCA OF THE JERSEY SHORE COUNSELING & SOCIAL SERVICES



ADULT SUBSTANCE USE SERVICES

Recovery starts with a single step, and you don't have to take it alone.

If you are struggling with substance use, **YMCA of the Jersey Shore Counseling** offers compassionate, professional support to help you move toward a healthier, substance-free life.

Our program supports individuals who are **actively working toward recovery or exploring sobriety**, providing guidance, tools, and encouragement in a respectful and confidential setting.

Services are offered at our
Matawan Office

166 Main Street • Matawan

SERVICES INCLUDE:

- » One-to-One Counseling
- » Psychiatric Evaluation (if needed)
- » Medication Monitoring (if needed)
- » Urine Drug Screening
- » Prevention Planning
- » Coping Skills Development

Our services follow a **substance-free model**.

TAKE THE FIRST STEP

Seeking help is a sign of strength. Whether you're beginning your recovery journey or looking for continued support, our caring team is here to help.

Contact us to learn more or schedule an appointment.

» ymcanj.org

YMCA OF THE JERSEY SHORE
Counseling & Social Services

YMCANJ.org



Here for all.

Financial assistance is offered
based on availability of funds.

OUTREACH OFFICE

613 Hope Rd. Bldg. 4, 2nd Floor
Eatontown, NJ 07724
732.544.4544
outreach@ymcanj.org

OUTPATIENT OFFICE

166 Main Street
Matawan, NJ 07747
732.290.9040
outpatient@ymcanj.org