

Find Support & Connection This Fall

Now Enrolling for Fall Therapy Groups at EWC

ADULT GRIEF THERAPY GROUP

For adults navigating loss and looking for support, connection, and healthy ways to move through grief.

In Person in Manalapan or Virtual | Thursdays at 6 PM
Starts October 8



MEN'S PROCESSING GROUP

A supportive space for men ages 30–65 to build emotional awareness, resilience, and connection.



Shrewsbury | Thursdays at 7 PM
Now Forming

THRIVING THROUGH MENOPAUSE

An 8-week virtual group for women navigating perimenopause, menopause, and postmenopause.

Virtual | Mondays at 7 PM
Forming for October



EXECUTIVE FUNCTIONING FOR ADULTS

An 8-session, in-person group for neurodivergent adults ages 18–50 looking to strengthen executive functioning skills.



Shrewsbury | Biweekly Mondays at 2:30 PM
Starts October 5

Find the support that fits you.

Call 908-415-2042 to learn more or get started.

Most major insurance plans accepted