



Leading the Way in TeleHealth

Trade our couch for yours! Through telehealth, enjoy all the benefits of therapy from your own home.

Anywhere you have a computer or smartphone, our clinicians can help you via live video conferences.

Bridge to Balance proudly offers telemental health services through our private and HIPAA compliant online portal.

Help is Here

Change isn't easy, but it's worth it. Trust us. Book an appointment with a Bridge to Balance clinician today.

To book an appointment
call 856-354-0664, email
intake@bridge2balance.com
or visit us online:
bridge2balance.com

Rates

\$130-\$175 per 45-minute individual session
\$50 per 50-minute group session

Insurance

Our services may be covered under your in-network or out-of-network insurance benefits. Please contact your insurance provider to verify how your plan compensates you for mental and behavioral health services.

Payment

We accept ACH and all major credit cards as forms of payment.

Cancellation Policy

Sessions cancelled within 48 hours of the scheduled time are subject to a cancellation fee.

Please contact us for any additional rate or insurance questions.



Helping Individuals, Couples & Families



**400 Laurel Oak Road
Suite 100
Voorhees Township, NJ 08043**

**3836 Quakerbridge Road
Suite 108
Hamilton, NJ 08619**

**242 Old New Brunswick Road
Suite 150
Piscataway, NJ 08854**

**63 Federal Street
Portland, ME 04101**

To book an appointment call
856-354-0664 or visit us online:
bridge2balance.com



The solution you've been searching for...

Imagine waking up with a clean slate. Those emotions, behaviors or traumas that once held you back are gone and you are YOU again. That's the power of therapy. Whether you struggle with anxiety, depression, self-esteem or any other issue, you should know that there is hope for a better tomorrow.

"In the middle of difficulty lies great opportunities"

Therapy can seem daunting at first, but it's also life changing. Let a Bridge to Balance clinician be your guiding hand, trusted ally and friend coaching you through your personal matters.

**Bridge to Balance has over
30 clinicians ready to help you
start your journey today.**



Our Services

Our clinicians are experts in providing individual, group, family, and couples therapy. We help children (ages 5 and up), adolescents, and adults.

Individual Therapy

We tailor the process to an individual's unique needs by exploring contributory factors and offering guidance to alleviate symptoms.

Family Therapy

We improve familial relationships and behavioral patterns within the whole family unit as well as among individual members.

Couples Counseling

We explore the issues that impact couples and provide solutions that create a more mutually satisfying relationship.

Group Counseling

We offer groups for topics and mental health issues that are commonly experienced by individuals. Group members benefit from the support of the other members and each individual participates at their own pace and level of comfortability.

We work with the following issues:

- Anxiety
- Adjustment Difficulties
- Anger
- Attention Deficit (ADHD)
- Autism Spectrum Challenges
- Behavioral Issues
- Blended Families, Family Conflict
- Depression
- Loss/Grief
- Marriage Discord
- Obsessive-Compulsive (OCD)
- Parenting
- Peer Relationship/Social Difficulties
- Self-esteem
- Stress Reduction
- Trauma

Our Therapeutic Approaches include:

- Acceptance & Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Creative & Expressive Therapies, i.e. Art Therapy
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization Reprocessing Therapy (EMDR)
- Mindfulness Based Stress Reduction (MBSR)
- Sandtray Therapy
- Somatic Experiencing
- Accelerated Resolution Therapy (ART)
- Brainspotting
- Play Therapy

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Bridge to Balance

Counseling Center

Art Therapy for Creative Expression

Wednesdays @ 6 pm

1/10/24-2/28/24

Grades 6-8 (ages 11-14)

In-person Piscataway Office

242 Old New Brunswick Rd. Piscataway, NJ 08554



It can be challenging to find words to describe what adolescents are feeling, let alone how to express it in a helpful way. In this art therapy group, participants will be focusing on emotion regulation and how to use art as a coping skill. During the 8 weeks of group, your child will learn about self-care, emotion expression and communication, and will have the space for creativity and freedom of expression.

Register @

(856) 354-0664 or

intake@bridge2balance.com

www.bridge2balance.com





SANDTRAY FOR BIG EMOTIONS



Bridge to Balance
Counseling Center

MONDAYS @ 6:00 PM
1/8/24-2/26/24 (8 WEEKS)
GRADES 2-4 (7-10YRS)
IN-PERSON ONLY

An Expressive Creative group that uses sand, water, and miniature objects to focus on managing big emotions, building social skills, and processing shared trauma.

PISCATAWAY OFFICE
242 OLD NEW BRUNSWICK RD.
SUITE 150
PISCATAWAY, NJ 08554

**Register by calling (856) 354-0664 or
email: intake@bridge2balance.com**



