



New Jersey Department of Human Services
Division of Mental Health and Addiction Services

COMMUNITY WELLNESS CENTERS

Community Wellness Centers (CWC), previously known as Self Help Centers (SHC), are peer-led, community-driven centers, serving persons who struggle with mental health challenges or co-occurring mental health and substance use disorders. CWCs offer peer support, various recovery groups, resources for additional treatment in the area, activities, outings, and opportunities for socialization. There is a CWC in every county of the State.

ATLANTIC COUNTY

Atlantic County Community Wellness Center

4 East Jimmie Leeds Road, Suite 8

Galloway, NJ 08205

609-652-3800

Website: <https://www.mhanj.org/wellness-centers/>

ATLANTIC COUNTY

Satellite location

1125 Atlantic Avenue,

Atlantic City, NJ 08401

609-652-3800

Website: <https://www.mhanj.org/wellness-centers/>

BERGEN COUNTY

Bergen County Wellness Center

177 Hudson Street

Hackensack, NJ 07601

201-489-8402

Website: <https://cspnj.org/cause/cwc/>

BURLINGTON COUNTY

Riverbank Community Wellness Center

114 Riverbank

Burlington, NJ 08016

609-239-1786

Website:

www.catholiccharitiestrenton.org/services/mental-health/riverbank-self-help-center

CAMDEN COUNTY

Donald Mays Wellness Center

204 White Horse Pike

Barrington, NJ 08007

856-429-9940

Website: <https://cspnj.org/cause/cwc/>

CAPE MAY COUNTY

Learning Recovery Center

1304 Route 47, Units AH and AI

Rio Grande, NJ 08242

609-600-3500

Website: <https://cspnj.org/cause/cwc/>

CUMBERLAND COUNTY

New Horizons Wellness Center

63 S. Myrtle Street

Vineland, NJ 08332

856-696-1016

Website: <https://cspnj.org/cause/cwc/>

ESSEX COUNTY

Better Life Wellness Center

101 14th Avenue

Newark, NJ 07103

862-229-1400

Website: <https://cspnj.org/cause/cwc/>

GLOUCESTER COUNTY

Up Your Alley Wellness Center

8 Liberty Street

Glassboro, NJ 08028

856-881-2204

Website: <https://cspnj.org/cause/cwc/>

HUDSON COUNTY

Hudson County Wellness Center

422 MLK Drive

Jersey City, NJ 07030

201-420-8013

Website: <https://cspnj.org/cause/cwc/>

HUNTERDON COUNTY

Prevention Resources Community Wellness Center

44 Emery Avenue

Flemington, NJ 08822

908-481-5191

Website: <https://njprevent.com/community-wellness-center/>

MERCER COUNTY

Rescue Mission of Trenton—Pathway 2 Wellness

98 Carroll Street

Trenton, NJ 08609

609-960-6007

Website:

<https://rescuemissionoftrenton.org/services/pathway-2-wellness/>



COMMUNITY WELLNESS CENTERS

MERCER COUNTY

Satellite location

505 Perry Street
Trenton, NJ 08618
609-960-6008
Website: <https://rescuemissionoftrenton.org>

MIDDLESEX COUNTY

Moving Forward Wellness Center

55 Morris Street
New Brunswick, NJ 08901
732-317-2920
Website: <https://cspnj.org/cause/cwc/>

MONMOUTH COUNTY

Care Wellness Center

80 Steiner Avenue
Neptune City, NJ 07753
732-455-5358
Website: <https://cspnj.org/cause/cwc/>

MORRIS COUNTY

The Gathering Place

90 East Halsey Road, Suite 385
Parsippany, NJ 07054
973-334-3496, Extension 531
Website:
<https://www.mhainspire.org/community-wellness-center-in-morris-and-sussex-county/>

OCEAN COUNTY

Journey to Wellness

25 South Shore Drive
Toms River, NJ 08753
732-244-0940
Website: <https://www.mhanj.org/wellness-centers/>

OCEAN COUNTY

Satellite location

691 Mill Creek Road, Suite 13
Manahawkin, NJ 08050
Website: www.mhanj.org

PASSAIC COUNTY

Passaic County Wellness Center

60 Hamilton Street
Paterson, NJ 07505
973-553-1101
Website: <https://cspnj.org/cause/cwc/>

SALEM COUNTY

New Dimensions Wellness Center

340 Route 45, 1st Floor, Rear Entrance
Salem, NJ 08079
856-279-2753
Website: <https://cspnj.org/cause/cwc/>

SOMERSET COUNTY

Freedom Trail Wellness Center

166 West Main Street
Somerville, NJ 08876
908-722-5778
Website: <https://cspnj.org/wp-content/uploads/2026/05/Freedom-Trail-May-2026.pdf>

SUSSEX COUNTY

The Gathering Place

65 Spring Street
Newton, NJ 07860
862-946-6544
Website:
<https://www.mhainspire.org/community-wellness-center-in-morris-and-sussex-county/>

UNION COUNTY

**Esperanza Community Wellness Center -
*Spanish Speaking***

673 Morris Avenue, Suite 100
Springfield, NJ 07081
908-810-1001
Website: <https://mhaac.info/ubw.html>

UNION COUNTY

Park Avenue Wellness Center

145 Park Avenue
Plainfield, NJ 07060
908-757-1350
Website: <https://cspnj.org/cause/cwc/>

WARREN COUNTY

Better Future Self-Help Center

21 West Washington Avenue
Washington, NJ 07882
908-835-1180
Website: <https://www.centerffs.org/our-services/community-connections/better-future-self-help-center>