



Ocean County's Community Wellness Center
25 SOUTH SHORE DR. TOMS RIVER NJ 08753



HOURS

Mon	Tues	Thurs	Fri	Sat
Closed WOW Van	12-8pm	2-8pm	2-8pm	10am-3pm



FEBRUARY 2026



MONDAYS

Mondays are reserved for WOW Van appearances around Ocean County- for Outreach & Community Engagement, unless an event/visit has been scheduled in advance.

CONTACT US NOW TO RESERVE A MONDAY!



**SCAN HERE
TO REQUEST
THE WOW VAN**

TUESDAYS

12pm-2pm **Pantry**

2:15-3:15PM
Mind Over Matter

3:30-4:15PM
Healthy Relationships

4:30-5:00PM
Penny Pinchers

5:00-5:40PM
Dinner

5:45-6:30PM
Coping Creatively (rm1)
Self Care Club (rm2)

6:45-7:30PM
Exploring Emotions (rm1)
Self Care Check In (rm2)

7:30-8:00PM
DTR

THURSDAYS

2:15-3:15PM
Self Discovery

3:30-4:15PM
WRAP about It

4:30-5:00PM
Getting to Know You

5:00-5:40PM
Dinner

5:45-6:30PM
Inner Healing (rm1)
Neurodiversity (rm2)

6:45-7:30PM
Women's Group (rm1)
Men's Group (rm2)

7:30-8:00PM
DTR

**** 4TH THURS ****

6:00-7:30PM
Too Much Stuff?
FOR INDIVIDUALS WHO HAVE CLUTTER
CHALLENGES/TOO MUCH STUFF/LIVE
WITH HOARDING DISORDER BEHAVIORS.
MHAOC ADMIN OFFICE
1747 Hooper Ave (Unit 15) Toms River

FRIDAYS

2:15-3:15PM
Healthy Habits

3:30-4:15PM
Anxiety & Stress

4:30-5:00PM
Avoiding Isolation

5:00-5:40PM
Dinner

5:45-8:00PM
LOOKING FOR SOMETHING FUN TO DO
ON A FRIDAY NIGHT? WE GOT YOU
COVERED... STOP BY- CAFE MHA



**** 2ND & 4TH FRIDAY ****

6:00-7:00PM
Grief & Loss

MHAOC ADMIN OFFICE
1747 Hooper Ave (Unit 15) Toms River

SATURDAYS

10:00-11:00AM
Grief Group (1st & 3rd)
DTR (2nd & 4th)

11:00-12:00PM
Self Care Saturday

12:00-12:40PM
Lunch

12:45-3:00PM
Uplift & Unite

SCAN HERE TO GET



**MORE INFO ON
MHAOC**



♥ **Darkness cannot drive out darkness; only light can do that -Martin Luther King Jr**

♥ **IF THERE IS NO STRUGGLE, THERE IS NO PROGRESS -FREDERICK DOUGLASS**

♥ **HISTORY HAS SHOWN US THAT COURAGE CAN BE CONTAGIOUS, & HOPE CAN TAKE ON A LIFE OF ITS OWN -MICHELLE OBAMA**

FOR MORE INFO ON JTW CONTACT:
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