

Journey To Wellness



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



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

MON TUES THURS Fri Sat

Mon

Closed
WOW Van

Tues

12-8pm

Thurs

2-8pm

Fri

2-8pm

Sat

10am-3pm

FEBRUARY 2026



♥ 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



SCAN HERE TO GET



MORE INFO ON
MHAOC

FOR MORE INFO ON JTW CONTACT:
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