Journey to Wellness

JTW

Ocean County's Community Wellness Center

25 SOUTH SHORE DR. TOMS RIVER NJ 08753

NEW JERSEY HUMAN SERVICES
DMHAS
Division of Mental Health and Addiction Services

HOURS:

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

SEPTEMBER 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)
Wellness In Nature (outside)

6:45-7:30PM
Exploring Emotions (rm1)
Self Care Club (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- CAFÉ MHA

Café MHA

For More Info:

Hope Shawlinski
732-244-0940
HSHAWLINSKI@MHANJ.ORG

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

- SEPTEMBER REMINDS US THAT CHANGE CAN BE BEAUTIFUL.
- GIVE YOURSELF PERMISSION TO GROW AT YOUR OWN PACE.
- SOME SEASONS ARE FOR GROWING. SOME ARE FOR HEALING. BOTH MATTER.

SEPTEMBER OBSERVANCES & AWARENESS DAYS

- *NATIONAL RECOVERY MONTH*
- *NATIONAL SUICIDE PREVENTION MONTH*
- *NATIONAL GRANDPARENTS DAY*
- *SELF-CARE AWARENESS MONTH*
- *HISPANIC HERITAGE MONTH*