

FALL 2021 / WINTER 2022

# GATEWAY WELLNESS CENTER

NEWSLETTER



## GATEWAY WELLNESS CENTER CELEBRATES 1 YEAR OF SERVICE!

Thank you to all of our partners for their support and to the community for allowing our team to be a positive impact and continue to succeed with our mission to provide community-based treatment with care.

Follow us on Facebook:  
Gateway CAP Wellness Center



## The Community Hub WHAT'S HAPPENING IN THE COMMUNITY

### LET'S TALK ABOUT IT

A group for female and female-identifying individuals ages 10-16. This group is designed to facilitate conversation between girls surrounding topics that are often times difficult to talk about such as body image, finding your voice, self-acceptance, values and responsibilities. This group is a fun, engaging way for girls to learn and receive support from their peers and group facilitators!

Meetings are every THURSDAY at 4:30 PM.

To join, contact us at (856) 497-6650



*Join our Teen Group!*  
*Let's talk about it!*

EVERY THURSDAY 6:00PM - 7:30PM

- A Weekly Support Group for females & female identifying
- Individuals ages 12-16
- Group Trips
- Weekly Activities

Topics include: Finding your Voice, Positive Body Images, Hygiene, Self-Acceptance, Cultural Competence, and more

*Call to Register*  
856-497-6650

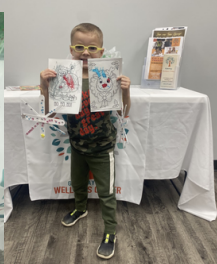
Gateway Wellness Center  
110 Coharney St, Suite A  
Bridgeton, NJ 08302



### Kids Art Therapy

Our Kids Art Therapy Group conducts art-based activities for children with behavioral and mental health challenges. This interactive group allows for children to create, imagine, and express themselves through therapeutic art projects with the support of a parent or guardian

We meet every OTHER TUESDAY, starting on January 18, at 6:30. Come Join us!



### Memorable Moments

Costume Party held on October 26th. Youth and their guardians participated in games and Halloween themed crafts.

Holiday Party on December 21st. Youth shared their wishes for the Holidays and created Christmas cards for a local nursing home.

On December 28-29 Gateway Wellness Center held a Holiday Camp for Girls ages 10-16 as a part of our LET'S TALK ABOUT IT group. This two-day camp included fun games, activities, and peer led discussion on values and responsibilities.

On May 22, 2021 FOLLOW ME AND LEAD hosted a Block Party in the Community to close out the fun-filled summer camp. Our guests enjoyed fresh food and beverages, as well as a variety of games and activities for children and their families.

# FOLLOW ME AND LEAD

is an anti-violence program that promotes and facilitates the growth and use of youth leadership skills. This program has several highlighted happenings since its origin in Summer 2021, beginning with our co-ed summer camp. Our Fall program continues with a youth group for boys meeting weekly on **FRIDAY** at 5pm.



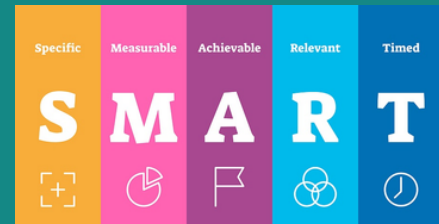
## DRUMLINE

Gateway Wellness Center has proudly partnered with The Family Success Center of Greater Bridgeton to develop the after-school program DRUMLINE. This program consists of band instruction with a combination of Play Therapy for children ages 5 to 12. On December 19, the group participated in their 1st annual holiday recital. Meetings are on **TUESDAYS** at 4 PM. Contact the Family Success Center to register at 856-451-1133.



## Work Smarter Not Harder

Have you ever found yourself starting a goal and not accomplishing it? That may be because the foundation of the goal was not properly structured. Try using the SMART goal strategy. This concept helps you create goals that are specific, measurable, attainable, realistic, and timely, in efforts for you to get the best results



## Inside Gateway Wellness Center

Gateway Wellness Center offers Mental Health and Wellness services to our community. Our mission is to improve the quality of life of every person we encounter by promoting mental and emotional wellness. Our services include:

- Individual Counseling,
- Family Therapy,
- Couples Counseling,
- Specialized Support Groups,
- Community Wellness Activities,
- Organizational Training,
- Case Management,
- Evaluation and Psychiatric Referrals,
- Art and Play Therapy,
- Youth Mentoring Program,
- Recovery Services.
- Mental Health Status Exams
- School-Based Wellness Hubs



To schedule an appointment, contact us at (856) 497-6650

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## A Mental Health Tip

### It's ok to not be ok



The brain is an organ that, like the others, needs nutrients to grow. Provide your mind with the "nutrients" that mental wealth offers. You are not alone.

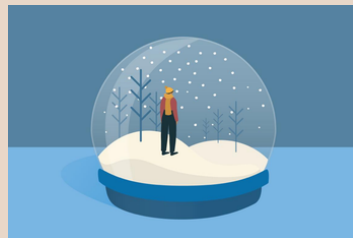
Call us at (856) 497-6650 for an initial consultation.

### Tis' the Season

Do you find yourself feeling more sad around the holiday season? Do you not celebrate holidays like you used to because of grief and loss? Please know you're not alone. You may be suffering from seasonal depression. Seasonal depression that comes and goes with the seasons typically start in late fall and early winter and begin to subside during spring/summer months.

If you or someone you know is experiencing seasonal depression, book an appointment at Gateway Wellness Center at (856)497-6650.

You don't have to go through depression alone.



### THANK YOU!

To all our donors for allowing Gateway Wellness Center to continue with its mission to assist and improve every life we encounter by promoting mental and emotional wellness:

- McDonald's
- 4 the Love of Art
- Carmelo's Restaurant
- CC Thrive (Cumberland County Prosecutor's Office)
- Community Foundation of South Jersey
- CSBG Project Impact



## OUR EVENTS

### Domestic Violence Awareness Brunch

There is Healing in Awareness. Thank-you to all who participated and supported our first annual domestic violence awareness event "Once Hurt, Now Healed." Through truth and testimony we were able to release feelings related to trauma experiences and support one another through healing. For additional support, contact:

- Gateway Wellness Center (856) 497-6650
- SERV 800-225-0196
- Parents Anonymous (609) 585-7666
- National Domestic Violence Hotline 1.800.799. SAFE (7233)



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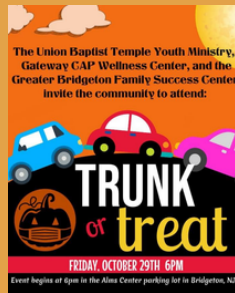
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## OUR EVENTS

### Trunk or Treat

Gateway Wellness Center, the Union Baptist Temple Youth Ministry, and the Greater Bridgeton Family Success Center held a Trunk or Treat event on October 29, 2021. Gateway Wellness Center provided an activity to help youth discover healthy and unhealthy ways to express emotions using the movie "Inside Out"



Thank you, Ronald McDonald House for allowing Gateway Wellness Center to support and assist families in need! Our team prepared and served dinner to 25 families on September 26, 2021.



### National Remembrance Day

Gateway Wellness Center was honored to participate at the National Day of Remembrance hosted by the Cumberland County Prosecutor's Office at The Cohanzick Zoo on September 25, 2021. This event was held to memorialize and honor victims of homicide and support surviving family members. Gateway Wellness Center provided coping strategy books to youth and adolescents in attendance.



### Prince Hall Community Day

Gateway Wellness Center was proud to attend this event to spread awareness for mental health and provide mental health resources to the community on September 11, 2021

