



Gateway Wellness Center

NEWSLETTER

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! Visit our website to register today!



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. To register call 856-497-6650

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. Contact the Family Success Center for more information on this program 856-451-1133.



Check Out Our Website!



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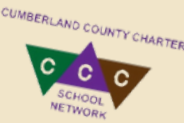
Weekend Wellness

Weekend Wellness was a five week group held on Saturdays at the Cohansey Zoo. This group allowed for individuals and their families to participate in activities centered around animals, nature, health, and mindfulness.

Follow Me and Lead

Mental Health & Wellness Edition

Follow Me and Lead is a summer program offered to children ages 8-12. The program was held from July 11th- Sept 5th 2022 at the ALMS center Monday- Thursday. Children engaged in physical, Mental Health education, and activities on how to thrive in the community through the pandemic. Campers also received social skills training, resilience training, and weekly field trips.



School Base Wellness Hubs

Gateway Wellness Center School-Based Therapy provides integrated mental health treatment for children and adolescents in Bridgeton Public School District and The Cumberland County Charter School Network. Our therapists work within elementary, middle and high school facilities, helping students negatively impacted by COVID-19 and other traumas overcome behavioral, emotional or social problems that interfere with success at school and home. Our therapists help students manage emotions effectively, learn appropriate coping skills, improve communication skills, reduce disruptive behavior and improve self-monitoring skills. Integrated as support of the school personnel, we can serve youth in a familiar setting, offering minimal interruption to their school day.

Interested in us partnering with your School? Contact us today!

Phone: (856) 497-6650
Email: Wellness@gatewaycap.org





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WHAT'S HAPPENING IN THE COMMUNITY

Advisory Board

Gateway Wellness Center is proud to announce the formation of its advisory board. We have selected community leaders and experts to shape and help guide the strategies of Gateway Wellness Center as we aim to be a viable resource throughout communities in New Jersey.

Our Board Members

- Ms. Carol Green
- Ms. Paulette Forbes
- Ms. Emily Cannon
- Ms. Evelyn Dingle
- Mr. Adrian McGriff
- Dr. Josephine White

A Mental Health Tip

SELF-CARE

Sometimes, we focus on giving to others and forget to take a break for ourselves. Self-care is as important as solidarity and humility. Want to know more? Call us for an initial consultation: (856) 497-6650



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



Gateway Wellness Center NEWSLETTER

Our Events

Minority Mental Health Awareness Month.

Thank you to the Cumberland County African American Breast Cancer Awareness Support Group for inviting Gateway Wellness Center to participate in their discussion on mental health during their July meeting.

#MinorityMentalHealthAwarenessMonth

If you are interested in joining the Cumberland County African American Breast Cancer Awareness Support Group, please contact 856-451-1133. Meetings are held every 3rd Thursday of each month at 12 Noon at the Greater Bridgeton Family Success Center.



Mental Health Awareness Month

The Month of May is Mental Health Awareness Month! During this Month Gateway Wellness Center provided the community with four weeks of Wellness kits. Wellness kits included coping skill cards, relaxation tools, and gratitude journals for youth and adults!

Men's Health Month

For Men's Mental Health Month in June, Gateway Wellness Center collaborated with, Life Worth Living, Cumberland County Prosecutors Office and FamCare to host a basketball tournament in of honor men in the community. The Gateway Wellness Center spoke to the youth regarding the importance of Mental Health and provided resources and information regarding Men's physical and mental



Gateway Wellness Center Presents

5v5

OLD SCHOOL TEACHERS vs NEW SCHOOL

June 30th, 2022 3:00pm-6:00pm

Location: 25 Mayor Aitken Drive Bridgeton NJ 08302

In Honor of Men's Health Month