

Offering Free Support to Superstorm Sandy Survivors



No one who lives through a disaster is untouched by the experience and not everyone reacts the same way. If you are still experiencing post-disaster distress, you are not alone! Get useful suggestions and techniques for managing the stress and emotional impact stemming from Superstorm Sandy.

Whether you just need someone to talk to or need help organizing your thoughts, NJ Hope and Healing offers a number of resources. We offer techniques for reducing stress and enhancing self-care. We help you to cope with tough emotions and develop your natural resilience. Together, we can work towards creating a positive environment where you can effectively problem solve and utilize the many resources available to you.

Find NJ Hope and Healing on

MONDAYS	Belmar Library 517 10th Avenue, Belmar, NJ 07719	1:00 pm to 5:00 pm
TUESDAYS	Manasquan Women's Auxiliary Club 62 Main St, Manasquan, NJ 08736	10:00 am to 1:00 pm
WEDNESDAYS	Lake Como Boro Hall 1740 Main Street, Lake Como, NJ 07719	9:00am to 1:00pm, 4:00pm to 8:00pm
THURSDAYS	Neptune Library 25 Neptune Blvd, Neptune Township, NJ 07753	5:00pm to 8:00pm



Your Calm After the Storm.

NJ Hope and Healing is sponsored by the New Jersey Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, through a Federal Emergency Management Agency (FEMA) grant, in partnership with the Mental Health Association in New Jersey (MHANJ).