



## Community Resource Manual

2-1-1: state or local health and human service resources to address urgent needs or everyday concerns  
[www.nj211.org](http://www.nj211.org) Freehold Department of Health 732-462-7057

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### Behavioral Health Resources:

- Monmouth Focused Counseling Center; Dr. J. Levin; 732-492-9132 or [jlevinphd@gmail.com](mailto:jlevinphd@gmail.com)
  - Couples, marriage, divorce counseling; individual counseling; child and teen counseling
  - Website: [drjaytherapy.com](http://drjaytherapy.com)
- Innerspace Counseling; 2433 Route 516, Old Bridge, NJ 08857 732-332-8270
- NAMI (national alliance for mental illness) Greater Monmouth County 732-462-6448
- Mental health information & referrals: (866) 202- 4357
- Medicare Services for Elderly: (800) 677-1116 or (202) 293-9650
- CentraState Medical Center 24 hour Emergency Hotline: (732) 780-6023
- Jersey Shore Medical Center 24 hour Emergency Hotline: (732) 776-4555
- Mental Health Association of Monmouth County (732) 542-6422
- Veterans Crisis Line (800) 273-8255
- Rape, Abuse, & Incest National Network (RAINN) (800) 656-HOPE
- Family Domestic Violence Hotline- 1-800-572-7233
- Child Abuse/Neglect Hotline: 1-877-NJABUSE (652-2873)
- NJ Suicide Hotline 855-656-6735
- National Suicide Prevention Hotline 800-SUICIDE (800-784-2433); **If you feel as though you want to hurt yourself or someone else, call 911 or 800-273-TALK or text 800-799-4TTY**

### **Behavioral Health Providers**

- Monmouth Focused Counseling Center; Dr. J. Levin; 732-492-9132 or [jlevinphd@gmail.com](mailto:jlevinphd@gmail.com)
  - Couples, marriage, divorce counseling; individual counseling; child and teen counseling
  - Website: [drjaytherapy.com](http://drjaytherapy.com)
- CPC Behavioral- 22 Court Street, Freehold. (732) 780-7387
  - Also have offices in Red Bank and Aberdeen
  - Accepts most major insurances, but priority appointments given to Horizon insurance members
  - Counseling Center: M-Thursday 8am – 9pm; Fri 8am-5pm
- Innerspace Counseling; 2433 Route 516, Old Bridge, NJ 08857 732-332-8270
  - Accepts most major insurances
  - Adults, Adolescents and children
  - Initial phone screening followed by comprehensive Intake
  - Partial Care and Outpatient programs
  - Individual, group and family counseling
  - Medication counseling and management
  - Co-occurring substance abuse treatment
- Stress Care of NJ, 500 Park Ave, Manalapan. (732) 679-4500
  - Also have an office in Matawan
  - Accepts Medicare and all commercial insurances
  - Outpatient counseling, psychiatric services, various substance abuse programs
  - M-F 9am-9pm; Sat 9am-4pm
- Jersey Shore Behavioral Health Services, 3535 Route 66, Neptune (732) 643-4363
- Freehold Psychology Group, 149 W Main St, Freehold. (732)-780-9898.
  - M-Thursday, 10am-7pm
- Neuropsychology & Counseling Associates, 95 Iron Bridge Rd, suite 8, Freehold. (732) 294-5588
- Ocean Health Initiatives, Inc. (732) 363-6655
  - Locations throughout Ocean County, including: Lakehurst, Lakewood, Little Egg Harbor, Manahawkin, and Toms River
  - \*Accepts Medicaid, Medicare and most commercial insurances. A sliding fee scale is available to all patients based on an individual's ability to pay for services.
  - [www.ohinj.org](http://www.ohinj.org)
- Ocean Mental Health Services, 2 locations:
  - 160 Atlantic City Blvd, Bayville (732) 575.1111

- 81 Nautilus Drive, Manahawkin( 877)621.0445
- [www.oceanmhs.org](http://www.oceanmhs.org)
- Solution focused therapy
- Psychiatric Evaluation
- Medication monitoring, education, and counseling
- Group Therapy
- \*Accepts Medicare, Medicaid, and many other insurances. Assistance is offered to those with financial difficulties.

### **Addiction Hotline of NJ**

- 1-800-238-2333

### **Substance Abuse Programs**

- CPC Behavioral- 22 Court Street, Freehold. (732) 780-7387; Offices also in Red Bank and Aberdeen
  - Accepts most major insurances, but priority appointments given to Horizon insurance members
- Stress Care of NJ, 500 Park Ave, Manalapan. (732) 679-4500
  - Also have an office in Matawan
  - Accepts Medicare and all commercial insurances
  - Outpatient counseling, psychiatric services, various substance abuse programs
  - M-F 9am-9pm; Sat 9am-4pm
- Innerspace Counseling; 2433 Route 516, Old Bridge, NJ 08857 732-332-8270
- Seabrook House- Addiction Detox Treatment Center, (800) 761-7575 [www.Seabrook.org](http://www.Seabrook.org)
  - Outpatient and inpatient addiction treatment; including intervention services
  - Treatment covered by most insurances
  - Addiction Medicine Navigator: 856-455-7575 Ext 1515
  - Confidential FAX: 856-391-6022
- Horizon Behavioral Health; call for consultation, name of providers or facilities in our area
  - 1-855-278-8459 Press 1

**Support Groups**: visit [www.njgroups.org](http://www.njgroups.org) for an extensive list of all Support Groups in NJ

a) Bereavement- also try group sessions at Stress Care or other mental health professional office

- Loss of any adult (loss of spouse below)
  - CentraState Medical Center, Star and Barry Tobias Ambulatory Campus Center
    - (732) 294-2744 or [sdouglas@centrastate.com](mailto:sdouglas@centrastate.com)
    - (732) 303-3927 or [eciaccia@centrastate.com](mailto:eciaccia@centrastate.com)
    - Wednesdays 3-4:30pm or 7-8:30pm
    - Run by pastoral team at CSMC
  - Applewood Estates, 1 Applewood Drive, Freehold. (732) 695-4641
    - Meets 2<sup>nd</sup> and 4<sup>th</sup> Mondays of each month
    - 11:30-1pm
  - Bereaved Catholics – open to people of any faith.
    - Various times, dates, locations
    - Office of Family Life, Trenton Diocese, (609) 403-7157
  - Bayshore Community Hospital, 727 North Beers St, Holmdel. (732) 739-5888
    - Meets 2<sup>nd</sup> Tuesday of each month, 1:30pm
    - Meets 4<sup>th</sup> Tuesday of each month, 7:30pm
  - Monmouth Medical Center, 300 2<sup>nd</sup> Ave, Long Brach. (732) 923-6215
    - Meeting day and times vary
  - Lost and Found Support, Monmouth Library, 125 Symmes Drive, Manalapan.
    - (732) 462-5240 or email [lost.found\\_ejs@yahoo.com](mailto:lost.found_ejs@yahoo.com)
    - Meets last Thursday of each month, 7-8:30pm

- Temple Shalom of Aberdeen, 5 Arymont Lane, Aberdeen, (732) 566-2621
  - Open to anyone
  - <http://www.templeshalomenj.org> E-mail: [shalom@templeshalomnj.org](mailto:shalom@templeshalomnj.org)
  - Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month, 10am (except June, July, Aug)
  - Professionally run
- Stephys's Place, 210 West Front St, suite 209, Red Bank
  - (732) 614-112
  - [info@StephysPlace.org](mailto:info@StephysPlace.org)
- Loss of spouse
  - Jewish Family & Children's Service of GMC (JFCS)
    - 707 Alexander Rd, Princeton, (609) 614-3147 x127
    - Run by licensed clinical social worker; Cost \$20-30
  - Spouse Bereavement Group, Morristown, NJ
    - (973) 727-8290 or email: [judith.zucker@gmail.com](mailto:judith.zucker@gmail.com)
    - Run by clinical social worker/ therapist
    - \$70-80 for six sessions
    - Tuesdays 6:30-8pm
  - Online support group for people who have lost spouse/partner to cancer
    - 15 weeks, online only; password protected
    - 24/7 access to read and post messages
    - <https://osgportal.cancercare.org/register>
- Death of a Child or Fetal Loss
  - Lost and Found, Monmouth Library, 125 Symmes Dr, Manalapan. (732) 462-5240
    - Open to parents and grandparents who suffered loss recently or years ago
    - Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month, 10-11:30am
  - Compassionate Friends, Good Shepard Lutheran Church, 112 Middletown Rd, Holmdel
    - Open to parents, grandparents, and siblings grieving the loss of a child
    - Sibling group available also
    - Meets 3<sup>rd</sup> Tuesday of each month, 7:30-9pm
    - <http://www.monmouthcountytcf.org> E-mail: [monmouthtcf@gmail.com](mailto:monmouthtcf@gmail.com)
  - Healing after the Death of a Child, Spring Lake Municipal Center, 423 Warren Ave, Spring Lake. (732) 606-7477
    - Professionally run
    - Meeting days vary; 7-8:30pm
  - Share Pregnancy and Infant Loss Support, Inc, Riverview Medical Center, (732) 530-2315
    - For parents grieving a loss of an infant through miscarriage, stillbirth, ectopic pregnancy, or death of newborn
    - Professionally run
    - Newsletter, phone help, guest speakers, literature
    - Meets 2<sup>nd</sup> Tuesday of each month, 7:30-9:30pm
- Children suffering a loss
  - Art Therapy for bereaved children, Riverview Medical Center, (732) 530-2382 x3035
    - For children 4-13 years
    - Meets periodically for 7 weeks
    - Uses art therapy to deal with grief and loss
    - Professionally Run
  - Common Ground Grief Center, 67 Taylor Ave, Manasquan, (732) 606-7477
    - For children ages 6-12 and teens 13-18
    - Parent group meets concurrently
    - Various days, 7-8:30pm

- [lynn@commongroundgriefcenter.com](mailto:lynn@commongroundgriefcenter.com)

b) Caregiver Support Groups- emotional and spiritual support for those who are taking care of a loved one or if you work as a caregiver. Sharon Douglas, Department of Pastoral Care at CSMC; 732-294-2744 or [Sdouglas@centrastate.com](mailto:Sdouglas@centrastate.com)

c) Breast Cancer Support Group

- CentraState Medical Center, Statesir Cancer Center
  - First Monday of each month, 7:30pm

d) Depression or Mood Disorder (Bipolar Disorder) Support Group

- Depression and Bipolar Support Alliance (DBSA)- (908) 433-1993
  - Free, no registration required; led by trained facilitators
  - Open to family and friends with or without the person living with a disorder
  - Share mutual experiences to educate and support each other; not a therapy group; no advice given

d) Various Support Groups:

- Freehold- Community Wellness Center, 17 Bannard St, Freehold
  - Sundays 3-4:30pm
- Jackson- Brighter Days Community Wellness Center, 268 Bennetts Mills Rd
  - Wednesdays, 12:30-2pm
- Colt's Neck- Spiritual Center at St. Mary's R.C. Church, northeast corner of Route 34 & Phalanx Road
  - Thursdays 7:30-9pm
- Tom's River- Community Medical Center, Auditorium C, 99 Route 37
  - Wednesday and Friday 7:30-9:30pm
- Old Bridge- RWJ Fitness & Wellness Center (Community Room), Old Bridge Gateway Shopping Center, 1044 Route 9 South, Parlin
  - Thursdays 7:30-9:15pm
- New Brunswick- RWJ Hospital (auditorium of main hospital) 1 Robert Wood Johnson Place
  - (732) 425-0467
  - Fridays 7:30-9:15pm
- Rutgers University Behavioral Health Care
  - 100 Metroplex Dr, Suite 200, Edison; (732) 235-8400
    - Adolescent Social Skills for ages 9-14
    - Anxiety Disorders, adults 18 and older that are drug and alcohol free
    - Depression
    - Improve your Relationships-
      - Addresses ways to improve communication, conflict management, self-esteem, decision making skills, establishing and maintaining healthy boundaries
      - Support with coping with grief, loss, depression, & worry from past and present relationships
    - Medication Refill Clinic- for in between doctor's appointments
    - Women's Depression
    - Young Wives (Free)-
      - Women caring for spouse with dementia in early 50-60s or younger.
    - COPSA Support group (Free)
      - For people caring for a spouse with dementia
    - Ears "Just for the Fellas" (Free)
      - Men 60 years and older caring for spouse or life partner
    - Ears Caregiver Support (Free)
      - Family caregivers of chronically ill older adults (age 60 and up)

- Share issues and problems related to caregiving; receive information & resources, socialization, etc
- Ears “Transition” (Free)
  - Designed for family members adjusting to the death of their care receiver especially in the first year of loss

### **Smoking Cessation**

#### a) Online/ Telephonic Support

- Smokefree.gov
  - Offers free texting, online web chat, and other resources to quit smoking and stay smoke free
- NJ Quitline
  - njquitling.org / 866-NJ STOPS (866-657-8677)
  - Offers free telephone counseling, texting and other resources to quit smoking and stay smoke-free
  - Online counselors available M-F 8am-9pm; Sat 8am-7pm; Sun 8:30am-5pm
- Mom’s Quit Connection- FREE for pregnant & postpartum women or mothers of young children in NJ
  - [www.momsgquit.com](http://www.momsgquit.com)
  - In person or on the phone one on one sessions with quit counselor
  - Free
  - Offers small rewards to celebrate achievements

#### b) Program Sessions Face to Face:

- CSMC Health Awareness Center (732) 308-0570 “Time to Quit” Program (fee for service)
  - Seven-session program; first session is one on one with tobacco dependency counselor to discuss smoking history and quit attempts; will design individual treatment program
  - Free orientation; must commit to all 7 sessions;
  - Six remaining sessions are in a group setting for mutual support led by trained tobacco dependency counselors
- King of Hearts Life Enhancement Services (732) 240-2545; 522 Brick Blvd, Brick (accepts insurance)
  - [www.kingofhearts.biz](http://www.kingofhearts.biz)
  - Certified by Rutgers
  - ACS videos and brochures; counseling with therapist
- Ocean Medical Center “Fresh Start” Program – FREE; (800) 560-9990
  - Registration Required
  - Completely free
  - Four one-hour sessions over 2 week period
  - Also offers one on one counseling
- Riverview Medical Center, 1 Riverview Plaza, Red Bank; (800) 560-9990; FREE
  - Registration Required
  - Completely free
  - Four one-hour sessions over 2 week period
  - Also offers one on one counseling
- Rutgers School of Public Health, Tobacco Dependence Program; 125 Patterson Street, suite 2300, New Brunswick; (732) 235-8222
  - Individual and group counseling
  - Provides expertise on quitting smoking
  - FREE
  - English and Spanish

#### c) Medications that can be offered by Dr. Mills:

- Chantix, Bupropion
  - Oral medications

- Nicoderm CQ – “the patch”
  - Contains nicotine
- Gum
  - Nicorette
  - Contains nicotine to reduce withdrawal/ cravings

d) Other alternative options that may help Quit Smoking:

- Meditation/ Stress Relief
  - Monmouth Medical Center “Living Smoke Free” – FREE; (888) 724-7123
    - 300 Second Ave, Long Branch
    - Five sessions with follow up support
    - Emphasis on stress management, meditation, calming techniques, and craving control
    - Drug free
  - Riverview Medical Center “Overcoming Stress”- FREE; (800) 560-9990
    - Learn coping strategies
    - Not specific for smoking cessation
- Hypnosis
  - Meridian Fitness and Wellness Center at Hazlet; (800) 560-9990; 1420 Hwy 36
    - Stop Smoking through Hypnosis
- Acupuncture
- Accu-Laser- a program that uses a low-power laser to stimulate pressure on ears, hands, legs and feet (acupressure points on the body)

**Urgent Care/ Walk In Clinics: Freehold area:**

- Hackensack Meridian Health Urgent Care\_– 315 West Main Street, Freehold; (888) 878-1503  
M-F 8am to 8pm; Sat/Sun 8am to 4pm
- Medical Walk in of Freehold, 3333 Route 9 South, Chadwick Square. (732) 683-1975; M-F 8:30am-8pm; Sat & Sun 8:30am-6pm; X-rays done on premises
- The Doctor’s Office of Manalapan, 120 Craig Rd, Manalapan. (732) 414-2991; M-F 8:30am – 8pm; Sat & Sun 9am-4pm; X-rays done on premises
- Physicians Urgent Care, 143 NJ-33, Manalapan. (732) 252 6767; M-F 8am – 7pm; Sat & Sun 9am – 4pm
  - X-rays done on premises
- Marlboro Medical Center, 203 Route 9 South, Morganville. (732) 617-8800; M-F 8:30am-8pm; Sat & Sun 8am-6pm
  - X-rays done on premises
- Urgent Care of Freehold, 3681 Route 9 North, Freehold. (732) 863-7100; M-F 9am – 7pm; Sat 9am-3pm & Sun 9am-2pm; X-rays done on premises
- Meridian Urgent Care, 27 Cooks Bridge Rd, suite 1-5, Jackson. (888) 878-1503
  - Mon – Fri 9am-7pm; Sat & Sun 8am – 4pm
  - X-rays done on premises
- My InstaDoc of Marlboro, 167 Route 9, suite 5, Englishtown. (732) 360-5011
  - 9am-7pm daily, 365 days per year; Holidays 9am-4pm
- My InstaDoc Urgen Care Center
  - 167 US 9 South, Marlboro, NJ; 732-334-6500 open 7 days 9am to 8pm
- Immediate Care associated with CSMC; Marlboro Medical Arts center;
  - 479 Route 520 Marlboro, NJ 732-218-7550

b) **Howell:**

- My InstaDoc Urgent Care, 4564 Route 9 South, Howell. (732) 228-4861
  - Mon-Sat 8am-7pm; Sun 8am-4pm; 365 days per year
  - X-rays done on premises
- Med Express, 4074 Route 9, Howell. (732)886-7342

- 8AM-8PM Daily

**c) Hazlet:**

- Med Express, 2880 Route 35, Hazlet. (732) 888-1238
  - 8am-8pm daily
- Immediate Care, Airport Plaza Shopping Center, 1376 State Route 36, Hazlet. (732)264.5500
  - Mon-Fri 8am-8pm; Sat 8am-4pm; Sun 9am-3pm
  - X-rays done on premises
- PM Pediatrics (newborn-college aged patients), 2107 Route 35, Holmdel. (732) 564-7290
  - Mon- Sat 12noon-midnight; Sundays 10am-midnight; 356 days per year

**d) East Windsor:**

- Immediate Care (affiliate of CSMC Health Pavilion), 319 Route 130 North. (609) 426-4300
  - Mon- Fri 8am-8pm; Sat & Sun 8am – 4pm

**e) Toms River:**

- Meridian Urgent Care, 9 Mule Road, Toms River. (888) 878-1503
  - Mon – Fri 9am-7pm; Sat & Sun 8am – 4pm
  - X-rays done on premises
- Immediate Care Medical Walk In, 1 Route 37 West, Toms River. (732) 281-3201
  - M-F 8am-8pm; Sat & Sun 8am-4pm
  - Urgent Care Now, 970 Hooper Ave, Toms River. (732) 228-4146
  - Mon-Fri 9am-7pm; Sat & Sun 8am-5pm

**f) Ocean Township/County:**

- Meridian Urgent Care, 2125 Route 88 East, Brick. (888) 878-1503
  - Mon – Fri 8am-8pm; Sat & Sun 8am – 4pm
  - X-rays done on premises
- Central Jersey Urgent Care, 731 Route 35, Ocean. (732) 301-6843
  - Daily 8am-8pm
- Family First Urgent Care, 1910 Hwy 35 South, Oakhurst. (732) 663-9953
  - Mon – Fri 8am-8pm; Sat & Sun 8am-5pm
  - X-rays done on premises

**Radiology Services**

- Princeton Radiology (formerly Freehold Radiology) 901 West Main St, Freehold \*ground floor of the Medical Arts building at CSMC. (732) 462-4844; 176 Route 9 North, Marlboro. (732) 577-2750; other locations in Princeton, Lawrenceville, Monroe and Mercerville- check local listings
- Jersey Shore Radiology (University Radiology), 900 West Main St, Freehold. (732) 462-1900
- CentraState Medical Center (732) 294-2934
- CentraState Interventional Radiology; 732-294-2778; vascular interventions for peripheral arterial and venous disease. Also specializes in shunts, mediports, uterine fibroid embolization, dialysis catheter insertion and more
- Atrium Diagnostic Imaging; 224 Taylor Mills Road, Manalapan, 07726 732-431-7600

**Laboratory Services**

**a) CSMC affiliated:**

- **CentraState Medical Center Lab (Freehold)** *Outpatient Services Building- enter at traffic light at Hospital Drive* 901 W Main St, Freehold (732) 294-2778
  - M-F: 6:30am-7 pm; Sat: 7am- 1pm
- **CentraState Medical Center Lab (Monroe)**, *Renaissance Crossing*, 312 Applegarth Road, suite 103, Monroe (609) 662-5229
  - M, T, Th, F: 7am – 3pm; Wed: 7am – 6pm
- **CentraState Medical Center Lab (Jackson)**; *21 South Hope Chapel Road, Level 2, Jackson* (732) 363-4614, option 2; M, W, F: 7am – 3pm



**b) LabCorp:**

- **Freehold** 495 Iron Bridge Rd, suite 7, Freehold (732) 303-6012
  - M, W, Th, F: 6am-2:30pm; Tues 7am – 4:30pm; Sat 7am – 11am
- **Monroe** 239 Prospect Plains Rd, suite A102, (609) 395-7079
  - M-F: 6:30am – 3pm; Sat: 7am – 11am
- **Manalapan;** 83 Bridge Plaza Drive (732) 617-0249
  - M-F: 7am – 3pm
- **Howell,** 47 Kent Rd, (732) 363-0165
  - M-F: 7am – 3pm; Sat: by appt only 7am - 11am

**c) Quest Diagnostics**

- **Freehold** 260 Mounts Corner Dr (next to Top Tomato) (732) 462-9020
  - M-F: 7am - 4pm; Sat: 8am - 12pm
- **Manalapan,** 50 Franklin Lane, suite 202, (732) 536-3245; M-F: 7am – 3pm
  - **Howell,** 400 Candlewood Common Bldg 4 (732) 961-0031; M-F: 6:30am – 2:30pm (closed 11:30-12:30)

**d) Homebound Laboratories**

1. "Professional Technicians" aka PTI labs –for lab specimens (no ports). Phone 215-364-4911  
www.ptimobilelab.com; charges a \$30-50 fee per visit, billed only to the Primary Insurance; pt responsible for unpaid fees or deductible (Mon-Fri, 8am-4pm)
2. Tender Care Phlebotomy, LLC 103 Township Line Road, Rockledge, PA 267-773-1520 Fax 267-825-7601
3. mdINR- home INR and home monitoring for patients on Coumadin; call our office for enrollment process.

**Visiting Nurse Agencies:**

- Meridian at Home (800) 655-2555
- Bayada Home Healthcare (732) 863-5000
- Princeton at Home Health (609) 497-4949

**Home Care Assistance (Hourly or Live in Home Health Aide Agencies):**

- Senior Helpers of Manalapan (732) 444-8538
- HomeCare Options (973) 523-1224
- BrightStar (732) 462-5777
- Karing with Kindness (732) 269-8829
- Meridian at Home (800) 655-2555
- Caregiver Volunteers of Central NJ: [www.caregivervolunteers.org](http://www.caregivervolunteers.org)- volunteer transportation included
  - Ocean County office: 732-505-2273
  - Whiting office: 732-849-9400
  - Monmouth County Office; 732-876-3900
- A Place for Mom - resources for caring for seniors: [www.aplaceformom.com](http://www.aplaceformom.com)

**Home Hospice Agencies:**

- The Martin and Edith Stein Hospice (732) 227-1212
- Homeside Hospice (732) 381-3444
- Grace HealthCare Services (866) 447-0246
- Caring Hospice (732) 661-9373
- Meridian at Home (800) 655-2555
- Kindred Hospice (732)562-8800
- Vitas 800-723-3233 or 732-389-0066
- Seasons Hospice (866) 243-2157 or 609-570-4800
- Holisticare Hospice (732) 731-8100

**Transportation Options**

**a) Non-medical:**

[Dr. Mills Family Practice Community Resource Center As of 5.7.19](#)

- SCAT bus for Seniors (866) 528-6278
  - Call to register & schedule appointment.
  - \$3-7 for patient; caregiver rides free; within county only.
- Logisticare – non emergency medical transportation (866) 527-9933
- Liberty Taxi (732) 489-1341
- Freehold Taxi (732) 734-6954

b) Medical Transport:

- Able Medical, (732) 938-3400
- Courtesy Medical Transportation, (732) 942-2050
- Medex Transportation, (732) 490-5300
- Caregiver Volunteers of Central NJ: [www.caregivervolunteers.org](http://www.caregivervolunteers.org)- volunteer transportation included
  - Ocean County office: 732-505-2273
  - Whiting office: 732-849-9400
  - Monmouth County Office; 732-876-3900

**Medical and Respiratory Supply Companies**

- At Home Medical, 800-287-0643
  - Oxygen & respiratory supplies, durable medical equipment, enteral products, pediatric services
- Community Surgical Supply, Inc. (732) 349-2990 or (800) 349-2990
- Apria (732) 905-1400
- Meridian at Home (732) 658-0049
- Health Care Depot (732) 761-9600
- Monroe Medical Supplies (609) 395-7500 or (732) 521-4600
- Bell Medical Manalapan- Rep Robert; 1-845-649-1586

**Income Based/ Low Cost Community Resources:**

a) Free cancer screenings:

- VNA of Central NJ (732) 933-3952
  - Free breast, cervical, prostate & colorectal exams for uninsured persons ages 18-64 that live in Monmouth County & meet financial eligibility requirements.
  - Includes Pap, mammogram, & colonoscopy
- NJ CEED – Cancer Early Education & Detection Program. Kathy (732) 933-3952; (732) 224-6723;
  - Various locations; Pre-registration is required so call first
  - Free colorectal screenings for men & women 50 years and older
  - Free PSA and prostate exams for African-American men 45 years and older; all others 50 years and older
  - Free Breast exams and mammograms
  - Free Pelvic Exams & Pap Tests for women 18 years and older
  - Available for underinsured & uninsured adults meeting a low income criteria
- Statesir Cancer Center at CentraState Medical Center (732) 308-0570
  - Men over 40 years old who have not been screened for prostate cancer in the past.
  - Blood draw for PSA (Prostate cancer tests) and rectal exam
  - Collection kit will be given out with instructions; to be returned in 1 week
  - Registration is required for this free service
  - Mon – Fri 8:30 -4pm
- The Comprehensive Breast Center at Monmouth Medical Center (732) 923-7700
  - Must be:
  - A woman ages 40 and over
  - Be underinsured or uninsured
  - Monmouth County resident with valid ID
  - Income eligibility will be assessed

- Free Oral Health Screening at Statesir Cancer Center at CSMC (732) 308-0570
  - Call for dates and times
  - Quick & painless screening for oral cancer
- Free Thyroid Screening at Statesir Cancer Center at CSMC
  - Have bloodwork done and examination by physician

**b) Free Health Screening and Referral Services:**

- Monmouth County Department of Health: 3435 Hwy 9, Freehold (732) 431-7456
  - Free PAP smear/breast exam
  - Free immunizations & physical examinations for newborn-18
  - STD (Sexually Transmitted Disease) walk in (Tues/Thurs 4-7 pm)
- VNA Health Screenings –(732) 224-6780
  - Assistance with screening for diabetes, cholesterol levels, high blood pressure, & vital signs.

**c) Free & Discounted Medication Programs:**

- Prescription Medication- Rx 4 NJ: (800) 793-6765
- Good Rx: compares prices at various pharmacies. [www.goodrx.com](http://www.goodrx.com) or 888-277-3911
- NJ Discount Drug Card Program: <http://www.newjerseydrugcard.com>
- Pharmaceutical Assistance to the Aged and disabled (PAAD)
  - Helps pay for prescription drugs and medical supplies such as insulin, insulin needles and syringes. Must be NJ resident 65 and older or at least 18 receiving social security Title II Disability benefits, meet income requirements and be enrolled in MC Part D Prescription Drug Plan. Call 1-800-792-9745 or visit [www.state.nj.us/humanservices/doas/services/paad/](http://www.state.nj.us/humanservices/doas/services/paad/)

**d) Insurance Assistance Programs**

- State Insurance Personalized Health insurance counseling– 800-792-8820/877-222-3737
- CHIP (Children’s Health Insurance Program) – for families that do not qualify for Medicaid but cannot afford private insurance – 800-701-0710 / 877-543-7669
- VA Medical Benefits - (800) 827-1000
- WIC (Women, Infants, and Children), Monmouth County (732) 471-9301 or 1-800-328-3838 or [www.njwic.org](http://www.njwic.org); this program provides supplemental nutritious foods to pregnant, breastfeeding, postpartum women, infants and children to age 5. Also provides immunization screening and healthcare referrals.
- NJ Family Care; free or low cost health insurance open to children, pregnant women, parents/caretaker relatives, single adults and childless couples. Call 1-800-701-0720 or visit [www.nifamilycare.org](http://www.nifamilycare.org)

**f) Medication Disposal**

- a. Freehold Borough Police Department at 732 462-1233
- b. Consumer Affairs NJ (800) 242-5846.

g) Meals on Wheels; Monmouth County- (732) 775-5155  
Meals on Wheels; Ocean County 609-978-6869; FAX: 732-905-0603

h) End Hunger NJ; provides food assistance information from local food pantries and soup kitchens for NJ residents with low incomes. [www.endhungernj.org](http://www.endhungernj.org)

i) Energy Assistance Programs; for those having difficulty paying their heating/cooling bills; call Low Income Home Energy Assistance Program (LIHEAP) and the Universal Fund. 1-800-510-3102 or [www.energyassistance.nj.gov](http://www.energyassistance.nj.gov)

j) Legal Assistance: 1-888-576-5529; Provides legal information to low-income residents of New Jersey

k) NJ Housing Resource Center; 1-877-428-8844; [www.nj.gov/njhrc](http://www.nj.gov/njhrc)

l) Goodwill DME (Durable Medical Equipment) 2901 Brunswick Pike, Lawrenceville, NJ 08648 (609) 812-2210

[Dr. Mills Family Practice Community Resource Center As of 5.7.19](#)

Note: gently used DME (crutches etc) can also be obtained from your local first aid squad, some 55 and above communities, and your local Visiting Nurse Association.

### **Low Cost Dentistry**

- Monmouth Family Center, 300 2<sup>nd</sup> Ave, Long Branch (732) 413-2030
  - Payment based on income sliding scale.
  - <http://www.barnabashealth.org/Monmouth-Medical-Center/Our-Services/Dental-Medicine.aspx>
- JDA Senior-Dent Program, (732) 821-9400 or (800) 792-8820
  - Must meet certain criteria including age and income requirements
- Jersey Shore Medical Center's Center for Dentistry, 71 Davis Ave, Neptune, (732) 776-4212
  - May apply first for charity care.
  - <http://www.barnabashealth.org/Monmouth-Medical-Center/Our-Services/Dental-Medicine.aspx>;
- Dental Lifeline Network- run by volunteer dentists. (732) 821-3056
  - Must apply and meet strict eligibility criteria.
  - [www.dentallifeline.org](http://www.dentallifeline.org)
- Jewish Renaissance Medical Center, 275 Hobart St, Perth Amboy, (732) 376- 6642
- Southern Jersey Family Medical Center/Buttwood Medical and Dental Center, 600 Pemberton-Browns Mills Road, Pemberton (609)894.1110
  - [www.sjfmcc.org](http://www.sjfmcc.org)
  - \*Accepts many insurances; a sliding fee scale is available to patients who qualify. Must meet certain criteria; please visit the website or call the number above for more information.
- Ocean Health Initiatives, INC, 301 Lakehurst Road, Toms River (732)363.6655
  - \*Accepts Medicaid, Medicare and most commercial insurances. A sliding fee scale is available to all patients based on an individual's ability to pay for services.
- CHEMED, (732)364.2144
  - \*Accepts Medicaid, Medicare and most commercial insurances. A sliding fee scale is available to all patients based on an individual's ability to pay for services.
- Dental Home Services, LLC, (800)842.4663
  - \*Mobile dental services provided in residential homes, assisted living facilities, and offices.

### **Sexual Health**

- Planned Parenthood 800 W Main St, Freehold, NJ 07728, (732) 431-1717
  - Monday 11:30-7, Wed 8:3-4, Fri 8:30-4

### **Sleep Study Centers**

- CentraState Medical Center; Center for Sleep Disorders (732) 303-5070
- Sleep Health in Lakewood- (732) 364-3530
- Meridian at Home (800) 287-0643

### **Cancer Treatment Centers**

- Memorial Sloan Kettering Cancer Center
  - Outpatient Treatment Location- 480 Red Hill Road, Middletown, (908) 367-3007
  - Surgery done mostly in NYC location, but outpatient center offers pre and post op visits, radiology, medical and surgical oncology, radiation therapy, chemo, genetic counseling, nutritional counseling, ambulatory surgery, physiatry, psychosocial support, lymphedema therapy, etc.
- CentraState Medical Center Statesir Cancer Center; (855) 411 CANCER (855-411-2262)
  - Offers holistic complimentary approaches to traditional medicine such as yoga or T'ai Chi classes; offers exercise programs designed for cancer patients
  - Wellness resources during and after cancer treatment
  - "Survivor" program
  - Yoga for Cancer- guided breathing and meditation; Thursday 4pm to 5pm FREE; Ambulatory Campus; Rehab Balance Room; Building A; 3<sup>rd</sup> floor

- Fox Chase Cancer Center in Philadelphia
- Jane H. Booker Cancer Center at Riverview Medical Center (800) 560-9990
  - Free classes; learn to integrate approaches to Cancer Care
  - Free workshops to demonstrate acupuncture, nutrition, mind body therapies, relaxation techniques, movement, aromatherapy, art, and energy therapies

### Wound Care Centers

- CSMC - Central Jersey Wound Treatment Center, (866) 659-6863 901 West Main, Freehold
- Wound Care & Hyperbaric Services (St. Peter's U affiliate) 609-860-0008 /866-378-4132; Clearbrook Commons Medical & Professional Office Park, 294 Applegarth Rd, Suite E, Monroe
- Wound Care Institute of Ocean County, (732)736.5509
  - [www.woundcareinstituteofoceancounty.com](http://www.woundcareinstituteofoceancounty.com)
  - Locations in Forked River, Toms River, and Whiting.
- Community Medical Center at RWJ Barnabas Health, The Center for Wound Healing and Hyperbaric Medicine, 99 Highway 37 West, Toms River (732) 349.5757
- St Peters University Wound and Hyperbaric Services; New Brunswick; 732-846-6199
- Center for Wound Healing Hackensack Meridian Health; Jersey Shore Medical Center (JSMC, Ocean Medical Center, Southern Ocean Medical Center, Bayshore Community Hospital; JSMC phone 732-776-4272 and FAX 732-497-1702; contact is MaryEllen Berry, Wound Care Center Consultant; 732-776-4430 or cell 732-299-5287

### Diabetes Care

- CSMC - Novo Nordisk Diabetes Center (732-294-2574):
  - Free glucose screenings Mondays 10am – 4pm
  - Education classes
  - Individual assessment, meal plan, and foot exam
  - Fitness & Wellness Center
  - Diabetes Support Group
  - Pre-diabetes class
  - Free annual eye screening exam
  - Insulin administration education
- Meridian Community Resource Center at the Freehold Raceway Mall, 3710 Rt 9, Freehold
  - Free program; call (800) 560-9990
  - “ABCs of Diabetic Care”
  - Park by Macy’s entrance to the mall
  - Offered through Jersey Shore Medical Center
- Kimball Medical Center, Lakewood, Diabetes Education (888-724-7123):
  - Classes; mornings and evenings
  - Glucose screenings
  - Diabetic Support Group
- JSMC - Diabetes Management Program, Neptune (732-897-3980)
  - Diabetes Management Classes
  - One on one assessment and meal planning
- Community Medical Center at RWJ Barnabas Health, 99 Highway 37 West, Toms River
  - (732) 349-5757
  - Free glucose screenings
  - Education classes
  - One-on-One Counseling
  - Support Groups
  - Outpatient Nutrition Counseling
- Ocean Medical Center Diabetes Management Program, 425 Jack Martin Blvd, Brick
  - (732) 530-2555

- One on One assessment
- Consultation with a dietician
- Education
- Diabetic Support Group
- Meridian Fitness and Wellness at Brick, 1686 Rt 88, Brick; (800) 560-9990
  - Free
  - Six week program
  - Learn practical skills & strategies for managing diabetic symptoms, setting goals, problem solving, meal planning, and more
  - Registration required
- **How to dispose of sharps:**  
 CSMC one-time fee sharps disposal program- Novo Nordisk Diabetes Center (732) 294-2574
  - Five step self-disposal:
    1. Carefully clip the needles with nail clippers
    2. Use empty laundry detergent bottles with screw on lid or purchase disposal kit from pharmacy
    3. Label bottle: SYRINGES- DO NOT RECYCLE
    4. Place clipped needles and syringes in bottle; close tightly and wrap with duct tape over the lid
    5. Dispose of in garbage NOT recycle
- **Free Diabetic Screenings**
  - Free glucose screenings - CentraState Medical Center Novo Nordisk Diabetes Center (732-294-2574)
  - Free Diabetic Eye exam (Diabetic Retinopathy) – should be done annually
    1. CentraState Medical Center Novo Nordisk Diabetes Center (732-294-2574)
    2. Meridian Fitness and Wellness at Brick, 1686 Rt 88, Brick; (800) 560-9990
- **Diabetic Supplies**
  - MC patients who need a supplier can go to [www.Medicare.gov/supplier](http://www.Medicare.gov/supplier), enter zip code and click "Go". Select Mail-Order Diabetic Supplies. Click Search at bottom of page or call 1-800-633-4227
  - Non Medicare patients should go through their insurance company
- **Diabetic Eye Exam (Diabetic Retinopathy)**
  - Millennium Eye Care: Freehold: 732-462-8707
    - Millennium offices also located in Hightstown, Jackson, Marlboro, and Monroe
  - Freehold Ophthalmology: 732-431-9333
  - Dr. J. Ghobrial; Colts Neck: 732-431-6688
  - Dr. R. Josephberg: Manalapan: 732-972-0800
  - Dr. B. Karmel: Manalapan: 732-536-7600
  - Ocean County Retina, Howell, 732-994-7072
  - Jersey Shore Retina, W. Long Branch: 732-738-4627

### **Veterans Services**

- Vitas Hospice Care has developed services customized to complement existing VA benefits while optimizing end-of-life care for veterans. Vitas can also assist with any veteran related question. All payor sources accepted. Call 1-800-938-4827 or Michael 848-218-4679

### **Nutrition & Wellness Services**

a) CentraState Medical Center – Registered Dietician Nutritionist, (732) 294-2766, [lifelifewellnj.com](http://lifelifewellnj.com)

- Medical Nutrition Therapy
  - Requires prescription from physician
  - Includes therapy/counseling for obesity, cardiovascular disease, GI disorders, renal disease, pulmonary conditions, allergies, and oncological nutrition
  - May be covered by insurance
- Lifestyle and Wellness

- No prescription needed
  - Cost varies by service, not covered by insurance
  - Includes weight management, healthy eating, pre-diabetes, vegetarian meal planning
- b) Meridian Health: (800) 560- 9990
- Medical Nutrition Therapy
    - Registered Dietician at Riverview Medical Center, (732) 741-2700
      - Requires prescription from physician
      - Includes therapy/counseling for weight management, allergies or intolerance (dairy, wheat, nuts, etc), nutrition before, during and after pregnancy, heart healthy nutrition, high cholesterol, high blood pressure, irritable bowel syndrome, Crohn’s disease, diverticulitis, other digestive issues, kidney disease, celiac disease, and more
      - May be covered by insurance
    - Take Control of Your Health, Lecture series
      - Meridian Fitness & Wellness at Manahawkin, 700 Route 9 South, West Creek, NJ
      - Free 6 series lectures
      - Various meeting times
    - Balancing on Ice: Preventing Winter Falls
      - Meridian Fitness & Wellness at Manahawkin, 700 Route 9 South, West Creek, NJ
      - Free class
    - Managing Chronic Pain
      - Meridian Community Resource Center, Freehold Raceway Mall, 3710 Route 9, Freehold
      - Park by Macy’s entrance
      - Free class
    - Overcoming Stress
      - Riverview Medical Center, 1 Riverview Plaza, Red Bank
      - Free class
      - Learn coping skills to reduce stress
    - Jane H. Booker Cancer Center at Riverview Medical Center
      - Learn most recent guidelines for breast health
      - Dates and times vary

**Pain Management**

- Dr. Gurbir Johal: 3681 Route 9 North, Freehold, NJ 07728 732-887-2004

**Physical Therapy**

Strive Physical Therapy; serving southern NJ including Wrightstown, Monroe and more  
[Strivephysicaltherapy.com](http://Strivephysicaltherapy.com); 856-677-4000

**Health Programs offered at CentraState Medical Center:**

a) Statesir Cancer Center at CentraState Medical Center (732) 308-0570

- Cancer Screenings:
  - Prostate Cancer
  - Oral Cancer
  - Thyroid Cancer
  - Free mammogram for uninsured women (income based) at CSMC (732) 303-3636
  - Skin Cancer brachytherapy- non-surgical option for skin cancer- 866-236-8727
- Comprehensive Lung Program for patients with lung cancer
- Pathology association with Hackensack University Medical Center
- Robotic Surgery
- Proton Therapy
- Genetic Counseling

- Cancer Navigators: Janine 732-294-4994, Jean Ho, RN (732) 2942626, Sharon (732) 637-6365, Deborah Turi-Smith Social Work (732) 294-2841
- Lymphedema Assessment- L-Dex Testing; predicts probability of developing lymphedema in cancer pts after breast surgery. Dr. Mills office to call 732-294-2700 before patient goes to Rehab Department
- High Dose Rate Brachytherapy- non surgical treatment for basal and squamous cell carcinoma
- Cyroablation for breast cancer- clinical trial as alternative to lumpectomy
- SpaceOAR- injectable material to protect organs at risk like the rectum for prostate cancer patients receiving radiotherapy
- Low dose CT Lung screening for smokers ages 55-77 Medicare or ages 55-80 commercial insurance

b) CentraState Medical Center Health Awareness Center (732) 308-0570:

- Free 6 Week Hypertension program; [www.livelifewellnj.com/hypertension-program](http://www.livelifewellnj.com/hypertension-program) or 732-308-0570
- Smoking Cessation Classes
- Eat Well Live Well- Weight Management & Nutrition
- Free Glucose & Blood Pressure Screenings
  - Mondays 10am – 4:30pm, select evenings & weekends
- Confidential Memory Screenings and Memory Strategies also called “Minds in Motion”
- CPR classes for the community and healthcare provider

c) CentraState Medical Center Novo Nordisk Diabetes Center (732) 294-2574

- Free monthly Diabetes Education Classes (732) 637-6369
- Classes alternate in Spanish & English.
- Sharps Disposal
  - Cost is \$10 one-time fee for unlimited lifetime disposal of needles & lancets

d) CentraState Medical Center Rehabilitation Services (732) 294-2700- main number for Hospital Rehabilitation Services

- Cognitive-Communication Rehabilitation Program- restore memory, attention, thinking after a brain injury, stroke, MS, Parkinson’s, Concussion
- Pulmonary Rehab; 732-294-2671
- PT, OT, ST, vestibular therapy
- Balance and dizziness program; [www.centrastate.com/balance-and-dizziness](http://www.centrastate.com/balance-and-dizziness)
- Lymphedema Treatment Center (732)294-2700
- Pelvic Floor Specialist (732)294-2700 or [www.centrastate.com/pelvic-floor-rehab](http://www.centrastate.com/pelvic-floor-rehab)
- Oncology Rehabilitation (732)294-2700
  - Rehab locations: CSMC in Freehold, 901 W Main St. (732) 294-2700
    - 312 Applegarth Rd, suite 103, Monroe (609) 662-5210
    - 21 S Hope Chapel Rd, Jackson (732) 363-4614
    - 319 Rt 130 North, East Windsor. (609) 607-6700

e) CentraState Medical Center Pediatric Services (800- CENTRA-7 or [centrastate.com/pediatrics](http://centrastate.com/pediatrics)):

- Programs for new parents:
  - Newborn parenting class
  - Breastfeeding education
  - CPR and first aid
  - Baby and me, and more
- Classes and programs for kids:
  - Play groups
  - Cooking classes
  - Substance awareness prevention
  - Family life
  - Self esteem



- Growth and development
- General health
- Character education
- Summer Camp programs (1-2 hours): (732) 308-1850, [lifelifewellnj.com/summercamp](http://lifelifewellnj.com/summercamp)
- Adventure to Health: (732) 308-0570
  - High tech, educational interactive stations
- Fitness and Wellness Center: (732) 845-9400
  - Parent and me swim class
  - Swim lessons
  - Fit Kids- fitness program for kids 3-13- includes yoga, martial arts, and dance
- Pediatric Emergency Care- pediatrics section of ER has pediatrician 24/7
  - CentraExpress program- treat minor injuries in 30 minutes or less
- Pediatric Inpatient Care
- Impressions Maternity Center
- Pediatric Physical Therapy: Freehold (732) 294-2700 or Monroe (609) 662-5210
- Pediatric Speech & Language Therapy: articulation, language delays, voice disorders, stuttering, swallowing disorders, feeding disorders, alternative communication

f) CentraState Medical Center Women's Health Center: (732) 294-2778

- Bone Density/ osteoporosis detection
- Digital and 3D mammogram; ultrasound, MRI for dense breasts; needle biopsy and referrals
- Gloria Saker Women's Heart Program

g) CentraState Medical Center Neuroscience program: 866-CENTRA7 or 866-236-8727

- Comprehensive Epilepsy Center
  - Video EEG
- Neuroscience team treats: Concussions, dizziness, balance, epilepsy, Parkinsons, Stroke, Trigeminal Neuralgia, Sleep disorders, Rehab and more. Call 866-CENTRA7 or 866-236-8727
  - Advanced primary stroke center- among elite group of hospitals with "Stroke Alert" response team
  - LSVT BIG and LOUD programs- speech-language pathologists help patient project their voices and improve vocal quality

h) CentraState Medical Center Central Jersey Wound and Hyperbaric Treatment Center: (866) 659-6863

- Hyperbaric Oxygen therapy (HBO2)
  - Diabetic wounds, peripheral vascular disease, osteomyelitis, traumatic injury, radiation injury

i) CentraState Medical Center Support Groups (732) 294-2744

- Drop in Bereavement Groups, monthly
- Many other types of support groups including loss, caregiver support, grief, spirituality and growth, guilt and depression, anger, loneliness, family systems
- Annual memorial service in November; everyone who wants to participate gathers together to honor lost loved ones and support each other in grieving process- Nov 15,2017.

l) CentraState Medical Center Multiple Sclerosis Center (732) 294-2505

m) CentraState Medical Center Cardiac Rehabilitation (732) 294-2918

n) CentraState Medical Center Women's Heart Center (732)637-6366

**o) CentraState Medical Center Center for Sleep Disorders (732) 303-5070**

p) CentraState Medical Center Auto Injury and Concussion Center – 888-254-7644

q) CentraState Medical Center GERD Treatment; Barrx Radiofrequency ablation; ablate diseased Barrett’s tissue in esophagus; 866-236-8727

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