

Transform Lives, Strengthen Families

Welcome to



the institute for
family services

We believe in the power of change. Our dedicated team of family therapists is committed to creating safe, respectful, and empowering relationships for individuals, families, and communities.

With decades of experience and innovative programs, we've become a trusted name not just in New Jersey, but across the nation.

Why Choose IFS?

The Cultural Context Model (CCM): A Foundation for Transformative Change

At the Institute for Family Services, we believe that true healing goes beyond the individual—it requires addressing the social, cultural, and systemic forces that shape our lives. Through the Cultural Context Model (CCM) and liberatory healing practices, we work to empower individuals, families, and communities to disrupt cycles of harm and inspire lasting transformation.

Life can be challenging, but no one should face it alone. Whether you're navigating job loss, chronic illness, marital conflict, domestic violence, divorce, parenting and child-related school struggles, workplace stress, our programs are designed to help you heal and thrive. We specialize in:



· **Family Therapy for Diverse Families:** From traditional nuclear families to single-parent households, same-sex couples, and extended families, we celebrate and support all family structures.



· **Restoring Safety and Social Learning in Schools:** We empower youth to embrace their creativity and overcome school-based barriers.



· **Children's Therapeutic Circles:** Helping Children navigate and grow through social and emotional challenges with care and expertise.



· **Immigration Challenges:** Whether you are a mixed status family or a family that has full immigration status we will offer you strategies for navigating difficult systems.



· **Invite Men into a space to End Intimate Partner Violence:** Our organization provides Batterer's Intervention Services (BIP) across all counties in New Jersey, adhering to national standards. Our 36-week program is nationally recognized for its innovative approach, including the use of "sponsors." These are men who reject violence and ally with those seeking to change their patterns of abusive behavior within intimate partner and family relationships.

What also sets our program apart is its emphasis on extensive intergenerational family healing, addressing the ripple effects of power misuse and abuse across families. We are proud members of the Middlesex Working Group for Domestic Violence, based in New Brunswick.

Healing begins with empowerment. We anchor every challenge in a system of support, care, and actionable strategies.

Our programs encourage life-affirming choices, accountability, and resilience, helping individuals and families, not just survive—but thrive.

**Don't wait,
transform your life
today.**

Call us now to schedule a consultation or learn more about our programs.

 (732) 873 1663 <-CLICK to Call

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