



CALM & SENSE THERAPY

WE CAN HELP
YOU FIND SERENITY

At Calm and Sense™ we endeavor to deliver quality mental health services to our surrounding communities while demonstrating a high level of respect and deep commitment to our clients. We specialize in individual, group, and family therapy working with adults, adolescents, and children. We also offer lectures and seminars on such topics as adolescents challenges, parenting skills, and self help. *Our mission is to foster community while empowering individuals to navigate a complex world with excellence.*

Specializations Include:

- Anxiety
- Depression
- Post Partum Depression
- Panic Attacks and Phobias
- Grief and Loss
- Stress Management
- Child Counseling
- Self Harm
- Gender Identity
- Eating Disorders
- Addiction Recovery
- Addictions/ Substance Use
- Chronic Illness
- Trauma / PTSD
- Self-Esteem
- Couples Therapy
- Life Transitions

4 NJ Locations

Scotch Plains - Watchung- Union- Toms River-
and Telehealth

32 Licensed Clinicians

Licensed Clinical Social Workers, Licensed Professional Counselors, Licensed Social Workers, Licensed Associate Counselors, Licensed Clinical Alcohol and Drug Counselors

Major Insurances Accepted

Blue Cross/Blue Shield - Aetna
Cigna/ Evernorth - Medicare



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Contact Details

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