

Our mission
is to provide...



» **The Right CARE**

Identification of specific needs and most appropriate type and level of care.

» **The Right TIME**

Intervention before crisis.

» **The Right PROVIDER**

Individuals are matched to one of our select counselors based on specific needs.

» **The Right PRICE**

Initial sessions are affordable for all.

» **The Right OUTCOME**

Helping people walk confidently on their first steps toward wellness.



Overwhelmed?
Challenged?

Let us help you
take the **first step.**



An Initiative of the North Branch Church

191 Church Road
Bridgewater, NJ 08807

908-219-6242
FirstStepCounselingNJ.com

Who we are

First Step Counseling is designed to help people who would benefit from one-on-one counseling support. People are matched with counselors based on their individual needs.



Counselors

Our select network of counselors are fully licensed professionals with expertise to help you and your family. They are carefully chosen for their practical, active approach to counseling.



Ways we can help

From time to time everyone encounters problems or conflicts which can feel overwhelming. Turn to First Step Counseling for direction. Do any of these situations describe what you're dealing with today?

- Difficult challenges in your relationship with your spouse, family or in your understanding of God.
- Stress arising from marital difficulties, separation, or divorce.
- Pressures associated with work or career.
- Family turmoil associated with a troubled child or adolescent.
- Death or illness of someone close.
- The use of alcohol or drugs to resolve issues.
- A need for guidance with a child's school problem.
- Pressures of dealing with an elderly parent.

Convenience

Our counselors are located in the greater Somerset/Hunterdon area. Appointments are available at times that fit your schedule.

Take the First Step and call us at **908-219-6242** or email us at **info@FirstStepCounselingNJ.com**.

Looking for direction?

Detach this card and retain for your easy reference.



call 908-219-6242

email info@FirstStepCounselingNJ.com

visit FirstStepCounselingNJ.com

FOR COUNSELING SERVICES, PLEASE CALL US.