

About Us

Balance and Thrive provides evidence-based treatment that is tailored to each client or family. We develop a mutual treatment plan to facilitate self-understanding, empowerment and healing. Psychoeducation is provided within sessions and through presentations and workshops. All services are offered at Balance & Thrive in person or virtual. Select Services are offered off-site.

GET IN TOUCH!

666 Godwin Avenue (Suite 200)
Midland Park, New Jersey 07432
www.balanceandthrivecounseling.com
201-444-8110

scan me!

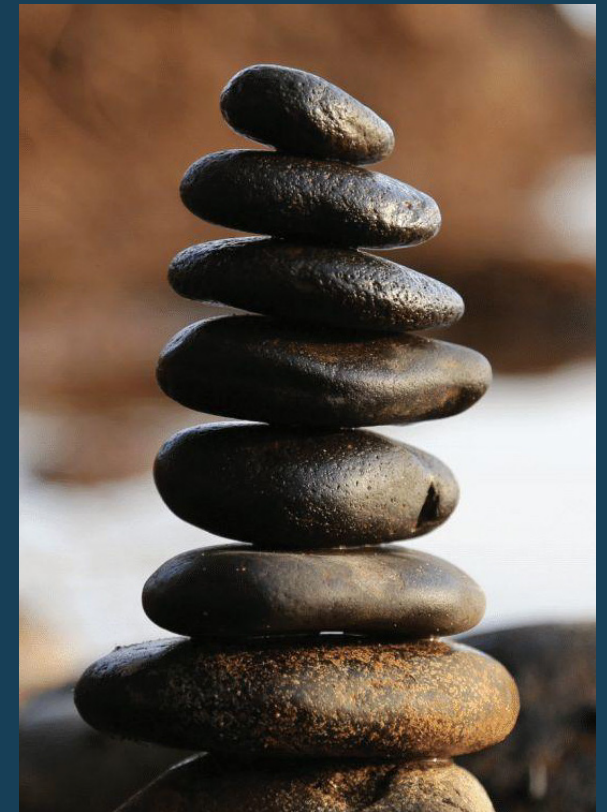


Balance and Thrive Counseling Center
666 Godwin Avenue (Suite 200)
Midland Park, New Jersey 07432



BALANCE & THRIVE

Mental Health Counseling & Psychoeducation



CALL US AT 201-444-8110
www.balanceandthrivecounseling.com

OUR GOAL

At Balance and Thrive, our goal is to guide you to improve your mental health.



OUR APPROACH

Each team member works from an integrated perspective designed to help individuals and families enhance genuineness and insight. We provide them with education and skills necessary to achieve emotional balance and life fulfillment.

EVIDENCE-BASED PRACTICES

Assessment & Treatment Planning

- Diagnostic Psychosocial Assessments
- Client-Centered Treatment Planning

Mental Health Counseling & Psychotherapy

- Individuals, Groups, Couples and Families
- Brief Evidence-Based Treatments
- Thriving Therapeutic Workshops*

Psychoeducation & Self-Expression

- Professional Presentations
- Educational Empowerment Programs:
 - Topic Specific Focus Groups
 - Golden Club for ages 65+
 - Parenting Club
- Thriving Educational Workshops*
- Inner Voice Creative Arts Program

Networking for Professionals

- Inner Voice Networking Group
- Select Networking Groups

* @@ Rose Celia Rosato, MA,LPC, 2016,
Raising Thriving Children Workshop

POWERFUL SERVICES FOR

- Anxiety, Stress, OCD
- Depression, Loss, Grief
- Trauma and Addiction
- Bullying
- Eating Disorders
- Marriage and Family Conflicts
- Anger and Conflict Resolution
- Work and School Related Issues
- Parenting
- Coping with Medical Issues
- Life Cycle Changes
- At-Risk Children and Adolescents: ADD/ADHD
- Autism Spectrum Disorder
- Senior Citizens
- Caregivers Support
- Other Disorders

EXPERIENCED, QUALIFIED & COMPASSIONATE PROFESSIONALS

- Licensed and Experienced Staff
- Compassionate Care
- Evidence-Based Strategies
- HIPAA Compliant Confidentiality
- Electronic Claim Submission
- Telehealth Services
- All Services Offered On-site
- Select Services Available Off-site