



The Valley Brook Center

A Specialized Day Program for Older Adults with Emotional Needs and the Challenges of Aging

Valley Brook Center's counselors provide a wide variety of therapeutic services and social activities designed to help older people maintain as high a level of independence as possible. Programming is individualized, providing each individual with activities that are appropriate to his or her emotional cognitive and physical level of functioning. Our staff includes a registered nurse certified in gerontology; a licensed clinical social worker; an activities therapist; mental health workers; and a geriatric psychiatrist—all dedicated to meeting the needs of older adults.

The Valley Brook Center is a unique program designed to help promote emotional and physical health; maximize independence; decrease loneliness and isolation and offer support and referral to other community services.

Services Provided

- Psychiatric Evaluation
- Medication Monitoring
- Nursing Assessment
- Individual and Group Counseling
- Support and Education for Families
- Referral to Community Services

Valley Brook Center participants enjoy:

- Exercise; Music; Crafts; Games; Art; and Writing Activities
- Discussion & Reminiscence Groups
- Cognitive Stimulation Exercises
- Entertainment & Celebrations
- Nutritionally Balanced Lunch
- Organized Outings
- Transportation*
*some limitation apply

To speak with a caring, trained CBHCare staff member about an appointment, call our confidential

ACCESS CENTER @ 201-646-0195

9 a.m.- 5 p.m. Mon-Thurs ~ 9 a.m.- 4 p.m. Fri

If you or someone you know is in crisis and needs immediate help please go to the nearest emergency room, call 911, or 201-262-HELP (4357)

We are a participating Medicaid provider, as well as a participating provider for Magellan and most major insurance and managed care companies. Our fee counselors specialize in assisting consumers without coverage or other financial resources to use the state subsidies from our grants to find an affordable fee for all services. Since 1969, no one has ever been denied CBHCare services because they could not afford them.



www.cbhcare.com

Comprehensive Behavioral Healthcare is licensed by the New Jersey Department of Mental Health Services and the Division of Addiction Services.