

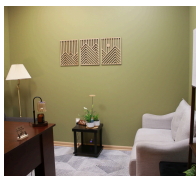
Renewed Light Mental Health

Intensive
Outpatient
Care (IOP) with
Medication
Management
& Biosound
Therapy



What We Treatment

We offer support to individuals facing trauma, anxiety, grief, depression, bipolar disorder & schizophrenia. Our holistic approach fosters emotional healing in a compassionate environment.



Trauma Informed Care, DBT & CBT Therapy

Works to change negative thought patterns and behaviors to improve mood and functioning.

Personalized Group Therapy

Our sessions, conducted by licensed clinicians, provide a safe environment to explore emotions, develop coping strategies, and connect with others on similar journeys.

Life Skills Training

Life skills training empowers both young and older adults with essential tools to navigate everyday challenges.

For more information
contact the treatment team.

 866-485-0905

 renewedlightmh.com

**1225 N Broad St,
Woodbury, NJ 08096**