

Who We Are

About Us

Creating Change was established in 2016 as a community based mental health organization specializing in strengthening individuals faced with psychological, social, emotional and developmental challenges. Creating Change is providing mental health services to communities in the Northern part of New Jersey. The therapy program of Creating Change is designed to empower individuals and families with new knowledge, beliefs, strategies, and skills to make safe and healthy lifestyle choices.

Success is possible ...

Struggling with mental health issues can be challenging and stressful. Poor self-care, unhealthy relationships, and dissatisfying employment also contributes to the stress individuals are being presented with. Working with Creating Change, you will be provided the support you need to make confident decisions, feel good about yourself, build better relationships, strengthen your support system and be proud of your accomplishments no matter how small. Let's strengthen our community, one individual at a time.

Contact Us

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CREATING CHANGE, LLC

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STRENGTH COMES
FROM STRUGGLES

CREATING
CHANGE, LLC

While healing the mind ...



Our Mission

To provide the finest mental health treatment available in a peaceful environment, in order to help develop and maintain a healthy lifestyle. The program's goal is to help individuals develop a safe environment, promote positive caring relationships, aiming to help individuals improve their level of self-confidence, reduce stress, anxiety level and other relating mental health concerns; as individuals improve their overall well-being and create change while healing the mind.

What Creating Change has to offer ...

Individual therapy

Couples therapy

Family therapy

Variety of Groups

Parent Coaching

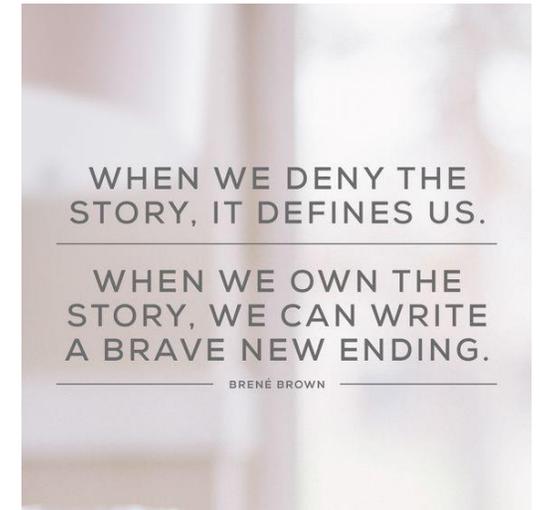
Life Coaching

Youth Mentoring

In-home therapy (IIC)

Behavioral Assistant

Supporting one another and establishes healthy roots upon which to grow on.



Our Vision

To help people transform personal challenges into life-enhancing opportunities. To be a leader in improving the mental health and wellness of our community by providing inspired treatments, teaching our clients healthy practices, and fostering wellness education.

