

## WHO WE ARE

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Create Change Wellness Center was born from the shared commitment and dedication of two women who decided to combine their skills, knowledge and experiences in the mental health field, with their passion to address the needs of their community from within.



By using shared experience in and outside the New Jersey Children's System of Care, Create Change Wellness Center provides youth and families with an individualized, holistic and integrative approach to strengthening their inner resources, developing sustainable coping skills and increasing resiliency to achieve wellness.



### CONTACT US

(201) 215-7025

P.O. Box 850

Elmwood Park, NJ 07407

[mail@createchangewc.com](mailto:mail@createchangewc.com)

[www.createchangewc.com](http://www.createchangewc.com)



# Create Change

Wellness Center

In-Home  
& In-Community  
Behavioral Health Services

## ACCESS OUR SERVICES

To receive our **in-home** services, contact **PerformCARE®** at 1-877-652-7624

Once connected, you may be linked to one of our highly qualified clinicians at Create Change Wellness Center.

Services recommended through **PerformCARE®** are of no cost to the family, without regard to income, insurance, or other eligibility.

For all other services, contact us at [mail@createchangewc.com](mailto:mail@createchangewc.com) or call us at (201) 215-7025

Want to stay updated on what we have to offer?  
Follow us on Instagram!



@CreateChangeWC

"I ALONE CANNOT  
CHANGE THE WORLD,  
BUT I CAN CAST A  
STONE ACROSS THE  
WATERS TO CREATE  
MANY RIPPLES"

- Mother Theresa

## OUR SERVICES

- **INTENSIVE IN-COMMUNITY (IIC)**  
Community-based, time framed, solution-focused therapeutic interventions aimed at supporting youth and families with stabilization, skill development and community connection.
- **BEHAVIORAL ASSISTANCE (BA)**  
Targeted, outcome-oriented behavioral interventions geared toward helping the family and youth develop and practice healthy and positive coping skills and strategies
- **TELEHEALTH**  
Mental Health Services online provided by licensed clinicians. Secure & Easy to use platform
- **MENTORING**  
Positive adult role models, who can help youth develop age appropriate social skills.
- **PARENT COACHING**  
We have embraced the Nurtured Heart Approach® as a means to provide parents and caregivers with the skills and tools necessary to meet the needs of their children.
- **TRAINING & WORKSHOPS**  
Focused on our community's ever changing and growing needs, we offer training and workshops in various areas.
- **ONLINE TUTORING**  
Tutoring services available for all subjects and all ages!

