

LOCATION:

SHORE COUNSELING LLC
217 NORTH MAIN STREET (Rt 9)
SUITE 204
CAPE MAY COURT HOUSE, NJ
08210

609-465-4448

Fax: 609-465-4438

www.shorecounseling.org

All sessions are strictly confidential.

To Schedule an Appointment, Please
call Shore Counseling LLC at (609)
465-4448.

Day	Hours
Monday	9:00am - 7:00pm
Tuesday	9:00am - 7:00pm
Wednesday	9:00am - 7:00pm
Thursday	9:00am - 7:00pm
Friday	9:00am - 7:00pm
Saturday	By Appointment Only
Sunday	Closed

Shore Counseling, LLC

We provide individual, couple and
family counseling in a nurturing and
supportive environment. All sessions
are strictly confidential.





SHORE COUNSELING LLC, located in the heart of Cape May Court House on Main Street in the Cape Regional Medical Commons.

Our goal is to help individuals of all ages and backgrounds to realize their potential leading to a healthy successful life.

We have a knowledgeable staff with years of experience working with various issues and diverse populations.

Individuals seek help for variety of reasons, we have experience in the following areas:

- Stress/Anxiety
- Depression
- Managing Finances
- Relationship Issues
- Grief/Loss
- Divorce/Separation
- Alcohol/Drug Problems
- Work Stress
- Family Issues
- Women's Issues

Today, there are many challenges that we face. Help is a phone call away!

Mental Health/Substance Abuse

Shore Counseling LLC, provides quality care and serves a diverse population. We utilize a variety of screening tools to determine the diagnoses and appropriate course of treatment of each individual. Each treatment plan is individualized and developed with the client. We see a growing trend for couples and families due to the increase of stress, family life, two working parents, acting out children, and financial burdens.

Substance abuse continues to be a growing problem, particularly during times of economic hardships and the rise of unemployment.

Mental health issues, i.e. anxiety, depression and other psychological disorders challenge individuals that struggle with these disorders to remain healthy and well.

Groups

Groups are formed to assist clients with ongoing issues and are organized periodically with a membership of 5-9 persons. Some have been in counseling in the past and want to apply their new learned skills, and some are coming to Shore Counseling for the very first time. Individuals greatly benefit from the support of others and the information shared. Please call Shore Counseling LLC to inquire about upcoming groups.

