

Contact / Referral Information:

The Gathering Place Morris County

90 East Halsey Road
Suite 385
Parsippany, NJ 07054
973-334-3496
CWCMorris@mhainspire.org

The Gathering Place Sussex County

65 Spring Street
Newton, NJ 07860
862-946-6544
CWCSussex@mhainspire.org

Hours of Operation

Monday & Wednesday: 2PM to 8PM
Tuesday: Traveling Tuesday
Thursday & Friday: 11AM to 5PM
Saturday: 9AM to 3PM

MHA promotes mental health and total wellness for individuals facing challenges associated with mental illness and addiction recovery.

We work to increase community awareness while enhancing mental well-being through advocacy, education, prevention, treatment and services.



www.MHAinspire.org

Community Wellness Center

The Gathering Place

For individuals who seek connection, support and a welcoming space on their journey to mental wellness.



The Gathering Place

The Community Wellness Centers (CWC), also known as The Gathering Place, serves as a diverse, **welcoming space for adults** who are experiencing mental health and substance use concerns in Morris and Sussex County.

The Centers will provide peer led groups, support, and socialization that promote a sense of wellbeing.

This space aims to help individuals feel acceptance and respect, reduce loneliness and isolation, and find support from others with similar experiences.

Who We Help

We are **here to support** all who are struggling with their mental health, substance use, homelessness, chronic medical conditions, grief and loss, social isolation and poverty.

What to Expect

- ✓ A **welcoming** and **stigma free** environment.
- ✓ **Groups** such as wellness, nutrition, stress management, self-care, life skills, financial management, literacy education, employment, and parenting skills.
- ✓ A safe space allowing individuals to **relax**, utilize gym equipment to **workout**, a **kitchen** to grab something to eat, TVs to **watch movies** and **listen to music**, and board **games** for socialization.
- ✓ **Trips** and **events** within the community.
- ✓ **Peer support** and **linkages** to community resources.
- ✓ **Learn** about different cultures and **engage** in cultural activities.
- ✓ **Transportation** to and from provided as needed.

*All are welcome
at The Gathering Place!*

The Gathering Place,
Sussex County



The Gathering Place,
Morris County

