

COUNSELING CENTER & DISPLACED HOMEMAKERS

Counseling Services

The Counseling Center provides comprehensive services to students in a respectful and encouraging environment. The department designs and offers services so students can be successful in setting and achieving life and academic goals. Individual and group services provide a framework for students to increase their knowledge and understanding so they can make educated decisions, succeed academically and lead satisfying and productive lives.

Confidential and Personal Counseling

Personal counseling sessions are provided by trained, licensed counselors and social workers. The focus of counseling is to assist students with dealing with personal, social, and/or emotional concerns that interfere with academic success and learning. The emphasis of counseling is identifying and bolstering strengths and resources and increasing overall well-being. Counselors work with students who are academically at-risk through the academic restoration program, Restore Your Score, and the academic support program, Starfish.

The Recovery Support Program provides information and services to students in recovery; participants have access to the Canvas "The Campus Recovery Network" for information, resources, virtual support meetings, personal recovery coaching, online discussions; additional program services are peer support, on campus Wellness and Recovery Center, 12 step and SMART Recovery groups, relapse prevention support, certified recovery coaches, and counseling with a Licensed Alcohol and Drug Counselor.

For more information, contact the office at 732-255-0386, by email at counselingservices@ocean.edu or our web page go.ocean.edu/counseling.

The Displaced Homemakers Program of Ocean County

This state grant funded program provides services to individuals who lost their primary source of income due to separation, divorce, disability or death of the primary family wage earner. All services are designed to help the client become economically self-sufficient.

For more information, contact us at 732-255-0400 ext. 2297 or on our web page. Search for "Displaced Homemakers".