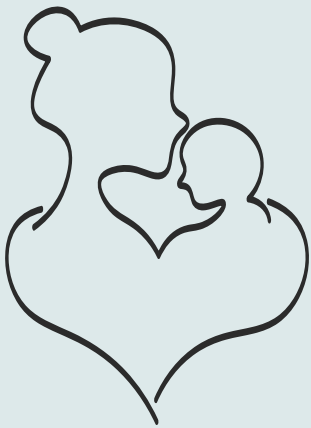




HOPES

Bright Harbor Healthcare

Healing through Outpatient Perinatal Education & Support



Our specialized staff is here to help Ocean County residents navigate their first year postpartum experiences associated with perinatal mood and anxiety disorders.

- Medication Management*
- Individual Therapy*
- Group Therapy
- Support Groups
- Educational Groups
- Yoga for postpartum bodies
- Processing birth trauma
- Adjusting to parenthood
- Depression & Anxiety

*Services offered virtually & in-person at our offices in Toms River, Point Pleasant, and Bayville



To learn more or schedule an appointment please call
732-349-5550

brightharbor.org