



## Community Engagement

At Spectrum Health and Wellness, all of our clinicians are committed to advocacy for LGBTQ youth across contexts, i.e. school districts, community sports, religious institutions, etc. We partner with a network of organizations throughout Essex county to ensure that LGBTQ youth can thrive.

## Workshops/Training

In addition to individual and group psychotherapy, Spectrum Health and Wellness is committed to advocacy and education in and around Essex County. We have experience working with schools, businesses, health care facilities, and community groups. Below are some of the many workshops we offer.

- Support group facilitation training
- Trans-affirmative business practices
- LGBTQ allyship training
- Gender literacy training for family members
- Inclusive sex education for teens and parents
- Gender-affirming care for physicians and mental health providers

Inclusivity. Compassion.  
Transformation.

*you  
matter*



## Contact Us



Montclair, NJ



973-337-8632



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



# Schedule an Appointment

If you would like to schedule an appointment with any of our therapists, please contact us at the number below. We will do our best to return your call within 48 hours.



**973-337-8632**



# Inclusive mental health care for all

## Who we are:

Spectrum Health and Wellness is a group psychotherapy practice located in Montclair, NJ. In addition to providing general mental health services to the community, practitioners at Spectrum specialize in caring for the unique needs of LGBTQ+ individuals and their families.

## Specialties include:

- Anxiety
- Depression
- Substance Use Disorders
- Eating Disorders
- ADHD
- PTSD/C-PTSD
- Sexuality and gender identity support
- Life transitions
- Grief/Loss
- Parenting Stress
- Stress management
- Family conflict
- Medical trauma
- Spiritual trauma

## Services offered:

- Individual therapy for children, adolescents and adults
- Group therapy for adolescents and adults
- Couples therapy
- Letters of support for gender affirming medical interventions
- Gender literacy training for families and businesses
- Free community programs for LGBTQ youth and adults
  - Dungeons & Dragons
  - Addiction Recovery Group
  - Queer youth hangouts
  - Support for parents of gender diverse children
  - Allyship training for community members and businesses

