



Take the first step on
your path to discovery
today, and find
A New Way to live.

Together we will work to find out your specific needs, recognize your goals, and work to achieve them. We identify collaboration to be the cornerstone of therapy. This is, after all, about you.

Get in touch

1124 US Highway 202 Suite B10
Raritan, NJ 08889

953 US Highway 202 N
Branchburg, NJ 08876

We offer **in-person** and **telehealth**
services in **New Jersey**,
Pennsylvania, and **New York**.

+ (1) 908-356-5955
info@anewwaycp.com

A New Way

Counseling and Psychotherapy LLC

WWW.ANEWWAYCP.COM



What people are saying about us

If you have been feeling down, overwhelmed, stressed, or hopeless, perhaps it is time to talk about it.

We have the modalities to meet your needs

- Private Individual Counseling
- Couples Therapy
- Family Therapy

“ —
Considering the short time I've been doing therapy, I have to say Katie has made me feel so comfortable opening up. I feel better as the weeks pass by & even have more energy to do things. I'm working on things that I didn't even know I should work on & Katie has guided me thru it. Thanks to Danny, a friend who introduced me to A New Way & Katie.

- G. S.

I am truly blessed to have found a fantastic place to be me and be heard.

-E.G.

The tools that Christie has given me have allowed me to make dramatic changes to my everyday life and have ultimately improved me and my family. My family has seen such a difference in me that they've started adopting them in their lives as well! I wouldn't be in the state I am today if not for her help, care, and guidance.

-L.H.”

What our clinicians can help you with

- Personal Growth, Self-esteem
- Stress, Anxiety, Coping Skills
- Grief and Loss
- Depression, Self-harm, and Suicidal Ideation
- Trauma and PTSD
- ADHD, OCD, Obsessions
- Anger Management, Mood Disorders
- Eating Disorders
- Career/Lifestyle Issues
- Relationship Issues, LGBTQIA+
- Pregnancy/Prenatal/Postpartum Issues

WE ACCEPT THE FOLLOWING INSURANCE PLANS



Cigna



United Healthcare

