



Overcome October Newsletter

Exciting News!

We are pleased to announce that our agency will officially be **in-network with Cigna Insurance starting November 24, 2025.**

This partnership allows us to expand access to our services and better support clients using Cigna health plans.

We look forward to continuing to provide high-quality care to even more individuals and families in our community.

For questions about coverage or to verify your benefits, please contact our office.



Latest Events

Recovery Month

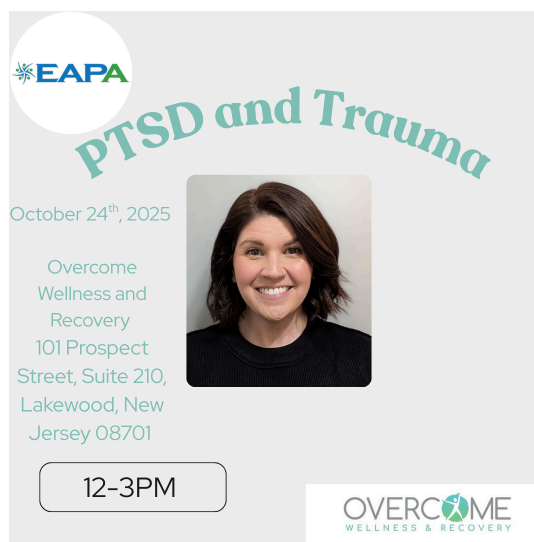
As part of Recovery Month, Overcome held a group. Recently, there was a client-led group where the client brought in art supplies, and as a group, we participated in an acrylic pour paint activity. The client wanted everyone to feel creative and share his new hobby.



Upcoming Events

EAPA PTSD and Trauma

Join us on October 24, 2025, for "PTSD and Trauma" with Ashley Ryan from 12:00 to 3:00 pm. This event is located at Overcome Wellness and Recovery, 101 Prospect Street, Suite 210, Lakewood, New Jersey 08701.



EAPA

Overcome collaborates with the Employee Assistance Professional Services or EAPA. We provide confidential counseling, referrals, crisis intervention, work-life balance, training and workshops, and assistance for managers. Addressing these issues, Overcome's Ocean County EAP team seeks to promote employee well-being, job performance, and foster a positive work environment. To inquire please check out our website or call us at 732-505-7261.

[Visit our Website](#)





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