



## 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.



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### Latest Events

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## Recovery Month

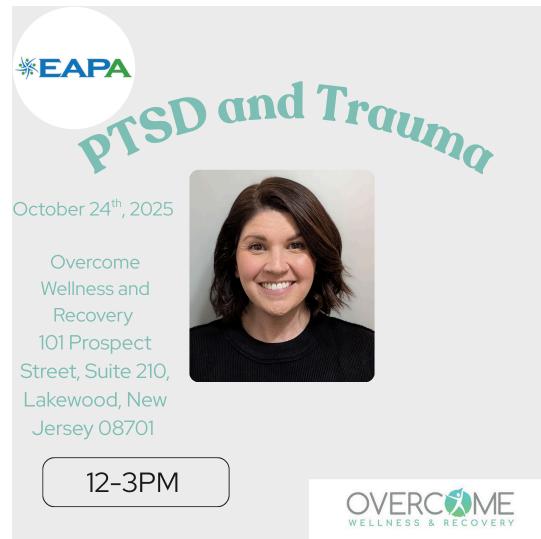
As part of Recovery Month, Overcome held a group. Recently, there was a client-led group where the client brought in art supplies, and as a group, we participated in an acrylic pour paint activity. The client wanted everyone to feel creative and share his new hobby.



## 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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