



Atlantic Community Wellness Center

*Originally ICE (Individuals Concerted In Effort)
Since 1983*

A program of the Mental Health Association in Atlantic County

What We Offer

- **FREE, anonymous support groups** around the 8 dimensions of wellness -- no insurance needed!
- **Varying meeting topics**, including anxiety, depression, and many more!
- Support is provided by those who have common experiences and/or live with mental illness challenges.
- **Attendance is never required** -- individuals are welcome to come when available and need support.

Our Philosophy

We provide an environment of support to promote wellness, share coping strategies, and empower each person to live a meaningful life. Mental health recovery is a journey of healing and transformation. We recognize the recovery process is complex and is different for everyone. Our goal is to help anyone with a mental health challenge live a meaningful life in the community.



Become a member here!



Keep in Touch with Us!



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**Mental Health Association in
Atlantic County**



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