

**FAMILY GUIDANCE CENTER  
BETTER FUTURE SELF-HELP CENTER**

**ADDRESS:** 21 West Washington Avenue  
Washington, NJ 07882

**PHONE:** (908) 835-1180

**FAX:** (908) 835-1180

**WEBSITE:** [www.fgcwc.org](http://www.fgcwc.org)

**HOURS:** Monday – Friday 3:00 p.m. – 9:00 p.m.  
Saturday and Sunday 1:00 p.m. – 5:00 p.m.

**FEES:** None

**DESCRIPTION OF SERVICES**

The Better Future Self-Help Center is a consumer-operated self-help center for adult mental health consumers living in Warren County. The Center offers social, recreational, educational, and advocacy activities to its members. There is a focus on Health and Wellness with specialized services and activities offered such as a fitness center, nutritious meals, seminars on health topics, smoking cessation services, and exercise classes. Transportation is available.