



The Haven

Program Overview

The Haven was developed in response to the increasing pressures and stress experienced by young people today. Our program helps students be more engaged in school, improve their academic functioning, and grow personally.

We serve Piscataway students grades pre-K through 12. Our services include individual and family counseling, life-skills and stress management groups, consultation to district staff and crisis intervention.

Please contact your child's school counselor for more information.

The Haven

Piscataway High School
100 Behmer Road
Piscataway, New Jersey 08854

Our offices are located in the East Wing, Room B147, Entrance/Door 30.

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The Haven



*A partnership between
Piscataway Public Schools
and Rutgers University's
Center for Applied
Psychology to enhance
student success and
well-being.*



2016-2017 Staff

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Our Partner

The Center for Applied Psychology at Rutgers University is a nationally recognized leader in bringing the best of psychological knowledge and research to help schools be more effective.

About our Program

Today's children and adolescents face many pressures and challenges - economic difficulties, exposure to drug and alcohol use as well as many emotional, interpersonal and behavioral challenges. Media overexposure and internet risks alone can overwhelm our children.

In order to help children navigate these pressures, the Piscataway Board of Education established the Haven, a partnership with the Rutgers University Center for Applied Psychology. The Board acknowledges that parents and schools can and must work together to encourage academic success and personal development.

Haven services are driven by the goals developed by and for each child, their family, and their teachers. Haven staff will meet in homes, at schools, and at our family clinic located at Piscataway High School.

Services Provided

Our Counseling Approach

We strive to create a safe environment where students can speak freely about the difficulties they are encountering. We then offer specific support and guidance on issues ranging from anxiety, depression, anger and misbehavior.

Family Support

- ❖ Parenting is an immense task that challenges even the healthiest adults. We work closely with parents to build healthy structure and support in the family using individual and group formats.

Group Counseling

- ❖ Our groups are designed to help students manage stress and other feelings more effectively, develop positive connections and support with each other, and build skills for personal, school, and career success.

Crisis Intervention & School Consultation

- ❖ Our staff helps school personnel and families respond effectively to crisis and avoid future problems.