
COMMUNITY RESOURCES MIDDLESEX COUNTY



*Carteret Borough, Cranbury Township, Dunellen Borough,
East Brunswick Township, Edison Township, Helmetta Borough,
Highland Park Borough, Jamesburg Borough, Metuchen Borough, Middlesex Borough, Milltown
Borough, Monroe Township, New Brunswick City, North Brunswick Township, Old Bridge
Township, Perth Amboy City, Piscataway Township, Plainsboro Township, Sayreville Borough,
South Amboy City, South Brunswick Township, South Plainfield Borough, South River,
Spotswood Borough, Woodbridge Township*

TRANSPORTATION

Modivcare Medical Transportation

 **Phone Number:** (866) 527-9933 - Call to schedule.

 **Website:**
<https://tripcare.modivcare.com/login>

Free, "non-emergency medical transportation" (NEMT) rides are available for eligible individuals to obtain medically necessary covered services. Passengers should call to request their rides two days prior to their appointment. To book your appointment, ensure you have your NJ FamilyCare ID number, pick-up address and zip code, name phone number and address of medical provider, appointment time and date, and special transportation needs.

NJ RideShare

 **Website:**
<https://www.njrideshare.com/rp2/signup>

NJ Rideshare is a resource for finding a better way to commute in New Jersey. The FREE ride matching service connects people to rides with New Jersey's largest commuter network. Finding a carpool or vanpool that fits your schedule is easy. Personalized public transit and park-and-ride options are also available.

Middlesex County RIDE

 **Phone Number:** 1 (800)-221-3520

 **Website:**
<https://www.middlesexcountynj.gov/government/departments/departments-of-transportation/middlesex-county-ride>

RIDE features fixed routes that remove the need for booking in advance and welcomes all passengers. These shuttles connect with other convenient, fixed-route bus and rail transportation services. There is a suggested fare of \$1 for the public and \$0.50 for seniors and those who are disabled. Reservations are available for those ages 60 and above, and individuals who are disabled ages 18 and above.

Reduced-Fare ID

 **Phone Number:** (973) 491-7112

 **Website:**
<https://www.nj.gov/humanservices/dds/hotspots/pics/transportation/>

Special rates are available for residents 62 years of age or older and people with disabilities. Personal assistants ride for free when proper identification is presented by the person with a disability. Even qualifying out-of-state residents can ride on NJ TRANSIT buses and trains at the reduced rate. Passengers with disabilities and those who are 65 and older may simply show their valid NJ Transit Reduced Fare ID or Medicare Card to the vehicle operator and present the appropriate fare. Those between the ages of 62-64 may be asked to present a valid ID including date of birth to get the reduced fare.

Community Transportation

 **Phone Number:** 1 (800) 221-3520

 **Website:**
<https://www.nj.gov/humanservices/dds/hotspots/pics/transportation/>

Each of the 21 counties in New Jersey provides a paratransit service for older residents and people with disabilities. For more information on local paratransit services, including hours of operation, reservation procedures and any fees, call the phone number listed above.

NJTIP@Rutgers

 **Phone Number:** (848) 932-4499

 **Website:**
<https://www.nj.gov/humanservices/dds/hotspots/pics/transportation/>

The New Jersey Travel Independence Program (NJTIP) teaches individuals with disabilities and older adults how to use public transportation safely and independently. NJTIP customers learn how to read bus and train schedules, plan their trips, pay their fares and take safety precautions. The only cost to customers during

training is paying their own fares. Each graduate receives a free one-month bus pass. Training is offered in English and Spanish through one-on-one instruction, individual concierge and trip-planning services, small and large group instructions, and in-school instruction.



NEW JERSEY

Edwards J. Bloustein School of Planning and Public Policy

Alan M. Voorhees Transportation Center





New Jersey Travel Independence Program @ Rutgers (NJ TIP)

Translate this page

NJ Transit Access Link

 **Phone Number:** (973) 491-4224
 **Website:**
<https://www.njtransit.com/accessibility/access-link-ada-paratransit>

NJ TRANSIT's ADA paratransit program known as Access Link was established to provide public transportation to people with disabilities who are unable to use the local bus service according to the American with Disabilities Act (ADA). Ride with Access Link or any other NJ TRANSIT mode for some or all transportation needs. Visit the website for more details. Consider downloading the "NJ Transit Access Link" mobile application, available in the Apple App Store and Google Play.

MEDICAL

Central Jersey Medical Center

 **Phone Number:** (732) 376-9333
 **Address:** 275 Hobart St, Perth Amboy, NJ 08861

Federally qualified health center that serves all individuals regardless of immigration status. Offers sliding scale fee. Offers dental services as well.

Eric B. Chandler Health Center - Church St Annex

 **Phone Number:** (732) 235-2052
 **Address:** 123 Church St, New Brunswick, NJ 08901

Federally qualified health center that serves all individuals regardless of immigration status. Offers sliding scale fee.

Eric B. Chandler Health Center

 **Phone Number:** (732) 235-6700
 **Address:** 227 George St, New Brunswick, NJ 08901

Federally qualified health center that serves all individuals regardless of immigration status. Offers sliding scale fee.

Eric B. Chandler Health Center - New Brunswick High School

 **Phone Number:** (732) 235-7435
 **Address:** 1000 Somerset St, New Brunswick, NJ 08901

Federally qualified health center that serves all individuals regardless of immigration status. Offers sliding scale fee.

Zufall Health - Plainsboro Medical & Dental

 **Phone Number:** (609) 853-7600
 **Address:** One Plainsboro Road, Plainsboro, NJ 08536
 **Website:** <https://www.zufallhealth.org>
 **Email:** info@zufallhealth.org

Federally Qualified Health Center offering affordable primary care, dental services, and behavioral health care for uninsured, underinsured, refugee, and immigrant families.

JRF Community Health Center

 **Phone Number:** (732) 452-1985
 **Address:** 1931 Oak Tree Road, Edison, NJ 08820
 **Website:** <https://jrfnj.org/health-center/>
 **Email:** info@jrfnj.org

Federally Qualified Health Center (FQHC) offering primary care, preventive care, chronic disease management, and support services on a sliding fee scale regardless of insurance status.

Middlesex County Public Health Clinic

 **Phone Number:** (732) 819-0052
 **Address:** 596 Jersey Ave B, New Brunswick, NJ 08901

Offers referrals and community support services, including connections to Medicaid-friendly providers for basic medical needs.

NJ FamilyCare Regional Office

 **Phone Number:** (732) 745-3500
 **Address:** 303 George St #410, New Brunswick, NJ 08901
 **Website:** <https://njfamilycare.dhs.state.nj.us>

Helps Middlesex County residents apply for NJ FamilyCare (Medicaid), which covers doctor visits, prescriptions, dental, vision, mental health, and more — a key gateway to accessing medical services.

Saint Peter's Family Health Center

 **Phone Number:** (732) 246-5400
 **Address:** 123 How Ln, New Brunswick, NJ 08901
 **Website:** <https://www.saintpetershcs.com/locations/saint-peter-s-family-health-center>

Community health provider offering adult and pediatric primary care, preventive screenings, and chronic care.

Charity Care - New Jersey Hospital Care Payment Assistance Program

 **Website:** <https://www.nj.gov/health/charitycare/>

The New Jersey Hospital Care Payment Assistance Program (Charity Care) is available to patients for inpatient and outpatient services at all acute care hospitals throughout New Jersey. Medically necessary services may be eligible for patients who meet income and asset criteria. All individuals, regardless of immigration status, may qualify for Charity Care, provided they meet the established eligibility criteria.

NJ Primary Care Clinic

 **Phone Number:** (732) 548-5500
 **Address:** 2177 Oak Tree Road #206, Edison, NJ 08820
 **Website:** <https://www.njprimarycareclinic.com/>
 **Email:** info@njprimarycareclinic.com

Community clinic providing primary care services including wellness exams, chronic disease care, and preventive health services to local residents.

Middlesex County Public Health Department - Clinic Services

 **Phone Number:** (732) 390-6767
 **Address:** 35 Kennedy Blvd, East Brunswick, NJ 08816
 **Website:** <https://www.nj.gov/health/>

Offers vaccinations, screenings, and preventive health services; refers patients to local Medicaid-friendly providers and clinics.

Wellness Discount Program

 **Phone Number:** 1 (800) 491-4224
 **Website:** <https://www.coast2coastrx.com/>

A discount prescription and health-related savings program that helps users get reduced prices on a variety of healthcare services and products.

Robert Wood Johnson University Hospital Dental Services

 **Phone Number:** (732) 937-8653
 **Address:** One Robert Wood Johnson Place, Suite D, New Brunswick, NJ 08901
 **Website:** <https://www.rwjbh.org/for-health-care-professionals/medical-education/robert-wood-johnson-university-hospital/dental-residency/dental-facilities-at-rwjuh/>

Hospital-affiliated dental clinic providing a range of dental services. Residents are on-call 24 hours a day, seven days a week on a rotating basis for acute care with full back up by the attending staff.

Rutgers School of Dental Medicine - Student Clinic

 **Phone Number:** (973) 972-4242
 **Address:** 110 Bergen Street, Newark, NJ 07103
 **Website:** <https://sdm.rutgers.edu/>
 **Email:** rsdmscreening@sdm.rutgers.edu

Dental school clinic offering a full range of services provided by dental students under faculty supervision.

MENTAL & BEHAVIORAL HEALTH

George J. Otlowski, Sr. Center for Mental Health

 **Phone Number:** (732) 442-1666
 **Address:** 570 Lee Street, Perth Amboy, NJ 08861

County-run outpatient mental health clinic offering therapy, psychiatric services, and treatment for adults, children, and families.

Middlesex County Behavior Health Navigator

 **Phone Number:** (732) 745-3810
 **Website:** <https://www.middlesexcountynj.gov/government/departments/departments-of-community-services/office-of-human-services/behavioral-health-navigators>
 **Email:** behavioralhealthnavigators@co.middlesex.nj.us

Free, confidential service that helps residents connect to mental health, substance use, and crisis support services.

Hours of operation: 8:30 AM - 4:15 PM Monday - Friday

Rutgers University Behavioral Health Care (UBHC)

 **Phone Number:** (800) 969-5300
 **Address:** 671 Hoes Lane West, Piscataway, NJ 08854
 **Website:** <https://www.ubhc.rutgers.edu>

Offers outpatient therapy, psychiatry, and addiction services for adults and children, including Medicaid and uninsured patients.

Crisis & Support Hotlines

 **Phone Number:** 988

Call or text for immediate mental health support.

2NDFLOOR Youth Helpline

 **Phone Number:** 1 (888) 222-2228

Confidential support for youth and young adults ages 10-24.

NJ Mental Helth Cares

 **Phone Number:** 1 (888) 202-4357

State's behavioral health information and referral service.

NJ Children's System of Care

 **Phone Number:** 1 (877) 652-7624
 **Website:** <https://www.performcarenj.org/>

Contact NJ Children's System of Care to access behavioral health, intellectual/developmental disability services, and substance use treatment across New Jersey.

Catholic Charities - Diocese of Metuchen

 **Phone Number:** (732) 324-8200
 **Address:** 288 Rues Lane, East Brunswick, NJ 08816
 **Website:** <https://ccdom.org>
 **Email:** catholiccharities@ccannj.org

Provides affordable counseling, trauma-informed mental health services, and family therapy for low-income individuals, immigrants, and refugees.

Alliance for Refugees

 **Phone Number:** (609) 269-4237
 **Address:** 20 Schalks Crossing Rd., Plainsboro, NJ 08536
 **Website:** <https://www.allianceforrefugees.org/>
 **Email:** info@allianceforrefugees.org

Offers case management and support services including referrals and access to mental and behavioral health resources for refugees and low-income immigrants in Middlesex County. This includes assistance connecting clients to culturally responsive counseling, trauma-informed support, and care coordination.

FOOD

Highland Park Community Food Pantry

☎ **Phone Number:** (732) 819-0052

📍 **Address:** 220 S 6th Ave, Highland Park, NJ 08904

🌐 **Website:** <https://www.hpboro.com/government/boards-commissions/community-food-pantry>

✉ **Email:** highlandparkfoodpantry@gmail.com

Access on the second and fourth Thursdays of each month from 9:00 AM – 10:45 AM and 6:00 PM – 7:00 PM and on the Saturdays of those weeks from 9:30 AM – 10:30 AM.

For true food emergency situations outside of normal distribution times, contact the community center.

Hands Of Hope For The Community

☎ **Phone Number:** (732) 236-3330

📍 **Address:** 220 S 6th Ave, Highland Park, NJ 08904

🌐 **Website:** <https://www.hohnj.org/>

✉ **Email:** info@hohnj.org

Food pantry serving Middlesex County residents.

Food distributions on first and third Saturdays from 10:00 AM to 1:30 PM.

Monday through Friday by appointment only; Hours of operation are 9:00 AM to 3:00 PM.

Old Bridge Food Bank

☎ **Phone Number:** (732) 721-5600 – ext.2022

📍 **Address:** 1 Old Bridge Plaza, Old Bridge, NJ 08857

🌐 **Website:** <https://www.oldbridge.com/page/food-bank>

Distribution Hours: Tuesday through Thursday 10:00 AM to 12:00 PM.

Drive-thru option available.

The Old Bridge Food Bank follows the Federal Poverty Level income guidelines, for food bank service eligibility. To receive assistance, you must be an **Old Bridge resident** and have applied for SNAP (previously known as Food Stamps) at the **Middlesex County Board of Social Services at 732-745-3500**. After applying for SNAP, you are required to schedule an intake appointment for food bank services in Old Bridge.

Elijah's Promise Soup Kitchen

☎ **Phone Number:** (732) 545-9002

📍 **Address:** 18 Neilson St #2, New Brunswick, NJ 08901

🌐 **Website:** <https://elijahspromise.org>

✉ **Email:** michelle.wilson@elijahspromise.org

Prepared meals & food support.

Free, hot meals Monday through Saturday from 11:00 AM to 12:30 PM. (One bagged meal to-go per guest)

Five Loaves Food Pantry

☎ **Phone Number:** (732) 545-1019

📍 **Address:** 100 College Ave, New Brunswick, NJ 08901

Operating Monday through Thursday from 10:00 AM to 2:00 PM.

Friday 10:00 AM to 12:00 PM.

Monday and Wednesday night 5:00 PM to 8:00 PM.

Closed every third Tuesday of the month for food delivery.

Replenish Food Bank

☎ **Phone Number:** (732) 729-0880

📍 **Address:** 28 Kennedy Blvd, Suite 850, East Brunswick, NJ 08816

🌐 **Website:** <https://www.middlesexcountynj.gov/government/departments/departments-of-community-services/replenish-1105>

✉ **Email:** replenish@co.middlesex.nj.us

County food assistance directory; connections to pantries, SNAP/WIC info & more.

Hours of Operation: Monday through Friday 6:00 AM to 2:00 PM.

Meals on Wheels in Greater New Brunswick

☎ **Phone Number:** (732) 249-3488

📍 **Address:** 94 Church St Suite 302, New Brunswick, NJ 08901

🌐 **Website:** <https://mowgnb.org/>

✉ **Email:** mowgnb@aol.com

Meals for elderly and homebound residents of New Brunswick and Highland Park.

Provide two meals each weekday: Hot noon-day meal and cold boxed supper.

Meals are planned by a registered dietitian.

Deliveries are Monday through Friday between 10:30 AM to 12:00 PM.

EMPLOYMENT

American Job Centers of Middlesex County (New Brunswick) One-Stop Career Centers

 **Phone Number:** (732) 745-3970

 **Address:** 550 Jersey Ave, New Brunswick, NJ 08904

 **Website:**
<https://www.middlesexcountynj.gov/government/departments/departments-of-economic-development/workforce-and-career-development/for-job-seekers>

To make an appointment, please call the phone number listed above.

American Job Centers of Middlesex County (Perth Amboy) One-Stop Career Centers

 **Phone Number:** (732) 745-3970

 **Address:** 161 New Brunswick Ave, Perth Amboy, 08861

 **Website:**
<https://www.middlesexcountynj.gov/government/departments/departments-of-economic-development/workforce-and-career-development/for-job-seekers>

To make an appointment, please call the phone number listed above.

New Jersey Reentry Corporation (NJRC)

 **Phone Number:** (848) 200-5260

 **Address:** 340 Amboy Ave, Edison NJ 08837

 **Website:** <https://www.njreentry.org>

 **Email:** info@njreentry.org

Offers job training, employment placement, and supportive services for individuals facing employment barriers, including justice-involved and low-income residents.

Jewish Family Services of Middlesex County

 **Phone Number:** (732) 777-1940

 **Address:** 32 Ford Avenue, Milltown, NJ 08850

 **Website:** <https://www.jfsmiddlesex.org>

 **Email:** info@jfsmiddlesex.org

Provide job readiness training, resume assistance, and career coaching for low-income adults, immigrants, and refugees.

GENERAL ASSISTANCE

Middlesex County Office of Human Services

 **Phone Number:** (732) 745-4186

 **Address:** 75 Bayard Street, 5th floor, New Brunswick, NJ 08901

 **Website:**
<https://www.middlesexcountynj.gov>

Coordinates referrals and access to housing assistance, food programs, transportation resources, and other social service supports.

Middlesex County Service Locator

 **Website:**
<https://www.middlesexcountynj.gov/government/departments/departments-of-community-services/middlesex-county-service-locator>

Online directory that helps residents find local food pantries, rental assistance, health care, legal help, and social services by ZIP code.

211

 **Phone Number:** 211

 **Website:** <https://www.211.org/>

211 connects you to expert, caring help. Every call is confidential. Various resources are available on the website, including but not limited to caregiver resources, mental health, newly-arrived immigrant resources, and more. Enter your zip code for more local resources.

Find a Local 211

Simply dial 211 to talk to someone now.

OR

Search by Location

powered by Google

CAREGIVING

Middlesex County Office of Aging & Disabled Services

 **Phone Number:** (732) 745-4186

 **Address:** 75 Bayard Street, 5th floor, New Brunswick, NJ 08901

 **Website:**
<https://www.middlesexcountynj.gov/government/departments/departments-of-community-services/office-of-aging-disabled-services>

Provides information, referrals, care coordination, and support programs for older adults, people with disabilities, and family caregivers.

Easterseals New Jersey

 **Phone Number:** (732) 257-6662

 **Address:** 25 Kennedy Blvd, Suite 600, East Brunswick, NJ 08816

 **Website:** <https://www.eastersealsnj.org>

 **Email:** info@eastersealsnj.org

Offers caregiver support, disability services, respite care, therapy programs, and assistance for individuals with developmental and physical disabilities.

Visiting Nurse Association (VNA) of Central Jersey

 **Phone Number:** (732) 774-6886

 **Website:** <https://vnahg.org/>

Visit or call the VNA of CJ to access services related to home health, hospice care, visiting physician, palliative care, and children & family health.

Jersey Assistance for Community Caregiving (JACC)

 **Website:** <https://vnahg.org/>

JACC is a state-funded program that provides a range of in-home and community-based services to individuals 60 and older who meet clinical eligibility for nursing home level of care and who desire to remain in their homes within the community. For more information, visit the website. Brochures are available in English and Spanish.

New Jersey Child Care Assistance Program (CCAP)

 **Phone Number:** (609) 989-7770, option 2

 **Address:** 1001 Spruce St, Suite 201, Trenton, NJ 08638

 **Website:**
<https://www.childcarenj.gov/parents/ccap>

The New Jersey Department of Human Services (DHS), Division of Family Development (DFD) oversees the New Jersey Child Care Assistance Program (CCAP), which can help income-eligible parents who are working, in school, or in job training to pay for child care.

Visit the website to learn about how the program works, eligibility, applying for assistance, staying in compliance with program regulations, and maintaining your child care assistance benefits.

Navigate to the end of the website, under “Documents” to retrieve the NJ Child Care Assistance Program Application in English and En Español. **Available to clients in all counties of New Jersey.**

TANF/WorkFirst NJ Childcare Subsidy

 **Phone Number:** (732) 431-6000

Families receiving Temporary Assistance for Needy Families (TANF) can receive childcare subsidy.

Family Support Organization of Middlesex County

 **Phone Number:** (732) 745-3676

 **Address:** 15 Corporate Pl S, Suite 201, Piscataway, NJ 08854

 **Website:** <https://www.middlesexfso.org>

 **Email:** info@middlesexfso.org

A nonprofit support organization that assists families and caregivers of individuals with developmental disabilities, behavioral needs, and complex care situations. They offer education, advocacy, training, support groups, and connections to community resources to help caregivers navigate services like respite, planning, school supports, and healthcare coordination — all geared toward strengthening caregiver capacity and family stability within Middlesex County.

ENGLISH LANGUAGE LEARNING

Literacy NJ – Middlesex County

📞 **Phone Number:** (732) 906-5456
📍 **Address:** 100 Menlo Park Drive, Suite 314,
Edison, NJ 08837
🌐 **Website:** <https://www.literacynj.org>
✉️ **Email:** bbagger@literacynj.org

Offers free or low-cost ESL tutoring, basic literacy, GED prep, digital literacy, and citizenship preparation for adults.

New Brunswick Free Public Library – ESL Programs

📞 **Phone Number:** (732) 745-5107
📍 **Address:** 60 Livingston Ave, New Brunswick,
NJ 08901
🌐 **Website:** <https://www.nbfpl.org>
✉️ **Email:** library@nbfpl.org

Free English conversation groups, ESL classes, and citizenship support for adult immigrants and refugees.

Perth Amboy Free Public Library – ESL

📞 **Phone Number:** (732) 324-2613
📍 **Address:** 196 Jefferson Street, Perth Amboy,
NJ 08861
🌐 **Website:** <https://www.pafpl.org>

Offers free ESL classes and conversation groups for adults with limited English proficiency.

Piscataway Public Library – New Americans/ESL Program

📞 **Phone Number:** (732) 463-1633
📍 **Address:** 500 Hoes Lane, Piscataway, NJ
08854
🌐 **Website:**
<https://piscatawaylibrary.org/new-americans/>
✉️ **Email:** ask@piscatawaylibrary.org

Offers free ESL classes, English learning materials, and citizenship/study support for adult learners, especially helpful for recent immigrants

Middlesex County Adult Education Consortium – East Brunswick Adult School ESL

📞 **Phone Number:** (732) 613-6789
📍 **Address:** East Brunswick Public School
District; Various locations
🌐 **Website:** <https://cp.ebnet.org/adult-schools/hse>
✉️ **Email:** commprog@ebnet.org

Offers evening ESL and High School Equivalency (HSE) prep, as well as daytime and evening citizenship prep classes as part of a county adult education program focused on basic English skills and civics knowledge.

South Plainfield Adult Education

📞 **Phone Number:** (732) 448-6300
📍 **Address:** 125 Jackson Ave, South Plainfield,
NJ 07080

Offers free Adult Education classes, typically including ESL instruction for non-native speakers – call ahead to confirm current ESL offerings and schedules

East Brunswick Public Library – English Conversation Groups

📞 **Phone Number:** (732) 390-6772
📍 **Address:** 2 Jean Walling Civic Center, East
Brunswick, NJ 08816
🌐 **Website:** <https://www.ebpl.org/esl>
✉️ **Email:** commprog@ebnet.org

Offers free English Conversation Groups where adult learners (18+) practice English speaking and listening in group settings with librarians and volunteers.

