

Imagine Hope & Healing

Imagine a place for healing that addresses the needs of the whole person.

A place where one's mind, body, and spirit are incorporated in the care.

A place that provides the best counseling, psychiatric, and spiritual supports woven into a personalized and team approach, all under one roof.

The Well is that place

The Well is a nonprofit organization whose mission is to help individuals, families, and the community experience spiritual, emotional, and physical healing and wellness through holistic care of the mind, body, and spirit.

wellness

for the mind, body, and spirit

The Well invites you to take part in a holistic approach to healing and wholeness. By caring for your mind, body, and spirit, you have the opportunity to experience spiritual, physical, and emotional renewal and life transformation.

Programs for your *mind* offer unique educational opportunities to expand your knowledge and skills related to relationships, parenting, health, and living well.

For your *body*, you can experience physical healing and wellness through a variety of services including nutrition coaching, massage, and yoga.

We care for your *spirit* by providing opportunities to encounter the transforming presence of God and to explore love, meaning, and purpose in your life.

the well



a center for hope and healing

1029 Pleasant Street, #101 Bridgewater, MA 02324
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Welcome To the well



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Overview of Our Services

We believe in a holistic approach to wellness, which means we care for your mind, body, and spirit. By providing opportunities for you to explore these components and address their unique yet interconnected needs, we believe you will experience greater spiritual, physical, and emotional renewal and life transformation.

Counseling

Our licensed psychotherapists offer a complete range of therapeutic services, including:

- Individual, couples, and family therapy for adults, adolescents, and children
- Pre-marriage, marriage, and relationship counseling
- Group therapy and support groups
- Workshops and seminars
- Most major health insurance plans are accepted.

Spiritual Care

A variety of Spiritual Care programs are offered, including Spiritual Direction, a safe, confidential space where you can explore God's presence in your life. We also offer soul care, prayer, and classes and workshops that help individuals and groups experience spiritual and emotional wellness.

Meditation

We offer guided meditation, which allows you to experience mindfulness, relaxation, and stress relief. During meditation, you learn to slow down your racing thoughts, focus on your breathing, become more mindful, and enter a state of peace.

Retreats

To retreat is to withdraw from your everyday surroundings, pull away from your regular routine, and seek out a place of rest and refuge. We provide guided exercises that encourage reflection, gratitude, and rest. Meditation, journaling, and other techniques are often encouraged.

Workshops

Our experienced team creates workshops based on needs we're seeing in our community. Programs focus on managing stress and anxiety, developing healthy relationships, encouraging a more fulfilling marriage, fostering meaningful parent-child relationships, and experiencing the benefits of holistic wellness. Some offerings include:

- Support Groups for PreTeens & Teens
- Journaling workshops
- Grief support
- Benefits of essential oils
- Seminars covering a variety of topics related to fitness, nutrition, and health

Enneagram Consultation

The Enneagram is a tool for better understanding your personality type and how it impacts the way you think, feel, and interact with others. Our experienced staff interpret your results and help you lean into the talents, abilities, and uniqueness that you possess. The Enneagram is great for individuals, couples, or groups.

Yoga

Our yoga classes offer stretching, breathing, and relaxation techniques. Our classes are approachable for beginners yet suitable for those who have practiced yoga for years. Preschool, school-age, teen, and adult classes are offered throughout the year.

Massage Therapy

Studies show the physical and emotional benefits of even a single massage, including stress relief, relaxation, improved posture, improved circulation, and lower blood pressure.

Wellness Products

Visit us at The Well or online to shop our selection of essential oils, therapeutic toys, jewelry, clothing, yoga gear, and journals.

Tana Keating Memorial Fund

As a not-for-profit organization, we're able to assist clients who cannot afford the cost of services through our Tana Keating Memorial Fund. Contact The Well for more information.