Guardian Recovery

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Company logo

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Guardian Recovery – Saddle Brook Counseling Center delivers compassionate addiction treatment and mental health services for individuals in Saddle Brook, New Jersey, and Bergen County. Our clinical offerings include a therapeutic intensive outpatient program (IOP) and flexible outpatient services for those navigating substance use disorders, as well as a leading mental health IOP designed for individuals needing structured, evidence-based care. Clients receive personalized treatment planning, individual and group therapy, relapse-prevention strategies, and ongoing clinical support. Saddle Brook Counseling Center proudly serves those seeking accessible, high-quality behavioral health care in Saddle Brook, NJ.

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