Wellness Counseling Announces Attendance at RAM Fest This May

March 12, 2026

March 12, 2026 -
Wellness Counseling will attend and sponsor RAM Fest (Ramsey Aware Mental Health Matters), a community event dedicated to mental health awareness in Ramsey, New Jersey. The event is scheduled for Friday, May 1, 2026, on the front lawn of Ramsey High School. Organized by Ramsey Stigma-Free and the Ramsey Municipal Alliance, RAM Fest is a free, family-friendly gathering that brings residents together around the shared goal of supporting mental health awareness and education in the community.

RAM Fest has become a recognizable annual event in Ramsey, bringing together local organizations, service providers, and community members to highlight the importance of mental well-being. The event combines educational outreach with a welcoming atmosphere that encourages open discussion and access to information. Food trucks, live music, activities for attendees of all ages, and resource tables from local organizations are expected to create an engaging environment where residents can learn more about mental health services and community support networks.

Wellness Counseling will sponsor the event and host a table on-site throughout the evening. The table will serve as a point of connection where visitors can learn more about counseling resources, mental health services, and ways to access support within the region. Staff members from Wellness Counseling will be present to share information about available services, provide general mental health education, and connect attendees with appropriate resources when needed.

Community events such as RAM Fest reflect a broader effort to address mental health in open and constructive ways. Over the past several years, municipalities across the United States have increasingly prioritized mental health awareness initiatives that encourage conversation, reduce stigma, and promote access to services. Programs such as Ramsey Stigma-Free are part of this larger movement, helping local governments, schools, and community organizations collaborate on mental health education and outreach.

The Ramsey Stigma-Free initiative is part of a statewide effort in New Jersey aimed at reducing the stigma associated with mental illness and substance use disorders. Communities participating in the program work

to provide education, promote respectful dialogue, and create environments where individuals feel supported when seeking help. RAM Fest serves as one of the initiative?s public-facing events, offering a relaxed setting where families, students, and residents can explore resources and learn more about mental health support in their area.

The Ramsey Municipal Alliance, another organizer of the event, works year-round to provide programs focused on prevention, youth development, and community well-being. Through partnerships with local schools, organizations, and service providers, the alliance promotes initiatives that support healthy decision-making and mental health awareness among residents of all ages. RAM Fest is one of the alliance?s community-focused efforts to bring these topics into a visible, accessible public setting.

Wellness Counseling?s participation in the event reflects the role that local mental health providers play in community education and outreach. In addition to providing counseling services, many practices participate in local initiatives that encourage mental health awareness and connect individuals with information about available support systems. Community gatherings offer opportunities to distribute resources, answer general questions, and introduce residents to the services available in their region.

At RAM Fest, attendees can expect a community-centered atmosphere that balances education with entertainment. Food trucks will provide a variety of options for visitors, while music and family-friendly activities will create an approachable setting where conversations about mental health can occur naturally. Resource tables hosted by participating organizations will offer informational materials, guidance, and opportunities to learn about local programs and services.

The event is open to the public, and organizers encourage families, students, and residents from the surrounding area to attend. By combining local entertainment, educational resources, and community participation, RAM Fest aims to make mental health discussions more visible and accessible while encouraging residents to support one another.

Wellness Counseling will join other participating organizations on the Ramsey High School front lawn throughout the evening event. The presence of local providers and community groups highlights the collaborative approach that communities increasingly rely on when addressing mental health awareness. Through shared participation and public engagement, events like RAM Fest continue to strengthen connections between residents and the resources designed to support them.

RAM Fest will take place on Friday, May 1, 2026, from 5:30 p.m. to 8:30 p.m. at Ramsey High School in Ramsey, New Jersey. The event is free to attend and open to the public. Community members interested in mental health awareness, local resources, and community engagement are encouraged to stop by, meet participating organizations, and take part in the evening?s activities. Wellness Counseling will be a sponsor

and participant, offering information and connecting with community members throughout the event.

About Wellness Counseling:

Wellness Counseling is a private therapy practice specializing in supporting and encouraging children, families, and adults to make flourishing decisions and positive changes in their lives.

Wellness Counseling in New Jersey helps children, teens, couples, families, and adults. Wellness Counseling supports clients going through a difficult transition at home or school, or are experiencing stress, anxiety, depression, or self-doubt. By applying different therapy approaches and techniques, we will alter long-standing behavior patterns and negative perceptions that hold clients back from experiencing a more fulfilling and meaningful life.

Wellness Counseling therapists can partner with guidance counselors, teachers and administrators, pediatricians, school nurses, psychiatrists, and other medical professionals to access the resources patients of all ages and life milestones may need. From managing major transitions like relocating and divorce to improving family dynamics, Wellness Counseling helps clients reconnect with their inner strength, reduce anxiety and conflict, heal their relationships, and rediscover the joy in their lives.

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For more information about Wellness Counseling, contact the company here:Wellness CounselingWellness Counseling201-661-8070info@wellnesscounselingbc.com470 North Franklin TurnpikeSuite 201Ramsey, NJ 07446

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