

Aspire Psychological Group

Child & Adolescent Therapy • Upper Saddle River & Monsey

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No waitlist. No black-box hand-off.

Every referral gets a response within 24 hours, from a small team that treats children and adolescents exclusively. Not a general practice. Not a roster you're hoping for the best with.

WHY COUNSELORS REFER TO ASPIRE



Kids & Teens Only

Our full practice is built around one population, so a referral here never competes with adult caseloads.



A Name, Not a Number

Families reach a small, known team directly, never a call center or a random clinician match.



We Coordinate With You

With a signed release, we share updates and join school meetings when it helps the student.

We're solution-focused. Our team pinpoints what's driving a student's struggle, then applies evidence-based approaches like CBT, Motivational Interviewing, and ACT to address it directly.

HOW A REFERRAL WORKS

1

You Reach Out

Call, email, or send a referral. Share as much or as little as you have.

2

We Contact the Family

Within 24 hours. We handle the outreach so it's one less task for you.

3

Care Starts, Fast

Most families are seen within the same week they're first contacted.



34 five-star Google reviews from Aspire families

REFER A STUDENT

201.639.4669

Call or text • office@weallaspire.com • weallaspire.com

