



The Center in Asbury Park

Wellness for a Lifetime:
Building Resiliency and Independence

www.thecenterinap.org

Who We Are

The Center in Asbury Park (CAP) provides housing and wellness services to Monmouth County's most vulnerable. CAP's mission is to connect at-risk individuals to healthcare, supportive housing, and wellness through education, collaboration, and advocacy. Our core programs include transitional and permanent housing for individuals living with HIV/AIDS, behavioral health and addiction counseling, and a comprehensive nutrition program that provides for hot meals, to-go meals, a food pantry, and monthly dinners. In 2024, CAP provided over 19,000 meals and 1,550 hygiene bags.

The Program

With over 30 years of serving this community, we recognize that as needs continue to change, we must adapt as well. Since we can meet our clients' basic, fundamental needs, we now look forward to how we can help empower them to participate in their own growth. To achieve this, we are seeking a Life Coach to help us expand our focus beyond housing and medical care to encompass the whole person's emotional, social, financial, and spiritual well-being.

This new program will enable CAP to expand its services. Since the population we serve often faces stigma that hinders access to necessary care, offering everything under one roof will allow us to better serve this population, who already trust CAP. Funding from Impact 100 Jersey Coast will support:

1. **A Life Skills Coach** to assist clients with budgeting and financial education, meal planning, public speaking, computer literacy, and reconnecting with family
2. **Expanded meal services**, including diabetic and health-conscious options
3. **Transportation assistance** to and from CAP so clients can easily access care and services

Alignment with Impact's Funding Priorities

Targets underserved populations: CAP's residents are low-income, homeless, or living with HIV/AIDS and behavioral health conditions, who face fatal risk without intervention.

Creates measurable, high-impact outcomes and unmet needs: CAP provides equitable access to healthy meals and holistic care in one trusted location while developing essential life skills that promote independence, stability, and well-being.

CAP's mission continues to restore hope, dignity, and opportunity—ensuring the county's most vulnerable residents are nourished in body and spirit, and equipped to create new possibilities for their lives. The men and women who benefit from these services will be able to use these skills to improve not only their own lives but also their families, enabling them to be more successful and independent.