

JULY  
6

THIS TUESDAY! LAKEWOOD MENTAL HEALTH AWARENESS DAY

# Mind your mind



## RADIO SHOW

FM 107.9 7:00-10:00 PM

### DISCUSSION TOPICS INCLUDE:

How do I know if I need therapy? If I see a therapist, does that mean there's **something really wrong with me?**

How does therapy work? How will I know if therapy is **helping** me?

I really believe that if my husband/wife/child would change then I wouldn't have this problem. **They are the reason for my unhappiness.**



TO SPEAK TO A LICENSED SPECIALIST PLEASE CALL NESIVOS AT 732.534.7800 TO DONATE VISIT [NESIVOSHALFMARATHON.COM](http://NESIVOSHALFMARATHON.COM)

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**THIS TUESDAY! LAKEWOOD MENTAL HEALTH AWARENESS DAY**



**4:15-5:45 | NORTH LAKE PARK** NORTH LAKE & PRIVATE WAY



**RUN STARTS AT 5:00**  
STARTING LINE AT NORTH LAKE PARK

**FINISH LINE**

**& EXCLUSIVE AFTER PARTY FOR THE RUNNERS**  
760 ALBERT AVE HOME OF SHALOM STEIN



NESIVOS IS DEDICATED TO PROVIDING MENTAL, SOCIAL, AND EMOTIONAL GUIDANCE AND RESOURCES FOR LAKEWOOD TEENS AND FAMILIES.