

**Mental Health Association
of Monmouth County**

An Affiliate of



Mental Health and Well Being

*Presented by - **David Landy PhD**, Psychologist in Private
Practice*

Discussion and Q&A on Self and Healthy Relationships

Potential topics:

- **Reflections On Love, Friendship and Affection**
- **Accessing Our Inner Calm**
- **Suffering is Optional**
- **The Issue is Always How We Relate To The Issue**
- **Happiness Versus Contentment**

To be held:

Thursdays – March 21, April 18 & May 16

7:30-9pm

Presbyterian Church Meeting House

352 Sycamore Avenue

Shrewsbury, NJ

(lower building at the end of drive, east of church proper)

Feel free to attend one or all seminars. Bring questions!

For more information contact Dustin at 732-542-6422 Ext. 103

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This Event is Sponsored By: The Mental Health Association of Monmouth County