



NōvaMind
WELLNESS

Mental health care that fits their world.

Structured care that fits around school and family life.

- Evening treatment hours that keep them in school, at home, and in their routine.
- A treatment plan shaped with your teen, plus weekly one-on-one sessions with their clinician.
- Family therapy and coordination built into the plan from day one.
- Group therapy that's small, focused, and intimate by design.
- Psychiatric evaluation and medication management shaped around your teen's history.
- Evidence-based care using CBT, DBT, and more, matched to what your teen is working through.

**Now accepting
new clients for
ages 12 to 17 in
Monmouth County.**

**EVENING
INTENSIVE OUTPATIENT
PROGRAM (IOP)**

Available Monday – Thursday
5:30 PM – 8:30 PM

Get Support Now

CALL NOW
888-906-7776

LEARN MORE
novamindwellness.com