



OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

www.theoceancountylibrary.org

Susan Quinn, Director

October 18, 2019

PRESS RELEASE

CONTACT: Dan Fitzgerald, 732-349-6200, ext. 5908

dfitzgerald@theoceancountylibrary.org

Toms River Library to Host “The ABCs of Recovering from Mental Illness”

TOMS RIVER – The Toms River Branch of the Ocean County Library will host “The ABCs of Recovering from Mental Illness” at 6 p.m. Wednesday, Nov. 13.

This presentation will provide non-medical strategies and approaches for recovery from mental illness. Individuals living with mental illness, their loved ones, medical and mental health providers, organizations, and anyone striving for wellness will find practical and powerful information in this program.

Carol Kivler will present the program. Kivler is a nationally recognized professional speaker, author, advocate, and educator, with an MS in Human Resource Education. She has overcome depression and anxiety, and now shares her experiences and strategies. Kivler has won numerous awards and honors for philanthropy and advocacy.

Mental illness affects 20 to 25% of people in the United States. Depression and anxiety are its most prevalent forms, often resistant to treatment.

This event is sponsored by National Alliance on Mental Illness – Ocean County.

The branch is located at 101 Washington Street.

Registration is required for this free program. To register, call the branch at 732-349-6200 or visit theoceancountylibrary.org/events.

Free parking is available after 5 p.m. on the street or the top level of the parking garage behind the library.