



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Depression Discussion Coming to Waretown Library

WARETOWN – The Ocean County Library Waretown Branch will host “Understanding Depression” at 6:30 p.m. on Monday, Feb. 10.

Attendees can gain an understanding of the types, signs and symptoms of depression, and learn coping strategies and self-help suggestions.

The branch is located at 112 Main Street.

Registration is required for this free event, presented by Ocean Mental Health Services. To register, call the branch, 609-693-5133, or visit www.theoceancountylibrary.org/events.

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