



# OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

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## PRESS RELEASE

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### Begin Your Journey to Healing during Ocean County Library Virtual Program



**JACKSON** – The Ocean County Library Jackson Branch invites you to “Healing Inward Outward,” a free, informative, interactive virtual workshop at 7 PM Tuesday, January 18.

Transformational trainer, author, and career coach Faith Saunders will help participants find their personal paths of discovery, explore factors that affect perceptions and attitudes, and discuss strategies for healing inwardly and outwardly.

Faith Saunders is the founder and president of Discover a New Future, providing mental wellness, consultation and related trainings to groups and organizations throughout New Jersey. Her program of the same name airs weekly on Princeton Community TV

Registration at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) is required for this free virtual workshop, hosted by the Jackson Branch in observance of the National Day of Racial Healing. Registrants who supply email addresses will receive links to the Zoom session.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and also on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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