



# OCEAN COUNTY LIBRARY

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

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

Telephone: 732-349-6200

[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)

Susan Quinn, Director

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## PRESS RELEASE

**CONTACT:** Tom Mongelli, 732-349-6200, ext. 5900

[tmongelli@theoceancountylibrary.org](mailto:tmongelli@theoceancountylibrary.org)

### Ocean County Library Lacey Branch to Host Three-Part Virtual Mental Health Awareness Series



**LACEY TOWNSHIP** – To mark Mental Health Awareness Month in May, the Ocean County Library Lacey Branch will host three virtual programs by RWJBarnabas Health Institute for Prevention and Recovery's Hope & Healing Program, examining strength of body, mind and spirit.

Leading the discussions will be Marisa Merrigan Robertazzi, the program's Counselor of Senior Population.

The Hope & Healing program provides emotional support services, education and links to community-based resources for individuals and families affected by the COVID-19 pandemic, to help reduce stress, develop coping strategies, and review options

The Zoom sessions will take place at 2 PM on the following dates:

- **Strength: Body Session** – Monday, May 2
- **Strength: Mind Session** – Tuesday, May 10
- **Strength: Spirit Session** – Wednesday, May 18

Separate registrations at [www.theoceancountylibrary.org/events](http://www.theoceancountylibrary.org/events) are required for each of these three free programs. Registrants will receive links to the Zoom meeting by email.

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

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