



OCEAN COUNTY LIBRARY

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Susan Quinn, Director

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PRESS RELEASE

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Maternal Mental Health Program to be Live and Online at Ocean County Library Lacey Branch



LACEY TOWNSHIP – The Ocean County Library will offer a special presentation in observance of Maternal Mental Health Awareness Month. “Perinatal Mood and Anxiety Disorders: More Than Postpartum Depression” will take place, live and online, at 2:30 PM Monday, May 22 in the OCL Lacey Branch.

Karen Stern, Perinatal Mood and Anxiety Disorders (PMAD) Health Educator for the [Central Jersey Family Health Consortium](http://www.cjfhc.org), will discuss symptoms of, and supportive resources for, postpartum depression and related issues that occur during pregnancy and the postpartum period.

The Central Jersey Family Health Consortium (CJFHC) maintains offices in Brick Township, North Brunswick, and Morristown.

CJFHC staffers research and recommend programs pertaining to early intervention, bereavement care, community-based COVID-19 defense strategies, health care for families, expectant mothers, teens, and children, parenting wellness, and more.

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Please register at www.theoceancountylibrary.org/events to attend this free program in person, or to receive a link to view the Zoom presentation wherever you need to be. For more information, visit the Lacey Branch, 10 East Lacey Road, Forked River, or call (609) 693-8566.

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



Karen Stern, PMAD Health Educator, CJFHC
Photo courtesy Central Jersey Family Health Consortium

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