

Tools For Teens

and Adults

From the Partnership That Brought You The GangWise Project

Ocean County Board of Chosen Freeholders, Ocean County Youth Service Commission, Ocean County Health Department, NJ Governors Council on Alcoholism & Drug Abuse, S.C. of N.J. Ocean County Probation - Juvenile Supervision, Ocean County Library, & the Municipal Alliance Project

Teens and Stress

Stress affects everyone – teenagers too. It can affect everything – school, work & relationships with family and friends. Left untreated, it can cause numerous health problems as well. In this 2 part workshop – one for teens and one for adults - you will learn the causes of stress, how it affects you, and ways of coping with stress so that it doesn't get the best of you.

Presenter: James J. Crist, PhD is a licensed clinical psychologist, certified substance abuse counselor, and a respected author. www.jamesjcryst.com

Tuesday, October 6th, 2009

Brick Branch 732-477-4513

5:30-6:00 pm Sign-in & Program Starts Promptly @ 6:00pm

6:00 pm Teens Only w/Dr. Crist & **7:00 pm** Adults Only w/Dr. Crist



Mad! How to Deal With Your Anger & Get Respect

Anger can get teens into trouble with their parents, their school, or the law. Their anger controls them and affects their lives in negative, sometimes long-lasting ways. This workshop helps everyone understand who has an anger problem and how anger affects our bodies and relationships. Practical tools and strategies help them control their anger and avoid poor decisions and actions.

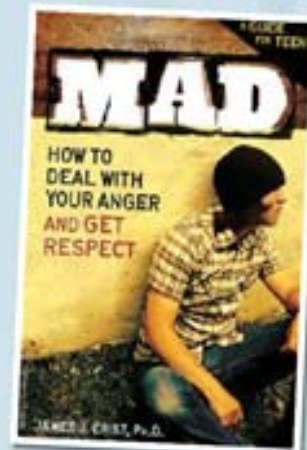
Presenter: James J. Crist, PhD is a licensed clinical psychologist, certified substance abuse counselor, and a respected author. www.jamesjcryst.com

Wednesday, October 7th, 2009

Mancini Hall, TR Branch 732-349-6200

5:30-6:00pm Sign-in & Program Starts Promptly @ 6:00pm

6:00 pm Teens Only w/Dr. Crist & **7:00 pm** Adults Only w/Dr. Crist



Search "oclteen" on Myspace and Facebook!

Details and Info: Registration REQUIRED for all programs: online at www.theoceancountylibrary.org, click on "Program Calendar"; or by calling the hosting branch. All programs are FREE and light refreshments will be provided. Teens ages 12 & up are encouraged to attend along with interested adults, parents, educators, clergy & youth workers. For Toms River Programs - Parking is free starting at 6:00 PM on the street and in the Toms River Township Parking Deck. Professional development certificates provided. The Ocean County Library is a registered NJ Department of Education Professional Development Provider.



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WWW.THEOCEANCOUNTYLIBRARY.ORG