

## **Tools for Teens and Adults Fall 2009**

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

**Triple A - Adolescents, Anger and Addiction:** This workshop will explore the link between these 3 focusing on the risk factors that trigger anger as a response and addiction as a solution when there is no understanding of the feelings underlying the anger and the lack of life skills to reduce the risk of addiction.

**Presenter: Fran Miceli**, 30+ yrs experience in counseling/administration at NJ DHS Division of Addiction Services, Instructor at New Jersey City University, Rutgers University & Brookdale Community College.

\*Teens in recovery from New Hope Foundation will discuss their personal experiences with the disease of addiction

Thurs 9.24.2009 5:30-6:00pm Sign-in & Program Starts Promptly @ 6:00pm  
Mancini Hall, TR Branch 732-349-6200

### **Juvenile Court: A Judge's Guide for Parents & Teens**

From traffic violations to criminal trespassing Judge Krygier will give an overview of the juvenile court justice system and the entire process--from the moment a citation is written, to arraignment, possible trial and disposition of their case. This presentation will demystify the judicial process and help prepare teens to stand before a judge.

**Presenter: Leora Krygier has been a Juvenile Court Referee with the Los Angeles Superior Court for almost 20 years and is the author of two books.**

Wed 9.30.2009 5:30-6:00pm Sign-in & Program Starts Promptly @ 6:00pm  
Brick Branch 732-477-4513

Thursday 10.1.2009 5:30-6:00pm Sign-in & Program Starts Promptly @ 6:00pm  
Mancini Hall, TR Branch 732-349-6200

### **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.**

Tuesday 10.6.2009  
Brick Branch 732-477-4513

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

### **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.**

Wednesday 10.7.2009

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

### **Bullying - Staying Safe: Strategies for Parents, Teens, and Educators**

This workshop is for parents of K-12 students, teens, educators, and other community members who want to understand what bullying is, how parents can tell if their son/daughter is affected by bullying, what teens can do if they or someone they know is being bullied, best practices for bullying prevention and response, and schools' legal responsibilities. Bullying is a serious problem in schools today that is linked to school violence, teen depression and suicide, and affects academic performance.

**Presenter: Dr. Paula Rodriguez-Rust**, Sociologist and member of the N.J. Special Task Force on Bullying, Cyberbullying Awareness and Prevention. Dr. Rust lectures internationally, has appeared on 20/20 and been quoted in many publications including Newsweek. [www.spectrumdiversity.com](http://www.spectrumdiversity.com)

Thursday 11.12.2009 5:30-6:00pm Sign-in & Program Starts Promptly @ 6:00pm

Mancini Hall, TR Branch 732-349-6200

**Bullying and Girl Cliques:** This workshop will focus on defining the roles of bullying: the bully, the victim and the witness (secondary victim) with specific strategies in working with each of the roles. An additional emphasis will be on identifying the 7 roles in a girls clique how to survive and cope.

**Presenter: Fran Miceli**, 30+ yrs experience in counseling/administration at NJ DHS Division of Addiction Services, Instructor at New Jersey City University, Rutgers University & Brookdale Community College

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

6:00 pm Teens Only w/Ms Miceli & 7:00 pm Adults Only w/Ms Miceli

Monday 10.5.2009

Plumsted Branch 609-758-7888

Thursday 12.3.2009

Mancini Hall, TR Branch 732-349-6200

Thursday 12.10.2009

Lakewood 732-363-1435

### **The Deal on Dating- What Teens and Parents Should Know**

Teen dating abuse is often dismissed as not that big of a deal and that adolescent relationships tend to be unhealthy. This workshop will address the seriousness of dating abuse and the myths that are associated with it. Teens and parents will learn about the warning signs of dating abuse, and resources available for help.

**Presenter: Karen Gillespie** Licensed Clinical Alcohol and Drug Counselor working in the fields of addiction & domestic violence as well as coordinating a teen dating abuse program. Karen is currently the Safe Dates Project Manager at Prevention First.

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

6:00 pm Teens Only w/Karen Gillespie & 7:00 pm Adults Only w/Karen Gillespie

Mon 9.21.2009

Waretown Branch 609-693-5133

Wednesday 11.18.2009

Jackson Branch 732-928-4400

Thursday 11.19.2009

Lacey Branch 609-693-8566

Registration REQUIRED for all programs: online at [www.theoceancountylibrary.org](http://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 free starting 6:00 on street and in the TR Township Parking Deck

**Professional Development Certificates Provided.**

**Ocean County Library is a registered NJ Department of Education Professional Development Provider.**

8.7.2009