



# 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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### Learn Ways to Help Teens through Grief at the Ocean County Library Lacey Branch



**LACEY TOWNSHIP** – In observance of National Suicide Prevention Month, the Ocean County Library Lacey Branch is honored to present an adults-only workshop, “Compassionate Conversations: Helping Teens Cope with Loss,” 6:30 PM Monday, September 23.

The presentation by [Bright Harbor Healthcare](#) and the [Society for the Prevention of Teen Suicide](#) will explore the delicate journey of adolescent grief. It will be preceded by a teens-only program at 3:30 PM.

Parents and caregivers will have the opportunity to develop practical communication techniques to support and encourage teens through challenging situations. The program will offer insight for healthy coping mechanisms and ways to nurture resilience and foster healing in the grief process.

Bright Harbor Healthcare provides services for physical and mental health and substance abuse at centers in Toms River, Bayville and Point Pleasant. The Freehold-based Society for the Prevention of Teen Suicide offers behavioral health support services and is affiliated with the national Suicide Prevention Lifeline, 1-800-273-TALK (8255).

Please register at <https://tinyurl.com/OclLaceyTeens2> for this free program. For more information, stop by the OCL Lacey Branch, 10 East Lacey Road, Forked River, call (609) 693-8566 or visit <https://theoceancountylibrary.org/events>.

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

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