



# OCEAN COUNTY LIBRARY

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

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

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

Susan Quinn, Director

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## PRESS RELEASE

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### Teens, 'De-Stress with Dogs' This School Year at Ocean County Library Toms River Branch



**TOMS RIVER** – Teens, are you coping with GPA gremlins, a college-application crunch or the job market jostle? Do you know that 10 minutes with a therapy dog can relieve your pressure? “De-Stress with Dogs,” 2 to 3 PM starting Thursday, September 14 at the Ocean County Library Toms River Branch.

“De-Stress with Dogs,” one of OCL’s newest recurring programs, will take place in the Teen Zone on the upper level on the second Thursday of each month from September through May.

Therapy dogs provide docile companionship and a willing ear. Drop in to the Teen Zone, where you can confide your cares to our visiting furry friends, engage in easy play, or just hang out with them.

The “De-Stress with Dogs” program is free and open to any individual between the ages of 13 and 18. No registration is required. For more information, visit the OCL Toms River Branch, 101 Washington Street, or call (732) 349-6200/

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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