



OCEAN COUNTY LIBRARY

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

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PRESS RELEASE

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Ocean County Library to Present Virtual Program, “Moving Beyond Trauma”



TOMS RIVER – The Ocean County Library is pleased to present a three-part virtual program dedicated to the well-being of caregivers. “Moving Beyond Trauma: A Narrative Writing Program” will be offered at 2 PM on successive Fridays, November 3, 10 and 17.

Melissa Smith-Wilkinson, MA, LMHC, founder of [Caregiver Wellness Resources](http://www.caregiverwellnessresources.com), will conduct the 90-minute in-depth journeys toward healing from trauma-related caregiving. The New Mexico-based organization specializes in serving family and professional caregivers of Alzheimer’s and other dementias.

Each session will provide a psychoeducational and experiential approach to narrative therapy. Reflective writing and reframing will encourage participants to move through difficult experiences and recognize their inner resiliency. The guided practices will offer a thought-provoking path to wholeness and healing.

Please register at www.theoceancountylibrary.org/events for this free program series. Registrants will receive links to the Zoom sessions by email. For more information, stop by the OCL Toms River Branch, 101 Washington Street, or call (732) 349-6200.

Keep up with Library programs and events at www.theoceancountylibrary.org, and on [Facebook](https://www.facebook.com/theoceancountylibrary), [Instagram](https://www.instagram.com/theoceancountylibrary), [Twitter](https://twitter.com/theoceancountylibrary), [YouTube](https://www.youtube.com/theoceancountylibrary), [Spotify](https://open.spotify.com/theoceancountylibrary), and [Pinterest](https://www.pinterest.com/theoceancountylibrary).

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