



OCEAN COUNTY LIBRARY

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

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Susan Quinn, Director

September 26, 2023

PRESS RELEASE

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Learn to Cope with Holiday Grief at The Ocean County Library

TOMS RIVER – The holiday season can be a difficult time for those who have experienced the loss of a loved one. Join Andrea Tarr, Communications Director of [Senior Citizens Activity Network \(SCAN\)](#), for information about coping during “Grief and the Holidays,” at four Ocean County Library branches.

- **Plumsted Branch** – 10 AM Thursday, October 19; 119 Evergreen Road, New Egypt, (609) 758-7888.
- **Point Pleasant Borough Branch** – 10 AM Thursday, October 26; 834 Beaver Dam Road, (732) 295-1555.
- **Island Heights Branch** – 2 PM Wednesday, November 8; Summit Avenue at Central Avenue, (732) 270-6266.
- **Lakewood Branch** – 10 AM Wednesday, November 15; 301 Central Avenue, (732) 363-1435.

Andrea will discuss ways to manage grief, the importance of communication, and self-care tips that can provide emotional support.

Andrea Tarr, associated with SCAN for the past 22 years, is the host of “[SCAN FYI](#),” a weekly Facebook video segment that promotes community resources and information for seniors. She co-hosts SCAN’s “Senior Moment” podcasts, and frequently takes presentations to venues throughout Ocean and Monmouth Counties.

Please register at www.theoceancountylibrary.org/events for this free program. To learn more, visit or call any participating branch, or call (732) 349-6200.

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

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