

# PRESS RELEASE

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## DISCOVER YOUR STRENGTHS AND SKILLS AT OCC SEMINAR

TOMS RIVER, NJ – Do you have the strengths, skills, and strategies for making real changes in your life? Attend the seminar **How to Get What You Really Want** on Wednesday, **December 9**, 6:00 to 8:00 p.m., in Conference Rooms A & B, Bookstore, Ocean County College Main Campus, College Drive, Toms River, NJ. Sponsored by the **Displaced Homemakers Program** of Ocean County and the Ocean County College Career, Employment and Counseling Services. Admission is free and open to the public. Registration is required.

The evening will focus on developing your dreams, turning your fears and negative feelings into positive tools, diagramming the path to your goal, mapping out target dates to achieve it, and learning how to chart your progress. The seminar will be based upon *Wishcraft* and the work of author Barbara Sher.

The Displaced Homemakers Program of Ocean County is designed to provide services to individuals who have lost their primary source of income due to separation, divorce, disability, or death of the primary family provider, and to help them become economically self-sufficient. The program is funded through a grant from the New Jersey Division on Women. Services include career, employment, and life counseling; connection to social and community organizations; and assistance with the job search.

For more information, or to register, contact the Displaced Homemakers Program of Ocean County at OCC at 732.255.0400, ext. 2297. Visit [www.ocean.edu/career.htm](http://www.ocean.edu/career.htm).