

Don't miss our May events!

May 21, 2021



It is not too late to sign up for our free mental health and wellness webinar series. In partnership with Del Norte County Behavioral Health, we are proud to bring you this virtual series highlighting the best seller, *Are u ok?: A Guide to Caring for Your Mental Health* by Kati Morton, LMFT.

Upon your registration, you will also receive a free copy of this book, while supplies last. Through this initiative, we plan to empower you to take charge of your mental health, reduce stigma and bring awareness to available resources. The webinar series will take place during May, Mental Health Awareness month. After you register, our staff will contact you with information on how to access the webinar(s) and obtain your free book. This offering is available to adults at least 18 years old. You may register for just one webinar, two, or all three. While supplies last, we are able to offer one book per person.

Visit us at delnortecountylibrary.org for details and registration. Book to Action is sponsored by the California Center for the Book. Book to Action takes the basic book club concept and expands it to create a dynamic series of events for adults and intergenerational groups.

May is also National Date Your Mate Month. And we have free "date night in a bag" themed gift bags to give away to you and your partner. Simply share a Facebook about why you adore your mate and tag us on it to reserve your romantic gift bag. We have 50 gift bags to give away so don't delay! Oooh la la! (One bag per couple while supplies last.)

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