

Del Norte County Library District

serving you through access to information and resources



Del Norte County Library Are u ok?



In partnership with Del Norte County Behavioral Health, we are proud to bring to you a FREE webinar series highlighting a 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.



Thursday, May 13, 2021 at 6:00 PM
Featuring Bernadette Johnson, Counselor
Call us at (707)464-9793 to register



Thursday, May 20, 2021 at 6:00 PM
Featuring Harjot Singh, M.D.
Call us at (707)464-9793 to register

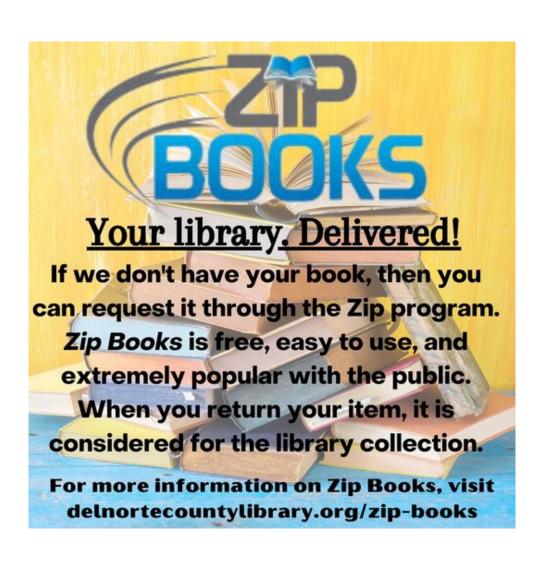


Thursday, May 27, 2021 at 6:00 PM Featuring Kati Morton, LMFT Call us at (707)464-9793 to register

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 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 post 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.)



Del Norte County Libraries

MAIN BRANCH

190 Price Mall Crescent City, CA 95531 Phone: (707) 464-9793 SMITH RIVER BRANCH

241 First Street Smith River, CA 95567 Phone: (707) 487-8048 **DEL NORTE READS**

1080 Mason Mall, Suite 9 Crescent City CA 95531 Phone: (707) 464-7072

Contact Us Today

