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## Del Norte County Library District

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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 (which is essential to the program), while supplies last. Through this initiative, we plan to empower you to take charge of your mental health, reduce stigma, and bring awareness available resources.



The webinar series will take place during May, Mental Health Awareness month. After your 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

Contact us here to register. Please specify which webinar you are interested in.

Thursday, May 20, 2021 at 6:00 PM

Featuring Harjot Singh, M.D.

Contact us here to register. Please specify which webinar you are interested in.

Thursday, May 27, 2021 at 6:00 PM

Featuring Kati Morton, LMFT

Contact us here to register. Please specify which webinar you are interested in.

### What is Book to Action?

Book to Action is an inspirational program that builds on the book group idea to include an "action" - a community service opportunity that address an opportunity, which for us, will be mental health awareness. It is our hope that we may empower you to take charge of your mental health, reduce stigma, and bring awareness available resources.

### Our "Action"

There are a few ways you can get involved...

- Register for a free webinar(s) as indicated above. Doing so will earn you a free copy of our featured book, *Are u ok?: A Guide to Caring for Your Mental Health* by Kati Morton, LMFT, while supplies last.
- Wear lime green during May to support Mental Health Awareness. If you post a photo of

yourself in your lime green on Facebook and [tag us](#), you will earn a stylish free "green" gift, while supplies last. (Got Twitter? You can [tag us](#) there also!)

- Talk about mental health. Share your story and watch how it inspires others to follow your example. You may do so on Facebook or Twitter and tag us (via the links in the second bullet point) for a fashionable gift, while supplies last. (If you are interested in being interviewed and featured for [our new YouTube channel](#), please [contact us](#). We would love to support you in this.)
- Volunteer with Del Norte County Behavioral Health! There are a plethora of ways to get involved, such as art groups, shopping activities, and daily living skills groups. Participants there often just need someone to listen to them or to teach them skills. For details, contact Chris Starets-Foote at [chris.starets-foote@co.del-norte.ca.us](mailto:chris.starets-foote@co.del-norte.ca.us) or call (707) 464-7224 \*2921.



## Del Norte County Libraries

**MAIN LIBRARY**  
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](#)

