



## *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.) ❤️🕊️



## Your library. Delivered!

If we don't have your book, then you can request it through the Zip program.

**Zip Books** is free, easy to use, and extremely popular with the public.

When you return your item, it is considered for the library collection.

For more information on Zip Books, visit [delnortecountylibrary.org/zip-books](http://delnortecountylibrary.org/zip-books)



## 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](#)

