

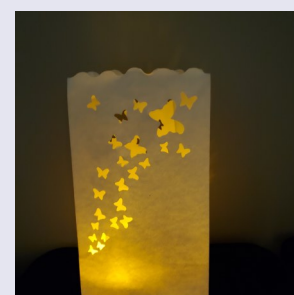
May is. . . .

Mental Health Awareness Month

Take and share these resources to promote mental health

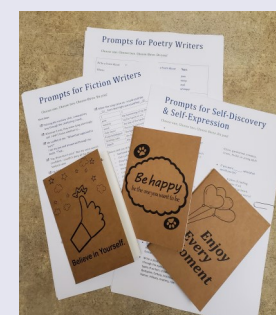
Luminary and Tea Light

“Be the light in someone’s life” by sharing a butterfly luminary as a sign of hope and support.



Pocket Journal

Journal and writing prompts for mindfulness, creativity, And self discovery *(Prompts courtesy of Molly Bilse, MHHS)*



Random Acts of Kindness Tree

The ginkgo tree in front of our library carries symbolism of hope, peace, long life, and endurance. Share our tree’s good wishes by selecting a kindness leaf from the gray mailbox outside the library and performing it for someone.

