

May 2023



Newsletter




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The reality of mental health is found in our stories.



CMHA Mental Health Week

May 1st-7th, 2023

The Library will be **closed**
for Victoria Day - **Monday, May 22nd** 

Poetry Nights at Colborne Library



Managing Caregiver Stress & Burnout



Tuesday, May 23rd 1:30pm at Colborne Library

Join Roxanne Dion-Boudreau, from the Ontario Caregiver Organization (in person or virtually from home) to talk and explore caregiver realities. The Ontario Caregiver Organization provides resources to support caregivers at any step of the caregiving experience.

Contact us for the Zoom Link.

Poetry Nights on the first and third Tuesday of Every Month! (Starts May 2nd) 6:30pm

You can:

- share a poem you have written
- share a poem someone else has written
- or just come and listen!



Ongoing Programs

Digital Literacy for Seniors

Join our Digital Literacy Professional at Colborne Library at 2pm on Tuesday, May 30th and Tuesday, June 6th



Take & Make : Get Growing Available May 2nd! 

Preschool Play Hour - Thursday May 4th @ 11am at Colborne Library

Preschool Storytime Thursdays May 11th, 18th & 25th @ 11am at Colborne Library. Contact sarah@cramahe.ca to register.

Family Movie Matinee - "The Secret Life of Pets" - Sat., May 20th at Colborne Library @1pm

Tech Deck Competition Saturdays May 6th & 27th Colborne Library 2pm 

Poetry Nights - Colborne Library, first and third Tuesday every month. May 2nd & 16th 6:30-7:30

Service Dog Reading Program - Colborne Library Saturdays by appointment only



Holistic Stress Management Workshop

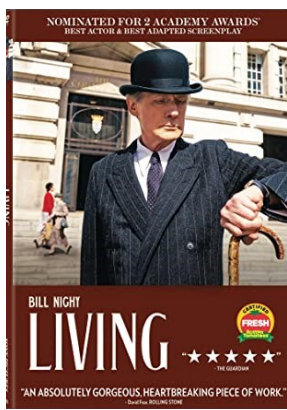
Saturday, May 27th 2:00pm @ Colborne Library

Sick and tired of feeling burnt out?
Self-care routines no longer working for you?

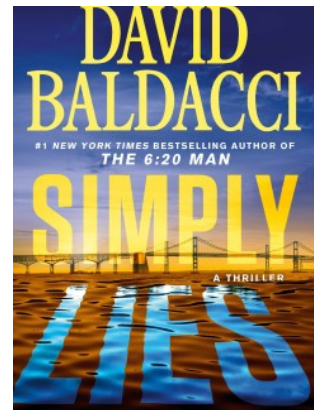
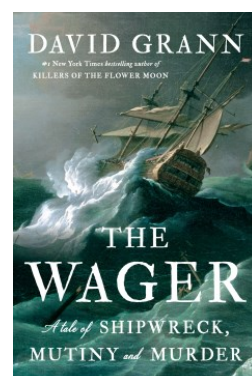
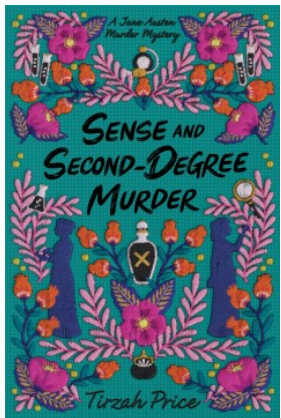
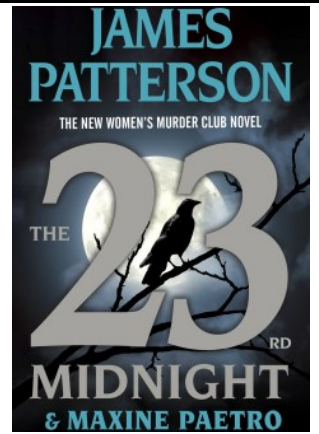
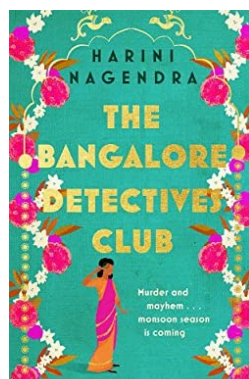
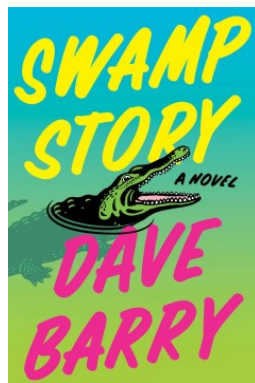
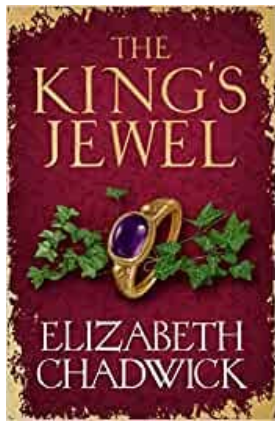
Join Ashley Jones (Energetics Specialist & Plant Medicine Practitioner) and learn how to stop releasing stress and tension through your body.

- > Stay for a guided meditation
- > Bring any questions you may have

New DVD's At The Library!



New Books At The Library!



World Press Freedom Day **May 3rd**

2023 marks the 30th anniversary of World Press Freedom Day. Which celebrates the fundamental principles of press freedom, to evaluate press freedom around the world, to defend the media from attacks on their independence and to pay tribute to journalists who have lost their lives in the exercise of their profession.

