



# MENTAL HEALTH AWARENESS MONTH

## *Events at MCLS*

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### **Guided Meditation**

Mondays, May 2, 9 & 16, 4:00 pm

*Virtual Program*

Thursdays, May 5, 12 & 19, 4:00 pm

*Hightstown Branch, Adult Program*

### **Calming Anxiety and Stress**

Thursdays, May 12, 6:45 pm

*Ewing Branch, Adult Program*

### **Stigma-Free Mercer**

Tuesday, May 31, 4:00 pm

*Ewing Branch, Children's Program*

*\*Registration is required  
for most programs.*