Monthly Digest – May 2024

learn, play, and explore

Mental Health Awareness Month

(Image: a pair of arms, cradling a heart)

May is a time to remember that your mental health is essential to your overall health. Our Community Resources page contains a wealth of helpful information, featuring a directory of crisis helplines and detailed contact information on local agencies and organizations that provide support for issues such as depression, addiction, domestic and sexual violence, bullying, grief, and parenting challenges. Need assistance navigating these resources? Our Reference librarians are here to help! Contact them during our business hours at 508-624-6900, or send them a message anytime at marlboroughreference@cwmars.org.

To view our directory of crisis helplines, and other mental health agency contact information, visit: <u>bit.ly/CommunityResources_Directory</u>

Children's Book Week

Children's Book Week takes place in May, and what better way to celebrate than by attending one of our storytimes? We have storytimes scheduled at various times throughout the day, and there's sure to be one to fit your schedule. To see upcoming storytimes in our online calendar, visit: <u>bit.ly/May_Storytimes</u>

Holiday Hours

The library will be closed on Monday, 5/27, for Memorial Day.

May 5th is Museum Lover's Day!

(Image: a collage of various museum logos)

We think that "Museum Lover's Day" is the perfect opportunity to remind everyone about our amazing discounted museum pass program! Whether you enjoy science, art, state parks, botanical gardens, or even petting zoos, we have a pass to suit you and your family. For more information on our discounted pass program, and reserve a pass today, visit: <u>bit.ly/MPL_MuseumPass</u>

The Teen Career Exploration Series Continues!

(Image: an abstract graphic representing people in various professional fields)

Our student-led career exploration series continues through the month of May! Brought to you by the MPL Teen Advisory Board, each session focuses on a different career field. Panelists from the community will share their experiences leading to their career, followed by a Q&A. To sign up for the May 9th session, visit: <u>bit.ly/May9 HealthMed</u>

To sign up for the May 23rd session, visit: <u>bit.ly/May23_Technology</u>

STOP THE BLEED® Certified First Aid Instruction, Wed. 5/22

STOP THE BLEED® is a national campaign established to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. This valuable class, led by Maureen Searl, RN, M.Edu, NCHES, Certified American Heart Association AED/CPR/First Aide Instructor and Department of Defence Stop the Bleed (STB) Certified Instructor, is for both teens and adults. The session is one hour long, and includes hands-on training. There are three sessions to choose from. For more information, and to register, visit: <u>bit.ly/May22_StopTheBleed</u>

What's New on Our Shelves?

To see all the newest "stuff" at our library, visit Wowbrary at: bit.ly/MPL Wowbrary

From the Director's Desk: A Letter From the Desk of our Director, Sara Belisle

Dear Marlborough Community,

Springtime is in full swing, and what a surprise it was to see some daffodils pop up out of the ground around the library! It was so great to see that they survived the construction.

I'd like to thank everyone who completed our community survey in April. Your feedback is important as we start looking toward the future of the library, and the services that we provide. As I mentioned in my opening-day speech, I fully believe the library is like a living thing. We grow and change along with the community. The five-year plan that we write will consider all the feedback we've received since opening, including the survey. I look forward to working with the rest of the Library staff and Board of Trustees to dream big about what the library could be in the future.

We have some great programs coming up this May! For adults, on Saturday May 18th, we have Cover Letter Writing Workshop. Immediately following that, there will be program about replacing your lawn with native plants, presented by a member of the Marlborough Garden Club. For Teens we still have space for the May 4th Lightsaber Training, as well as the third and fourth sessions in the Teen Career Series, brought to you by the Teen Advisory Board. This month the focus will be on Health & Medicine (on May 2nd), and Technology (May 23rd). For kids, the Goblin Scouts are meeting three times this month. In fact, there's something happening almost every day for kids... be sure to check out the rest of our calendar of events!

Warm Regards, Sara Belisle Director of the Marlborough Public Library 5/1/2024

Library Links

Library Website: <u>marlboroughpubliclibrary.org</u> Access Your Account: <u>bit.ly/CWMARS_Account</u> Calendar of Events: <u>bit.ly/MPL_EventsCalendar</u> English Language Learning Resources: <u>bit.ly/MPL_ESL_Resources</u> Crisis & Community Resources: <u>bit.ly/MPL_CrisisAndCommunityResources</u> Room Reservations: <u>marlborough.librarycalendar.com/reserve-room</u> Museum Passes: <u>bit.ly/MPL_MuseumPass</u>

Social Media

Facebook: <u>facebook.com/MarlboroughPublicLibrary</u> Instagram: <u>instagram.com/MarlboroughPublicLibrary</u>

Contact Us

35 West Main St.Marlborough, MassachusettsPhone number: 508-624-6900Online Contact Form: <u>bit.ly/MPL_Contact_Form</u>

Hours

Monday through Thursday: 9am to 8pm Friday and Saturday: 9am to 5pm