

# ROCK ISLAND PUBLIC LIBRARY

# MENTAL HEALTH MATTERS

## FALL PROGRAMMING



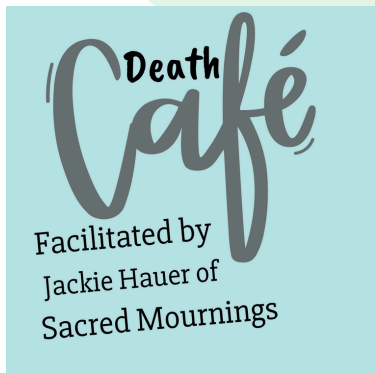
**ROBIN SPIELBERG, MUSIC & MENTAL HEALTH**  
**TUES., NOV. 5TH @ 6PM | WATTS-MIDTOWN**

*Learn about the science of music and the brain and strategies for implementing music to reduce stress and anxiety.*



**FAMILY & FRIENDS SEMINAR**  
**WED., NOV. 13TH @ 6PM | WATTS-MIDTOWN**

*This is a seminar to inform people who have loved ones with a mental health condition how to best support them.*



**DEATH CAFE**  
**SAT., NOV. 16TH @ 11AM WATTS-MIDTOWN**

*Discussions include all things related to life, death, and the finality of it. Open, non-judgmental, and honest conversation about topics we don't discuss much.*



**EVEN ELEPHANTS FORGET SOMETIMES WITH DR. ROSENBAUM**  
**SAT., NOV. 30TH @ 12PM | DOWNTOWN**

*Review pros/cons of Rx/OTC medications, dietary supplements, and integrative lifestyle choices to improve cognition.*

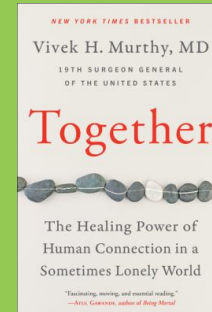


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**309-732-READ**



## READING SUGGESTIONS

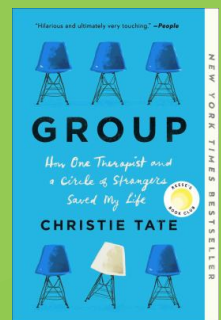
### BOOKS FOR ADULTS



**Together: The Healing Power of Human Connection in a Sometimes Lonely World**

**by Vivek H. Murthy**

**Group**  
**by Christie Tate**

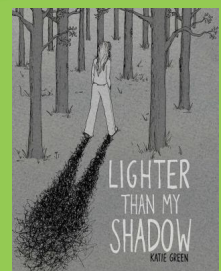


### BOOKS FOR TEENS



**Slip**  
**by Marika McCoola**

**Lighter than my Shadow**  
**by Katie Green**



**MENTAL HEALTH**  
**Resources**



Scan me with your phone camera!



## **JOURNALING FOR MENTAL HEALTH TUES., DEC. 4TH 4-6PM | DOWNTOWN**

*Journaling can help you manage anxiety, reduce stress, and manage life's many ups and downs. All supplies provided.*



## **FLIP CALENDAR DIY TUES., DEC. 17TH @ 2PM | DOWNTOWN**

*This craft is a simple but fun flip calendar, with an added sticky note pad for daily motivation and inspiration.*



## **TUNEFUL TUESDAY FREE CONCERT SERIES 1ST TUESDAY @ 12PM DEC.-APRIL | DOWNTOWN**

*Relax into the restorative and inspiring power of live music.*

## **FIND COMMUNITY AT GROUP EVENTS!**

- Book Clubs
- Downtown Movie Club
- Silent Book Club
- Board Game Club
- Coffee & Conversations
- Community Crafting

**“Social connection significantly improves the health and well-being of all individuals” -**

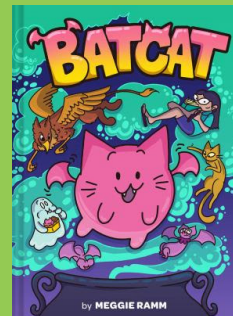
**Office of the Surgeon General**



## **FOR YOUNGER READERS**



**Guts  
by Raina  
Telgemeier**



**Batcat  
by Meggie Ramm**



## **COMFORT CARTS ROLL OUT**

**You can now find comfort carts at each RIPL location. The carts are full of the most beneficial personal care items, activities, snacks, and personal reflection items that may help those struggling to get back on track; and are available anyone in the community that needs them, without judgment.**

**Mental Health Matters**

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