

MENTAL HEALTH HAS MANY FACES,
LET'S FACE THEM TOGETHER

BOOK TO ACTION 2021



COMMUNITY READ PROGRAM SERIES

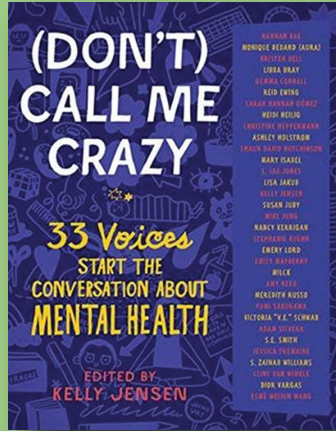
READ. DISCOVER. ACT.

Book to Action is a program of the California Library Association, supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.



READ

The Rancho Cucamonga Public Library 2021 community read is *(Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health* edited by Kelly Jensen. We are hosting a book giveaway and programs designed to break the silence around mental health throughout the month of May.



DISCOVER

BOOKCLUBS

Teen Bookclub
Thursday, May 6, 4:00 p.m.

Infinite Dominions Sci-Fi Bookclub
Tuesday, May 11, 6:30 p.m.

Mystery Bookclub
Thursday, May 13, 6:00 p.m.

Senior Bookclub
Thursday, May 20, 10:00 a.m.

Reader's Circle Bookclub
Thursday, May 20, 6:00 p.m.

ESL Bookclub
Friday, May 28, 10:00 a.m.

MEDITATION

Tuesdays at 5:00 p.m.

DISCUSSIONS

Speaker **Nicole Serrano LMFT**
Topic: Normalizing Mental Health for Adults
Friday, May 21, 4:00 p.m.

Speaker **Lori Gottlieb**
Author of *Maybe You Should Talk To Someone*
Wednesday, May 26, 6-7:00 p.m.

Speaker **Jamie Nelson LMFT**
Topic: Normalizing Mental Health for Teens
Thursday, May 27, 4:00 p.m.

To RSVP and receive a virtual invite to any of the programs mentioned above please email library.reference@cityofrc.us at least 24 hours before the start of the event and indicate which program you would like to attend.

ACT

We aim to inspiration action. Join the conversation on our social media channels. We will post weekly action items to help facilitate conversations about our mental health and provide an opportunity to connect with others.

  @rcplib #booktoaction #starttheconversationRC

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