

Dear Community,

[San Mateo County Libraries](#) has launched a [Mental Health Resources](#) page to provide our communities year-round easy access to books, digital resources, upcoming events and more related to mental health.

We understand how important it is to better understand mental health so that we can discover the support we need. Our new page can be reached anytime at [smcl.org/mentalhealth](http://smcl.org/mentalhealth).

Find mental health [book recommendations](#), [titles related to stress](#), [how to support your kids](#) and information on getting started with [Calm](#), a mindfulness app and service. We are proud to be the first public library to partner with Calm. San Mateo County Libraries cardholders can access all of Calm's premium content for six months, for free.

On top of our regular events, we've added even more offerings this May in recognition of Mental Health Awareness Month. Sign up for upcoming events in person and online including [tai chi](#), [yoga](#), [Meditation With Shiraz Zack](#) and [Take a Break From Stress With Meditation](#). Join us for a month of meditation and recentering.

[Explore Now](#)



### [Celebrating Asian American & Pacific Islander \(AAPI\) Heritage Month](#)

Every year in May, we recognize Asian American & Pacific Islander Heritage Month by celebrating the accomplishments, history and culture of Asian Americans and Pacific Islanders. Read, watch, learn and explore with recommendations for books, films, museum exhibits and more that you can access at [our libraries](#), in person and online.

[Celebrate Now](#)



### [Meet V. E. Schwab, Author of Gallant](#)

[San Mateo County Libraries](#) will welcome #1 [New York Times](#)-bestselling author [V. E. Schwab](#) on Saturday, May 14 at 1:00 PM. V. E. will discuss their new book, [Gallant](#), before taking questions from the audience. *Booklist* describes *Gallant* as a "darkly magical tale" that will mesmerize readers. Save your virtual seat for this online event.

[Register Now](#)



### [Free Comic Book Day is Coming!](#)

Every year, on the first Saturday in May, the comic book industry comes together to give away free comics for [Free Comic Book Day](#). This year, it's on Saturday, May 7, and will feature an amazing selection of comic book and graphic novel titles. We are proud to join in and offer a selection of free comic books while supplies last. Take a look at the [comics for all ages](#), and the ones [written for teens](#) that we plan to offer at [our libraries](#)!

[Read Now](#)



### [Springtime Gardens With Discover & Go](#)

Find restful gardens to walk around in the Bay Area with [Discover & Go](#), our offering that provides free passes for museums and attractions. In addition to numerous family attractions, you may explore gardens with your San Mateo County Libraries card.

[Discover Now](#)

# Explore More

Explore, learn and connect at our [library programs](#)!

#### [Meditation: A Tool to Balance Your Life](#)

May 9 & May 11 • 6:00 PM

Join long-time meditator Bruce Faithwick for this engaging program on the practice of meditation. It is an invaluable tool helping people reduce stress, gain a deeper sense of fulfillment in life as well as foster greater physical, emotional and spiritual well-being. There will even be a chance to practice this simple technique.

#### [STEAM Team! Engineering – Design a Car](#)

Upcoming events May 11, 18, 19, 25 & 26

Our STEAM Team! series takes place once a month in person at our libraries with a new theme based on science, technology, engineering, art or math. The series is designed for 2nd – 5th graders and space is limited to 20 participants at each library every month. Register for the event to guarantee your slot. Bring your curiosity, imagination and excitement, and we'll provide the rest!

#### [Virtual African Dance Class With LaKiesha Golden](#)

Saturday, May 14 • 10:00 AM

Soukous music and Ndombolo dance hails from the heart of Africa, the Congo! If you like to move, have fun, dance or try something new, then please join us for AfroFit with Instructor Ms. Golden of Cultural Arts of Gold! (Mats may be used for the warm-up. Have one ready if needed.)

#### [Virtual Poetry Night Featuring Shikha Malaviya](#)

Tuesday, May 17 • 7:00 PM

Join Belmont Poetry Night virtually to share a poem of your own, one by a favorite poet or just listen in. This night's theme is Resonating Voices: Honoring the AAPI Heritage Month. Help celebrate the AAPI communities representing a wealth and diversity of cultures and experiences within the United States. The evening will feature Shikha Malaviya, an Indian American poet, writer and publisher, and be hosted by Belmont Poet Laureate Monica Korde.

#### [Meet S. Bear Bergman, Author, Educator and Activist](#)

Wednesday, May 18 • 6:00 PM

Join us for a virtual author talk with [S. Bear Bergman](#) as he discusses his book, [Special Topics in Being A Human](#), a witty and insightful book of practical advice for the modern age. He'll also be sharing live advice for the audience.

#### [1:1 Resource Help | Ayuda de Recursos Personalizada](#)

Make an Appointment | Haz una Cita

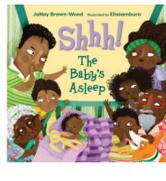
Make a personalized appointment with our staff at [North Fair Oaks Library](#) to get help on how to [access community resources](#). We can help connect you with different community groups in your service area for various needs such as food, housing and job searching.

Haz una cita personalizada con nuestro personal en la [Biblioteca de North Fair Oaks](#) para recibir ayuda sobre cómo [conectarte a los recursos de la comunidad](#). Podemos ayudarte a conectarte con diferentes grupos de la comunidad en tu área de servicio para diversas necesidades como la alimentación, la vivienda y la búsqueda de empleo.

[Explore All Events](#)

# Community Picks

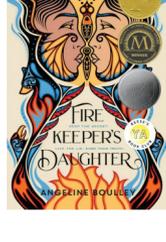
Our Community Picks titles are available digitally through [online resources](#) or in print at our libraries.



#### [Children's Picture Book: \*Shhh! The Baby's Asleep\* by JaNay Brown-Wood](#)

This was a real hit at our [family storytime](#)! Kids will have fun shushing you as you make the neighborhood noises that might wake up the sleeping baby.

*Alice, Portola Valley and Woodside Libraries*



#### [Young Adult Fiction: \*Firekeeper's Daughter\* by Angeline Boulley](#)

There are no words I could use to explain just how powerful this story was. This book is about Daunis' experience as a half-white half-Ojibwe woman who wants to be an enrolled member of her tribe. She is also suffering from a life-shattering loss. She must use all of her intelligence and determination to set her community right and find her place in it.

*Greta, Foster City Library*

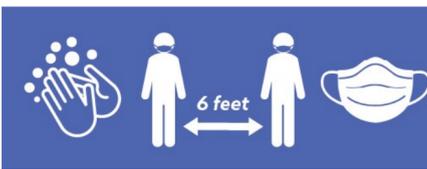


#### [Adult Fiction: \*All the Feels\* by Olivia Dade](#)

This charming romantic comedy had me giggling at the banter between Alex and Lauren. I especially appreciate that Lauren is not a conventional beauty, and the plot does not focus on her "coming to terms" with her looks, instead she is confident in herself and loves her body.

*Michelle, Belmont Library*

Make sure to [follow our blogs](#) for updates on new events, resources and services.



[smcl.org/covid](http://smcl.org/covid)  
For the latest updates on COVID-19



Stay connected with our family of libraries!

## San Mateo County Libraries

ATHERTON | BELMONT | BRISBANE | EAST PALO ALTO | FOSTER CITY | HALF MOON BAY | MILLBRAE | NORTH FAIR OAKS  
PACIFICA SANCHEZ | PACIFICA SHARP PARK | PORTOLA VALLEY | SAN CARLOS | WOODSIDE | BOOKMOBILE

Open for Exploration™

[smcl.org](http://smcl.org)

You are receiving this email because you have an active library card at San Mateo County Libraries. You can [unsubscribe](#) if you prefer not to receive future emails. You will continue to receive messages related to your library account, including holds and checkouts from plsinfo.org.

If you are not already subscribed to our weekly eNewsletter or would like to browse past issues, visit our [eNewsletter page](#).