

HEALTHY MINDS. STRONG COMMUNITIES.

Dear Community,

Most of us would know how to help if we saw someone having a heart attack — we would start CPR or call 911 — but too few of us would know how to respond if we saw someone having a mental health crisis.

Just like taking CPR or first aid courses you can take [Mental Health First Aid](#) to learn how to help someone who's experiencing a crisis. Starting this August, [San Mateo County Libraries](#) will offer this training to our communities.

In the course, participants will learn how to identify, understand, and respond to someone in a mental health crisis and provide initial help and support. We'll host in-person trainings at our [Millbrae](#), [Belmont](#), [Half Moon Bay](#) and [San Carlos](#) libraries.

If you're interested in learning more about mental health issues and better equipping yourself to assist others experiencing mental health challenges, [register](#) for a Mental Health First Aid session today.

[Learn More](#)



[Mid-Summer Fun at the Library](#)

The 2023 [Summer Learning Challenge](#) is still going strong! Have you been exploring our summer reading stories? Learning new skills? Maybe you've been active in our lockbox challenge with [Middle Scholars](#) or dropping by for storytime. Join us for some of our upcoming dance performances and programs to let loose and keep active this summer.

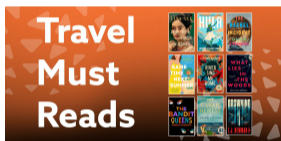
[Discover More](#)



[Meet Dominic Lim, Author of *All the Right Notes*](#)

We're delighted to host Oakland author [Dominic Lim](#) on [Thursday, August 10, at 6:00 PM](#) as he discusses his debut novel, [All the Right Notes](#). Join us as we explore this lighthearted rom-com. Registration is required.

[Register Now](#)



Travel Must Reads

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Whether you're planning a trip or looking for a fictional escape, this [list](#) of staff picks has you covered. Check out our recommended eBooks and books and get ready to discover a perfect read for the car, train or plane. Indulge in a good book before embarking on your next adventure.

[Explore More](#)

Explore More

Explore, learn and connect at our [library programs](#)! You might also be interested in...

[Open Sewing](#)

Friday, July 28 • 10:00 AM • [Millbrae](#)

Experiment with our sewing machines at the library during open sewing hours. Bring your own project or create one using our materials. While there won't be formal instruction, support with the machines will be offered if needed.

[My Two and a Half Years Behind Barbed Wire in the U.S. During WWII](#)

Friday, July 28 • 2:00 PM • [Portola Valley](#)

Join us as Yukio Shimomura shares his family's experiences during WWII in the 1940s and how Executive Order 9066 affected them. He'll discuss leaving San Francisco and entering the incarceration camps at Tanforan Racetrack in San Bruno and in Topaz (Delta), Utah.

[The Tech: Outer Space Delivery](#)

Monday, July 31 • 2:00 PM • [Millbrae](#)

How would you go about moving things across space? Join The Tech Interactive for a mini-design challenge! Design and build a device using recycled materials to deliver a payload to different targets.

[Learn Zydeco](#)

Thursday, August 3 • 3:30 PM • [Portola Valley](#)

Saturday, August 5 • 10:30 AM • [Belmont](#)

Saturday, August 12 • 2:00 PM • [Brisbane](#)

In this program for children and families, Andre Thierry shares a mix of African, Native American Blues and French Kreole dance melodies with elements of Afro-Caribbean music. Come dance, play and learn about popular Zydeco instruments like the rubboards, drums and accordion.

[Paint Like Sam Park](#)

Monday, August 7 • 5:30 PM • [Half Moon Bay](#)

Use your creativity to paint at our Paint Like Sam Park event. We'll provide 8"x10" canvases, acrylic paints, and brushes. There will be tips and examples of the artist's work to inspire and encourage you while you paint.

[Cookbook Book Club](#)

Wednesday, August 9 • 6:00 PM • [San Carlos](#)

Do you love food and cooking? Join us for the start of a new book club! Each month, we'll choose a cookbook to take home and prepare recipes from. Then, on the second Wednesday of the month, we'll meet and share pictures, stories, reviews of the dishes. In August, we will be discussing [American Table](#) by [Lisa Kingsley](#) and [Did You Eat Yet?](#) by [Ronnie Woo](#).

[Explore All Events](#)

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

Summer Learning Challenge 2023!

[summerlearners.org](#)



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](#)

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