

Happenings in the Library

Mar. 29
to
Apr. 5

Petals of Positivity

Pipecleaner flower bouquets



Join B.E.S.T. at the library and create colorful pipe cleaner flowers in our Petals of Positivity workshop, a fun way to practice mindfulness, celebrate your strengths, and boost your mood!

MONDAY

March 30th, 2026 | 11:00a.m.-2:00p.m.

Limited supplies will be available

Email: Teiglalo@gypsd.ca

Call/Text: (780) 501-9419

for more information



Bead your Best Self

Affirmation Bracelets



Join B.E.S.T. at the library to create affirmation bracelets that promote positive self-talk and support your self-esteem and overall well-being.

TUESDAY

March 31st, 2026 | 11:00a.m.-2:00p.m.

Limited supplies will be available

Email: Teiglalo@gypsd.ca

Call/Text: (780) 501-9419

for more information



The library will
be closed April
3rd, 4th and
5th for Easter.

Garden of Gratitude

Flower Craft



Join B.E.S.T. at the library for Garden of Gratitude and design your own mini paper garden filled with reminders of what you're thankful for to help strengthen your mindset and support your overall well-being

Wednesday

April 1st, 2026 | 11:00a.m.-2:00p.m.

Limited supplies will be available

Email: Teiglalo@gypsd.ca

Call/Text: (780) 501-9419

for more information



Spring into Calm

Create Your Own Stress Ball



Join B.E.S.T. at the library to design a custom stress ball and build a go-to tool for calming your mind and taking care of your mental health.

THURSDAY

April 2nd, 2026 | 11:00a.m.-2:00p.m.

Limited supplies will be available

Email: Teiglalo@gypsd.ca

Call/Text: (780) 501-9419

for more information

