



# Mental Health

AWARENESS MONTH

&

MEDITATION MONTH

## Events for Adults

Meditation & Mindfulness Workshop

Saturday, May 2, 10:30 am

*Robbinsville Branch*

Guided Meditation

Mondays, May 4 & 18, 4:00 pm

*Virtual Program*

Heartfulness Meditation

Saturday, May 9, 11:00 am

*West Windsor Branch*

Emotional Wellness Across the Lifespan: Understanding  
Burnout, Connection, and Mental Health

Saturday, May 9, 2:00 pm

*West Windsor Branch*

## Events for Kids

Calming Crafts: Mindfulness for Kids

Tuesday, May 12, 4:30 pm

*Hickory Corner Branch*



HEADSPACE

Take advantage of MCLS' subscription to Headspace! Headspace makes meditation and mindfulness techniques available online so you can experience the benefits of meditation anytime, anywhere. Visit <https://resources.mcl.org/az/headspace> to get started.

Registration is required for most programs.  
Visit [events.mcl.org](https://events.mcl.org) to register.

**MCLS**  
Mercer County Library System