May is Mental Health Awareness Month. The theme of MHAM this year is Express Yourself and what our library staff want to express to you is how much we all miss you!

We'll be sharing photos (like the pictures above) on social media this month with personal messages and updates from our staff, whether they want to recommend a book or just wish you well! We hope you will follow along and express yourself in the comments.

Through virtual events and online services, we're still here to connect and explore with you! Keep reading to find more information about MHAM in addition to library news, services, and updates.

---

**Need Tech Help? The Library Has Your Back**

Want to learn more about our eMedia and eResources? Book an appointment through our brand-new service, One-on-One Assistance - Tech Help, and one of our coaches will guide you through the process! Appointments are available Monday through Friday from 9 AM – 5 PM and can last up to 45 minutes. We will be using Zoom, a free online meeting platform where you can ask questions, share screens, and collaborate.

**Take a Virtual Field Trip!**

Take your family on a virtual field trip with the Explore From Home section of our website! You can explore free museums, art and science exhibits, animal attractions, and more from Monterey, California to Paris, France and beyond through virtual tours. Start your online journey here or by visiting the Explore From Home row on the front page of our website.

**Celebrate Asian Pacific American Heritage Month**

Every year in May, we recognize Asian Pacific American Heritage Month by celebrating the accomplishments, history, and culture of Asian Americans and Pacific Islanders. Typically, we celebrate this special month at our libraries with in-person events, crafts, author readings, and community celebrations. Due to shelter in place, we are celebrating virtually this year. Let’s recognize and explore Asian Pacific American Heritage month through film and museum tours.

**Event Spotlight: Yoga With Rachel**

Thursday, May 14 from 3:30 - 4:00 PM

Our virtual staff-led events continue to grow and connect! We’ve had more than 25 online events per week and we’re still adding fun, new programs. Our latest staff-led event, Yoga With Rachel, will appear every Thursday. Let’s go on a yoga adventure! Join Rachel for story-inspired yoga movement and mindfulness the whole family will enjoy.

**Mental Health Awareness Month**

Throughout May, San Mateo County honors Mental Health Awareness Month – a time to spread awareness and open conversations about mental health and substance abuse. This year, all community MHAM events (like book discussion groups, informational workshops, and performances) will take place virtually. Read our blog to learn more and find upcoming events. You’re invited to join us in expressing your experience, challenging stigma, and opening conversations!

**Event Spotlight: Open Lab Con Ricardo (En Español)**

Friday, May 15 from 3:00 - 3:30 PM

(Avor para hacer todo tipo de explosiones de reacciones químicas! Para una experiencia más completa, le recomendamos que tenga a mano estos artículos; vinagre, levadura, bicarbonato de sodio, colorante para alimentos, leche, soda de coca, y Mentos (el dulce).

---

**Text Us for Customer Support**

Getting help from our knowledgeable librarians has never been easier. Our text messaging service is available seven days a week from 9 AM to 5 PM. Just text your library-related question to (650) 851-0147 and one of our friendly librarians will respond as soon as possible.

---

Make sure to follow our blog for updates on new events, resources, and services.

---

Stay connected with our family of libraries!

San Mateo County Libraries
ARTHERTON | BELMONT | BRISBANE | EAST PALO ALTO | FOSTER CITY | HALF MOON BAY | MILLBRAE | PACIFICA | SANCHEZ | PACIFICA SHARP PARK | PORTOLA VALLEY | SAN CARLOS | WOODSIDE | BOOKMOBILE

To unsubscribe from these emails, click here.