Dear Community,

In these uncertain times, mental health challenges, such as anxiety, stress and insomnia, can arise. San Mateo County Libraries is proud to be the first public library to partner with Calm, a mindfulness app and service offering a free sleep story for our community. You can access this by going to plsinfo.org, logging in, and selecting "My Library Resources." This service requires no signup, it's just an email address and password to join.

Libraries. You can continue to receive messages related to your library account, including holds and checkouts from plsinfo.org.

Stay connected with our family of libraries!

San Mateo County Libraries

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**Adult Fiction:**

Get A Life, Chloe Brown. This title is a "tour-de-force romance that tackles tough problems like insecurity and chronic pain while still delivering a great story." Luckily, she knows just the guy to help her. This title is fun and perfect for the book lovers looking for their next favorite romance.

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**Young Adult Fiction:**

Chlo Brown is eager to tackle her bucket list to "get a life" and have a "great time!" She hopes that Sir David Attenborough will join her on this journey. This title is a thrilling book and a great read!

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**Children's Fiction:**

Mira loves to draw and color. Her neighborhood is filled with dull gray walls, so she decides to put up a drawing of a colorful sun that she made. Soon after, Mira meets a lizard that lived during the age of dinosaurs. Available on Kanopy.

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**Interactive Musical Storytime With Angela and Friends:**

Join "news anchor" cats Lupin, Puck and Elvis as they hilariously report on the happenings in their house! Join us on Tuesday, Sept. 15 at 4:00 PM as we engage with video content, make custom playlists, watch live videos, and more.

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**Tech Café: YouTube for Beginners:**

It's time to get your questions about how to use YouTube answered! Join us on Tuesday, Sept. 15 at 4:00 PM as we register in advance to get the most out of this class.

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**Guided Autobiography Writing Series:**

Join the LGBTQ+ Book Club and learn how to write your memoir. The group meets monthly on the third Tuesday of each month. For more information about our upcoming events, visit our blog!

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**Graphic Novel Book Club:**

Middle schoolers, do you love reading graphic novels and enjoy discussing them? Join our new Graphic Novel Book Club meeting starting Thursday, Sept. 24 at 4:00 PM! In our first meeting, we'll discuss Cece Bell's El Deafo, a Newbery Honor graphic novel memoir of Cece's life growing up as a (bunny) child with hearing loss. We will also be sure to ask for your feedback on favorite graphic novels and resources.

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**Shapes What We See, Think, and Do:**

Join us on Tuesday, September 29th at 6:30 PM for an exciting lecture with Dr. Jennifer Eberhardt based on her book, Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do.

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**STAFF PICKS**

Learn more about the books and resources available. Through our online resources, you can check out books from the comfort of your own home.

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**For more information on other events, visit our blog!**

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