Be Well @ GPL



Ⓡ = Register

glenviewpl.org/register or 847.729.7500
Visit any Library Service Desk.

- **Bipolar 101: Recognizing, Managing, and Improving Lives** Ⓡ
  Wednesday, Mar 13, 7–8 PM • Zoom
  Learn about Bipolar Disorder, how to recognize symptoms, and intervene positively for improved long-term outcomes. Presented in partnership with NAMI Cook County North Suburban.

- **Beautiful Sounds** Ⓡ
  Wednesday, Mar 27, 2–3 PM • Community Room East
  Embark on a sonically guided, full body listening meditation to wash away stress and tension, opening up space for clarity and expansive energy toward your goals.

- **Destigmatizing Schizophrenia** Ⓡ
  Wednesday, Apr 17, 7–8 PM • Zoom
  Uncover the impact of societal perception and stigma surrounding schizophrenia, and discuss the common symptoms, diagnostic criteria, and current treatment options. Presented in partnership with NAMI Cook County North Suburban.

- **Harmony Within: A Self-Care Workshop** Ⓡ
  Thursday, May 30, 2–3:30 PM • Community Room West
  Explore the meaning of self-care on an individual level, identify stressors, and craft a personalized self-care plan for a more comprehensive approach to well-being.

FOR PARENTS AND CAREGIVERS

Mental Health During the College Application Process Ⓡ
Monday, May 6, 6:30–8 PM
Community Room
The transition to college can be stressful for a family. With experts from the Family Institute at Northwestern University, discover ways to not only navigate your own feelings about your children heading to college, but also provide support for your children's mental health.