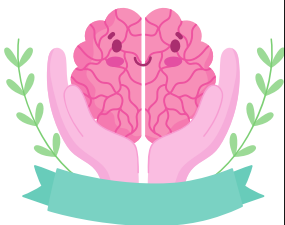


Mental Health Awareness Month!

Teen Mental Health
Programs
through NJ4S



Managing Anxiety

for Teens and their Families



With
Pizza!

Tues. May 7

6:15-7:30 pm

Anne Louise Davis Room

Pregistration requested

Self-Care for Teens

& DIY Stress Ball!



Thurs. May 9

3:30-5:00pm

Room 2
ages 10 and up

Paint On! Glass Painting



ages 9-up

Wed. May 1
4:00-6:00 pm

Room 2

Cooking with Ms J: Taco Salad

Thurs. May 2

3:30 to 4:30 pm

Room 2

Pregistration requested



Ages 5-15

More info & registration available at
<https://plainfieldnj.librarycalendar.com/>

Teen Resources Fair

May 22

3:00-6:00 pm

Local Resources for:
Job Hunting
Education/College
Physical & Mental Health

Refreshments!
Raffle Prizes!

Anne Louise Davis Room



Chess Club/Class

Sat. May 11

1:00-2:30 pm

Room 2

ages
5-13

Make a Worry Doll



Wed. May 15

3:30-5:00 pm

Room 5
ages 9-up



ages 8- up

Video Game Hangout

Sat. May 18.

12:00-2:30 pm

Room 2

Teen Advisory Board!

Wed. May 29

3:30-4:30 pm

Room 2

Grades 6-12



Email: ref@plfdpl.info or call 908-757-1111, ext. 112

Questions?

www.plainfieldlibrary.info
800 Park Ave, Plainfield NJ

