

Reference and Adult Service Division

A DIVISION OF THE SUFFOLK COUNTY LIBRARY ASSOCIATION

Please join us for our Annual Luncheon!

Tuesday, December 5, 2023 from 2:00-4:00 pm

Brentwood Public Library
34 Second Avenue
Brentwood, New York 11717

Boxed lunch will be provided by Tropical Smoothie Cafe.
Vegetarian option must be indicated on registration.

\$15

Register here:

<https://tinyurl.com/RASDLuncheon2023>

Payment by check may be sent to Valerie Harrison, Bayport-Blue Point Public Library or brought to the event. All checks should be payable to SCLA.
Please register by Thursday, November 30th.

Caring for Yourself in Stressful Times

presented by Cornell Cooperative Extension of Suffolk County

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows us to be more resilient and better manage stress, allowing us to do a better job of meeting our responsibilities. During this program we will introduce strategies for stress management and suggestions for self-care.

Two hours of professional development will be given to attendees.
Questions? Please contact Kelly Filippone at kfilippone@smithlib.org.

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