



For immediate release

May 4, 2021

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Moline Public Library Journaling for Mental Health Virtual Program

May is Mental Health Awareness month. The 2021 awareness theme is *Tools to Thrive*, which seeks to improve mental health and increase personal resiliency. Moline Public Library is partnering with the Midwest Writing Center (MWC) to provide tools to thrive with our *Journaling for Mental Health* program via Zoom on Thursday, May 20th at 2 p.m.

Journal writing is one way to nurture your mental health while expressing yourself. Learn how start and maintain a journaling practice Ryan Collins, MWC's Executive Director. Ryan will lead participants through journaling exercises for developing a healthy mindset.

The first thirty people who register for this virtual program can pick up a journal and writing pen at the library's 2nd floor information desk or have it them delivered during our curbside service hours prior to the program. Funding for this program was provided by a grant from Unity Point Health.

Register at <https://molinelibrary.librarymarket.com/events/journaling-mental-health>.

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