

Understanding Mental Health and Wellness



May is Mental Health Awareness Month and PDL, along with 70 other organizations, kicked off the month by participating in the Plymouth-Canton Community Schools (P-CCS) Mental Health and Wellness Fair at Plymouth Kellogg Park on April 29th. The fair's goal is to remove stereotypes and stigma surrounding mental health by increasing awareness and providing access to support.

As of 2022, approximately 22% of adults in Michigan have a family member with a mental health issue or have been diagnosed with one themselves, translating to one in five adults. Additionally, according to the annual report by [Mental Health America](#), 19% of Michigan's youth are dealing with major depressive episodes, with 11% of those being severe. These statistics underscore the importance of events like this fair.

Two of our team members, Lauren Baker and Heather Pacheco (pictured above), were present at the fair and shared materials and information available at PDL on mental health and wellness. Heather shared, "It was a great opportunity to let our community know about the many resources we have available to help parents, teens, and kids as they navigate their way to mental wellness."

For those interested in exploring resources for Mental Health Month, [our catalog offers a wealth of books and materials](#). Additionally, patrons can view a display of mental health books curated exclusively for teens on the main level near the Teen Zone.

Stay in the know...

PDL is hosting a [Red Cross Blood Drive, Saturday, May 17 from 10am - 4pm](#). To sign up to donate blood, visit www.redcrossblood.org/give.html/find-drive and (code: plylibrary) or call 1-800-RED-CROSS.

PDL Events



Bearing the Unbearable: Anthony Acevedo and the Silent Heroes of Berga: May 1 | 7pm

Discover the untold story of the first Mexican American to register as a concentration camp survivor, Anthony Acevedo, and his fellow soldiers, the unsung heroes of the concentration camp Berga. [Registration required.](#)

Mindful Storytime: May 2 | 6pm

Join Miss Dana for a storytime dedicated to mindfulness. We will share stories, songs and activities to help youngsters calm down and deal with any worries they might be having. Age Group: 4-7.

DIY Flower Crowns: May 9 | 7pm

Get in the spirit of spring by making your very own flower crown at the library! Crafted with faux flowers and greenery, these crowns will stay bright and festive year-round Age Group: Teens. [Registration required](#)

History Makers: May 13 | 6:30pm

Interested in playing Dungeons and Dragons? In this session, a panel of experienced players and Dungeon Masters will go over the basics of playing the game. Age Group: Youth and Families. [Registration required.](#)

SCORE Small Business Contracting: May 16 | 12pm

Presented by SCORE Ann Arbor, Larry E Powe, Esq. will discuss issues around contracting for small business owners. Attendees are welcome to bring their lunch for a lunch & learn experience. [Virtual or in-person. Registration required.](#)

Revolutionize Your Ramen: May 18 | 1pm

Join us for an instant ramen bar, complete with toppings you may have tried before—like green onions and soy sauce—and some toppings you've never even dreamed of—like Hot Cheetos or peanut butter! Age Group: Teens. [Registration required.](#)

Human Library: Unjudge Someone: May 18 | 11am-4pm

Join us for the Human Library experience, and the opportunity to engage with a living "Book" to learn something about another's experience and maybe discover a bit about yourself along the way! Age Group: All Ages.

Bookworms Book Club: May 22 | 6:30pm

This book club is for beginning readers ages 5-8. You will receive a packet containing a [list of books](#) in the series that the kids can read, as well as some fun activities. [Registration required.](#)

[Visit Our Events Page](#)

Online Learning and Streaming

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MANGO
Mango Language Learning provides instruction in over 60 languages. There is also a comprehensive program for English language learners.



LINKEDIN
Learn new skills that meet the demands of the 21st century with expertly crafted video courses.



I VOX
iVOX is an interactive 3D children's book app for ages 4-8. (No 3D glasses needed)