How to Talk to Children About Mental Health

A Picture Presentation with Dr. Mary Jo “Nonnie” Podgurski

Tuesday, June 22nd
1:00 PM
[release of video]

If the past year has taught us anything, it’s that talking about life’s challenging topics is crucial but not always easy. In her “Nonnie Talks” series, using illustrated interactions between two children and an older adult, Dr. Mary Jo Podgurski opens the door to communication between the generations by addressing complex issues with grace, humor, sensitivity, and warmth.

During this picture presentation, Nonnie talks you through the process of how to engage children with heavy topics like depression, anxiety, counseling, and the stigma often associated with mental illness. With the tips and listening strategies discussed in her talk, parents and guardians will feel more comfortable chatting about the occasional “elephant in the room” and fully embrace Dr. Podgurski’s belief that Each Person Is A Person Of Worth.

**Register today to watch the video before anyone else! Early registrants will be eligible to win free copies of the book!**

Hosted by Whitehall Public Library

Questions?
Please call the library at 412-882-6622 or email Denise ignaskyd@einetwork.net

Lunch & Learn!

June 21 - August 6, 2021

PLACE
Brennan Park Plaza
100 Borough Park Drive
Pittsburgh, PA 15236

Storytime (ages 0-7)
12 - 12:30 PM

Kids Club (ages 6-12)
12 - 12:30 PM

Free Grab and Go Lunch (while supplies last)
Ages 6 - 18 | 12:30 - 1:15 PM

CDC guidelines and COVID safety protocols will be followed.
Virtual Meetup!

Zoom is a very straightforward program for video-conferencing which you can use to join our virtual library programs. On our event calendar, you'll see a Zoom link provided at the bottom of every program description to take you to the virtual meeting. You can use Zoom on a wide range of devices, including desktop computers, laptops, tablets and phones.

Not Your Momma’s Book (& Beer) Club
Pour yourself a cold one and join other like-minded readaholics on the last Monday of the month at 7 PM. For more information about what we’re reading and to join in the discussion, find our group on Facebook: www.facebook.com/groups/WPLbookclub

Note: The Beer & Book Club usually meets for an in-person discussion at Crafthouse Stage & Grill, but to encourage social distancing we will meet online via Zoom for the foreseeable future.

Left to Write - Meets the first and third Tuesday at 10 AM over Zoom.
Want to start writing your memoirs, but not sure where to start?
Or have you begun and become stuck?
Join our memoir writers’ group for gentle feedback that will help you improve your writing skills in a warm and supportive community. During each meeting, members take turns reading their recent work in exchange for feedback about parts that are especially enjoyable or meaningful. Participants also help identify missing information, and make editorial suggestions.
Questions? Contact: Sarah 412-882-622 scotts2@einetwork.net

Chair Yoga with Cathy Tuttle @ 1:30 PM
1st & 3rd Mondays of the Month
Join the library and specialist Cathy Tuttle for a gentler and kinder yoga series accessible to people of all ages and abilities. No mat? No problem! Just take a chair and we’ll start from there!
This class offers yoga postures and gentle breathwork with a special focus on increased flexibility, strength, balance, and guided relaxation.

Get a Life: The Biography & Memoir Book Club
Tuesday, June 8 @ 11 AM
Join us for a book club that seeks to close that gap by allowing you to walk in the shoes of someone else. We’ll concentrate on a different biography or memoir each month and peek behind the curtain of another person’s choices, mistakes, regrets, and dreams.

Online this month: Keep Moving by Dick Van Dyke and Make ‘Em Laugh by Debbie Reynolds!
For more information, contact Brandon: taperb2@einetwork.net

Behind the Scenes: A Movie Club / Virtual Meetup
Second and Fourth Mondays of the Month @ 1 PM
Join Brandon for a fun discussion of a variety of films from John Wayne to Shirley Temple as we look “behind the scenes” to unpack each selection’s historical significance, stylistic choices, and meanings. For details, contact Brandon: taperb2@einetwork.net

Evening Book Discussion - Thurs, June 17 @ 7 PM
Title: Erotic Stories for Punjabi Widows by Balli Kaur Jaswal
Paula’s group is now a virtual event! Join us on the third Thursday of each month at 7 PM, over Zoom.
Questions? Contact Paula: kellyph@einetwork.net

Crafternoon Take & Make Kits—Available June 1st!
The kit is complete with (most) supplies and instructions. Each month, we will offer three new adult craft projects. Contact the library at 412-882-6622 or email us at whitemall@einetwork.net to request one for curbside pickup.

Creative Snippets:
Miniature Forever Beach
A quick and easy adult craft. (~1 hour)

Daring DIY:
Book Elephant
Great for a Saturday afternoon (2+ hours)

Small Scissors:
Tiny Paper Lavender Bouquet
An easy project that can accommodate all ages.

Domp, Pride, and Circumstance:
A Charming Tête-à-tête on Diva Worship with Dr. Veronica Bleaus
Tuesday, June 29th
1:00 PM
(Recording available)
**Register today to watch the video before anyone else! Early registrants will be eligible to win one of four free prizes!**

Join the library for a virtual talk that gives new meaning to “click and drag”. In this special presentation for Pride Month, Dr. Veronica Bleaus will speak about the practice of Diva Worship in the LGBTQ community. Why do Divas hold such importance? How do Divas influence drag performance? And what makes their legacy so enduring and exciting?

All will be revealed, and you may even learn the secrets to becoming a Diva yourself. So touch up that lace, strike a pose, and let Veronica lead the way — it's time to walk the path of utter fabulousness!

Senior Farmers’ Market Nutrition Program
Eligible seniors can participate in the Senior Farmers’ Market Nutrition Program (SFMNP) which provides food vouchers totaling $24.00 to use in farmers’ markets across Allegheny County.
If seniors participated in the program last year, then they will be mailed an application automatically for the same service this year.
Seniors who have not participated in the program in years past can print an application to register using the link provided below. Once their application is received by Allegheny County, the senior will receive their vouchers by mail within a couple of weeks.

Allegheny County website:
https://www.alleghenycounty.us/Human-Services/Programs-Services/Basic-Needs/Senior-Farmers-Market-Nutrition-Program.aspx
Monday, June 14\textsuperscript{th}: My Own Private Idaho (1991)

Monday, June 28\textsuperscript{th}: Desert Hearts (1985)  
*Zoom link meeting information is available on our Event Calendar.*

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**Preschool Storytime! - Wednesdays @ 10 AM**

Join us for a weekly storytime in Brennan Plaza (next to the pool). We will have stories, songs, rhymes, and a take-home art project.

**Registration is required.**

**Tuesday, June 15 (ONLINE) -** Local amateur astronomer Larry McHenry will be giving the following presentations:

- **Observing the Moon for Beginners** - 6:30 PM - 7:00 PM
  - An introduction to our nearest neighbor. This program is for ALL AGES. Registration required.

- **StarGazing & Myths** - 7:30 PM - 8:15 PM
  - An introduction to the constellations and seasonal night sky mythology.
  - This program is for ALL AGES. Registration required.

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**Onsite programs and storytimes will follow all CDC guidelines. Masks are required.**

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**Read for prizes all summer long! Check out our website soon for all the details.**

**Plus, read 10 books and get a Hamburger, Apple Slices and a Milk Jug from McDonald’s with a special coupon.**

**Questions? - Contact: Denise (ignaskyd@einetwork.net)
MEMORIALS & HONORARIUMS - An unique way to honor someone, or to commemorate a special event, please consider donating to the Whitehall Public Library. Call 412-882-6622 for more information or download a donation brochure from our website.

MATCHING GIFT PROGRAMS - One of the easiest ways to increase your gift to the library is through your employer. Many employers will match your donation to the Library, thereby increasing your contribution. Contact the Human Resources Department at your workplace to get more information on the options they offer.

UNITED WAY CONTRIBUTIONS - You can designate all or part of your United Way contributions to the Whitehall Public Library. Simply use donor code 2875. Your contributions will be used for programming, furniture, or the collection for the library.

AMAZON SMILE - Sign in to your Amazon account and select the Friends of the Whitehall Library as your designated charitable organization. The Amazon Smile Foundation will then direct 0.5% from all eligible sales to the Friends.

Ways to support the library. Donations / Memorials / And More...

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Mobile Printing
- Print any document or web page from your computer, phone or tablet.
- Email prints to whitehallprint@gmail.com
- Print jobs will be sent to our library printers.
- Please call ahead at 412-882-6622 to ensure your print job has successfully completed, and is available for curbside pickup during hours of operation.
- Unclaimed print jobs will be deleted after 24 hours

Hour of Operation
Monday 10:00am – 8:00pm
Tuesday 10:00am – 4:00pm
Wednesday 10:00am – 8:00pm
Thursday 10:00am – 4:00pm
Friday 10:00am – 4:00pm
Saturday 10:00am – 4:00pm

Virtual Tech Clinics
Need face-to-face help? Visit our Zoom room Wednesdays at 1:00 pm.
For a Zoom link, email — slimonl@einetwork.net

Check Out a Cake Pan!
We have 60+ cake pans (character and molded), cookie pans and molds to check out.
- Cake pans must be picked up and returned to Whitehall Public Library.
- Our cake pans cannot be placed on hold through the catalog.
- Cake pans go out for 3 weeks and cannot be renewed.

A list of cake pans available are on the online catalog. Do a "Keyword" search cake pans.

Find the Universal Class — On the menu bar under LEARN/Online Courses tab

Questions? — Call the library and ask for one of our reference librarians 412-882-6622.

Real Courses
We provide high quality, online courses to help you learn the skills needed to achieve your goals. Our courses are not just tutorials; they are real. They include lessons, exams, assignments, discussion boards and an instructor to help you master the learning outcomes.

Assessment of Your Progress
Verify your learning progress with the assessment of assignments and exams. Receive actual grades and feedback regarding your performance.

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Earn a certificate documenting your CEUs, contact hours, and course completion. Build your online portfolio and share your achievements with others.

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All courses are self-paced.

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- Computer Training
- Entrepreneurship
- Finance
- General Education
- Health & Medicine
- History
- Homeschooling
- How To / Do It Yourself
- Language Arts
- Law/Legal/Criminal
- Mathematics
- Medical Billing
- Office Skills
- Parenting and Family
- Personal Development
- Pet and Animal Care
- Psychology
- Real Estate
- Science
- Self Help
- Social Work
- Special Education
- Spiritual Studies
- Teacher Resources
- Test Preparation
- Web Development
- Writing Skills

Get Started:
Visit our website — www.whitehallpubliclibrary.org

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