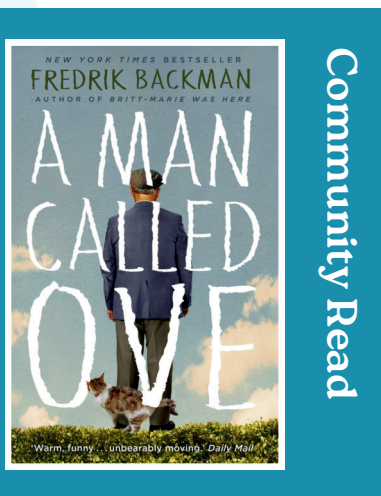


# Embracing Wellness:

## A Community Collaboration

Mental Health Awareness Month | May 2025



### Schedule of Events

All events take place at York Public Library unless otherwise indicated. For complete event details, visit [yorkpubliclibrary.org](http://yorkpubliclibrary.org).

#### Mental Health First Aid for Adults

Thu & Fri, May 1 & 2 | 12:00-4:00 PM

#### YCSA: How Our Programs and Services Can Support Your Mental Health Needs

Mon, May 5 | 10:00 AM-12:00 PM

#### QiGong with Anja Schneider

Mon, May 5 | 5:30-6:30 PM

#### Community Read Discussion: A Man Called Ove (Rotary)

Wed, May 7 | 7:00-8:00 PM  
at St. Aspinquid Masonic Lodge

#### York Community Wellness Fair

Sat, May 10 | 10:00-2:00 PM

#### Developing Nature-Based Strategies for Emotional Regulation: A Workshop for Kids & Their Caregivers

Sat, May 10 | 1:00-2:00 PM

#### Community Read Discussion: A Man Called Ove (York Public Library)

Wed, May 14 | 11:00-12:00 PM

#### Living Well with Anxiety

Thu, May 15 | 10:00-11:00 AM

#### Film Screening: A Man Called Otto

Sat, May 17 | 2:00-4:00 PM

#### Community Read Discussion: A Man Called Ove (Center for Active Living)

Mon, May 19 | 10:00-11:00 AM  
at Center for Active Living

#### Promoting Wellness from Substance Use: Prevention Through Recovery

Wed, May 21 | 6:30-7:30 PM

#### Restful Nights: A Mindfulness-Based Sleep Workshop

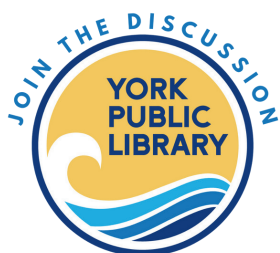
Wed, May 28 | 6:30-7:30 PM

#### Youth Mental Health First Aid

Thu, May 29 | 9:00-3:00 PM

#### Sound Bath with Ankati Day

Fri, May 30 | 6:00-7:00 PM



Scan me



**Rotary**  
York, Maine

