

## SELF CARE KIT

Life can be stressful. Our monthly self care kit can help you take a mindful moment for yourself. Each kit includes a simple yet satisfying craft, calming tea, and more stress relieving items.

Each month's kit will contain new items.

Use the library's curbside service to pick up your kit each month while supplies last.

New kits will be released the 1st Monday of each month.











