



CORONADO PUBLIC
LIBRARY

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.

New kits will be released the 1st Monday of each month. You can reserve your kit for next month starting on the 25th of the current month by emailing jluna@coronado.ca.us.
Kit's will be available while supplies last.



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