



# Monthly Mindfulness Activities

## for Kids and Teens at the Broomfield Public Library

Join us for free monthly activities  
3 Community Park Road, Broomfield, CO 80200

**Fridays 2-5pm**

### Upcoming dates and events:

- January 27th - Affirmation Bookmarks
- February 17th - Positive Thought Bracelets
- March 31st - Healthy Harvest
- April 28th - Inspiration Rocks
- May 19th - Calming Stones
- June 30th - DIY Stress Balls

These events are offered by the Community Health Workers. Events are free and while supplies last on a first come first served basis. Questions? Please call (303) 545-0852

If you or someone you know is experiencing a mental health crisis please call the Statewide Crisis Line: 1-844-493-TALK or text 'TALK' to 83255

  @mentalhealthpartnersoutreach

 **Mental Health  
PARTNERS**

Healthy minds, healthy lives, healthy communities