



PRESS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362



FOR IMMEDIATE RELEASE

Date: September 25, 2025
Contact: Troi Gale Velasquez, West End Library Manager
360-374-6402 x7793; TGale@nols.org
Re: Bilingual mental health workshop on Oct. 11 at Forks Library

The North Olympic Library System (NOLS) is hosting “[Compartiendo Esperanza/Sharing Hope](#),” a free two-hour workshop on mental health led by Tony Montegna, Community Engagement and Volunteer Manager from the National Alliance on Mental Illness (NAMI) Washington. The event begins at 3 p.m. on Saturday, Oct. 11, at the Forks Branch Library, 171 S. Forks Ave. Offered in a bilingual, conversational format, the program is designed to inform and engage both teens and adults.

Topics covered in this workshop will include:

- Causes of mental health challenges
- Stigma reduction
- Types of mental health care
- Coping mechanisms
- Impacts of fear on mental health

This workshop is part of the [Compartiendo Esperanza en Washington](#), which explores the journey of mental wellness in Hispanic/Latinx communities through dialogue, storytelling and a guided discussion. While the content is specifically designed with Hispanic/Latinx communities in mind, the program welcomes people of all backgrounds.

For information, visit [NOLS.org/events](https://nols.org/events), call 360-374-6402, or email discover@nols.org.
Registration is not needed. This program is funded in part by the Friends of Forks Library.

To learn more about Compartiendo Esperanza, visit namiwa.org/compartiendoesperanza.

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