



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

FOR IMMEDIATE RELEASE

Date: April 28, 2026
Contact: Karyn Bocko, Marketing & Communications Manager
360-417-8500 x7712 or kbocko@nols.org
Re: Perinatal mental health art show opens May 1 with music by Sarah Shea jazz trio
Attached: *MoreThanTheBlues.png*

Featuring artwork and poetry by 14 local community members and caregivers, “More than the Blues” brings attention to Perinatal Mental Health Awareness Month in May. Organized by [First Step Family Support Center](#) and the [Clallam-Jefferson Perinatal Mental Health Task Force](#), the art exhibition opens with a [free public reception](#) on Friday, May 1, from 6:30 to 8 p.m., at the Port Angeles Main Library, 2210 S. Peabody St. Attendees will have the opportunity to learn about resources and support available for parents, celebrate the artists, and enjoy live jazz performed by [Sarah Shea](#) (vocals), Jesse Ahmann (bass) and Al Harris (piano).

Pregnancy, postpartum, and early parenting are often talked about as joyful times. For many people, they are—but they can also bring unexpected challenges. The exhibition title points beyond the phrase “the baby blues,” making space for deeper and longer-lasting mental health experiences, including depression, anxiety, trauma, and substance use, as well as resilience, connection, and healing. The paintings, drawings, fiber art, mixed-media, ceramic sculpture, and poems on display express a diverse range of lived experiences.

Following the May 1 opening, “More than the Blues” remains on view during library hours through Saturday, May 30.

Learn more about the family resources provided by First Step at firststepfamilysupport.org. First Step Family Support Center is an equal opportunity employer and provider.

For exhibition details, visit [NOLS.org/events](https://nols.org/events), call 360-417-8500 or email discover@nols.org.
Support for Art in the Library comes from the Port Angeles Friends of the Library.



PERINATAL MENTAL HEALTH AWARENESS
ART EXHIBITION

*“More than the Blues” will be on display at the Port Angeles Main Library in May
for Perinatal Mental Health Awareness Month.*

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