



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

FOR IMMEDIATE RELEASE

Date: September 23, 2021
Contact: Troi Gale, Library Manager
360.417.8500 x7793 or TGale@nols.org
Re: Resilience Month Events
Attachments: *Clallam Resilience Project Logo.jpg, lcs-logo.jpg, O3A Logo.jpg, uwcc-logo.png, uwcc-logo.png, Q-Logo.jpg*

The North Olympic Library System (NOLS) is excited to announce a variety of activities during the month of October in celebration of Resilience Month. NOLS has teamed up with the Clallam Resilience Project and other community partners to bring virtual events focused on building knowledge, skills, connection, and resilience. Each workshop will focus on topics and skills related to resiliency. All workshops are held on Zoom; registration is required for each program to receive Zoom login. Register at nols.org/resilience-month, or by calling or stopping by your local NOLS branch.

Saturdays, October 2, 16, and 30, 11am-12pm

Laughter Yoga Series

This series offers an introduction to laughter yoga, laughter exercises (practices to stimulate laughter) and breathing exercises to promote relaxation. The laughter yoga series will occur three times over the course of the month and will be taught by Instructor JJ. Join one session or all! Register to receive Zoom login information.

Tuesday, October 5, 1-2:30pm

NEAR is Here: People Helping People

Explore how bodies, behaviors, and choices intersect with the NEAR sciences (neuroscience, epigenetics, ACES, and resilience). Increase your knowledge of community resources and resiliency building efforts and activities. Register to receive Zoom login information and a special Resiliency Kit available for pick up.

Presentation is provided by: Mel Melmed RN, MPH, MSN, Port Angeles Healthy Youth Coalition; Kaelan Gilman, Clallam Resilience Project; and Minnie Whalen, Clallam Resilience Project

Tuesday, October 5, 6-6:45pm

NEAR is Here: Family Training

Join parents and families for an evening of NEAR sciences (neuroscience, epigenetics, ACES, and resilience) training. How can NEAR sciences foster connection and nurture hope during these difficult times? Register to receive Zoom login information and a special Resiliency Kit available for pick up.

Presentation is provided by: Bonnie Schmidt, parent and Educator and Amanda Sanders, parent and Parent Educator with Lutheran Community Services

Beginning Monday, October 11, while supplies last

Free Resiliency Kits

Pick up a Resiliency Kit at any NOLS location, while supplies last. The kit provides a variety of activities and tools to help build resilience and support self-care. Resiliency Kits with activities and tools in Spanish will also be available, while supplies last.

Tuesday, October 19, 11am-12:30pm

Intentional Aging: Mindfulness, Movement, and Breath

Two things that can improve well-being and promote resilience are breathing and paying attention to the present moment. Join a special session of NOLS' ongoing series *Intentional Aging*. During this session, learn about breathing techniques, a guided mindfulness practice, gentle movement, and the science and research associated with these skills.

Presentation is provided by: North Olympic Library System

Tuesday, October 19, 6-7:30pm

Quileute Resilience, Hope, and Healing

Quileute Nation members will discuss Indigenous resilience through ACES application, community collaboration, and education. There will be time for participants to ask questions and discuss practical approaches to long term generational healing. Register to receive Zoom login information and a special Resiliency Kit available for pick up.

Presentation is provided by: Miss Ann Penn-Charles & Charlotte Penn of the Quileute Nation

Resilience Month activities are supported by Clallam Resilience Project, United Way of Clallam County, Lutheran Community Services, Quileute Human Services and local Friends of the Library groups. For more information about this program, visit www.nols.org, email Discover@nols.org, or call 360.417.8500.





Events and presentations will be held throughout the month of October in celebration of Resilience Month.

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