



### Library Fest 2025: The North Carolina Edition Wrap-Up

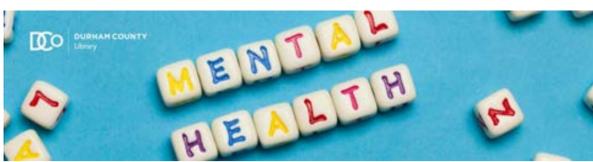
Our fifth annual Library Fest is in the books! This year, we hosted over forty North Carolina-themed events throughout the Durham County Library system and with our partner organizations. Your attendance set a new record! We thank the [Durham Library Foundation](#) for their support of Library Fest each year. From story times and bilingual events to live music and author talks, we had a little bit of something for everyone. See our [YouTube channel](#) for a recap of the week's events.

Be sure to check out this month's Durham Library Foundation sponsored humanities events. Join us for [Director's Cut](#), a conversation between Haitian filmmaker Vanessa Beletic and Black Issues Forum host Kenia Thompson on Saturday, May 10. A week later on Saturday, May 17, we're collaborating with Color of Fandom and Duke University's Center for African and African American Studies for our [AfroFuturism Fests!](#) There will be film screenings, speaker panels, and more.



### Library Closures in May

All Durham County Library locations will be closed on **Thursday, May 15** for Staff Development Day and **Monday, May 26** for Memorial Day. Digital resources like Ebooks, movie streaming, online classes, and more will still be available. Please see our [online resources page](#) for more details.



### Mental Health Awareness Month

May is Mental Health Awareness Month. Celebrated in the United States since 1949, this commemoration seeks to highlight the challenges faced by the millions of Americans who live with mental health conditions. Please see our catalog for a [Mental Health Awareness booklist](#) put together by one of our team members.

Here at Durham County Library, we're collaborating with our [Public Health Department](#) and local partners to hold events to educate about and support mental health in our community.

#### Stress Less: A Community Workshop on Practical Stress Management Wednesday, May 21, 6 - 7:30 p.m.

[North Regional Library](#)  
[Registration Not Required](#)

This interactive educational workshop is designed to equip participants with effective stress management techniques that can be easily integrated into everyday life. Through a combination of guided discussions, hands-on activities, and evidence-based strategies, attendees will gain a deeper understanding of how stress impacts the body and mind—and how to respond to it in healthy, sustainable ways.

#### Free Meditation Session Saturday, May 24, 3 - 4 p.m.

[Southwest Regional Library](#)  
[Registration Required](#)

Join us for a free meditation class to learn techniques for managing stress, improving mental clarity, and promoting overall well-being. Led by an experienced instructor from the North America Institute of Vihangam Yoga, this meditation session will provide valuable tools for relaxation and stress relief.

#### Where Mental Health Meets Self-Care: CIRCL Mobility & Sound Healing Session Tuesday, May 27, 6 - 7 p.m.

[North Regional Library](#)  
[Registration Not Required](#)

Self-care is more than a buzz word. During Mental Health Awareness Month, consider focusing on self-care by joining us for a stretch session that ends with a sound bath (sound healing). Increase blood flow during the stretch phase of the session and end with soothing singing bowls. You will leave rejuvenated but relaxed. Please bring a yoga mat if you have one. A small number of yoga mats will be available.

#### ASIST Workshop

**Thursday, May 29 and Friday, May 30, 9:30 a.m. - 5:30 p.m.**

[Southwest Regional Library](#)  
[Registration Required](#)

Applied Suicide Intervention Skills Training (ASIST) is an evidence-based model that teaches adults how to assist those at risk for suicide; it is not specific to mental health professionals. ASIST teaches skills to recognize the signs a person is having thoughts of suicide and to confidently intervene to keep them safe. Please note this program is exclusively in-person and registration is required.



### Coming Soon: Summer Reading

Summer Reading is just around the corner! We've got just over a month to go until the fun begins. Our annual Summer Reading program isn't just for the kids who are out of school, it's for grown-ups too. We're excited to announce our kick-off events that will get our summer started! Please see below for details, and be sure to check our [Summer Reading website](#) for further updates:

#### Summer Reading Kickoff Splash Party Thursday, June 12, 2 - 4:30 p.m.

[South Regional Library](#)  
[Registration Required](#)

#### Rainbow-Themed Teen Lock-In Friday, June 13, 6:15 - 9 p.m.

[Southwest Regional Library](#)  
[Registration Not Required](#)

#### Main Library Kickoff Event Saturday, June 14, 10 a.m. - 2 p.m.

[Main Library](#)  
[Registration Not Required](#)

#### North Regional Library Kickoff Event Saturday, June 14, 10 a.m. - Noon

[North Regional Library](#)  
[Registration Not Required](#)

#### East Regional Library Kickoff Event Saturday, June 14, 11 - 1 p.m.

[East Regional Library](#)  
[Registration Required](#)

#### After-Hours Adults-Only Kickoff Event Saturday, June 14, 6:30 - 10 p.m.

[Main Library](#)  
[Registration Required](#)

#### Southwest Regional Library Kickoff Event Monday, June 16, 3 - 5 p.m.

[Southwest Regional Library](#)  
[Registration Not Required](#)

#### Stanford L. Warren Branch Library Kickoff Wednesday, June 18, 4 - 6 p.m.

[Stanford L. Warren Branch Library](#)  
[Registration Not Required](#)



### Upcoming Friends of the Durham Library Events

The Friends of the Durham Library is a member-supported, all-volunteer 501(c)(3) organization that supports Durham County Library through staff scholarships, programming grants, and more. The Friends sell gently used books, CDs, DVDs, and games donated by the community. For upcoming events, membership information, donation instructions, and more, please [visit the Friends' website](#). You can also shop for books any time at the [Friends' online storefront](#).

#### Pop-Up DVD Sale Saturday, May 31, 11 a.m. - 3 p.m.

[Main Library](#)  
[Registration Not Required](#)

The Friends of the Durham Library will conduct a pop-up sale at the Main Library on the last Saturday in May. They will have hundreds of DVDs in every genre, including hit TV series sets and other multi-disc sets of all sorts.

For this sale, the Friends have cut the price of DVDs in half! All DVDs on sale are now just 50 cents each and multi-disc sets are 50 cents per disc, plus tax. The Friends will also have a large selection of puzzles and games between \$1 and \$3 each, plus tax.

#### Friends of the Durham Library Grant-Sponsored Programs

The proceeds from this month's pop-up DVD sale and all other Friends sales go to supporting Durham County Library staff. Providing grant funds for library programs is just one of the ways the Friends support Durham County Library. Please see below for a lineup of our May programs sponsored by Friends of the Durham Library grants:

#### Origami for Everyone Tuesday, May 13, 6 - 7 p.m.

[Main Library](#)  
[Registration Required](#)

Want to know more about origami? Would you like to try making your own? Join us for an interactive origami event with local artist Alexander Roa. In this program, participants will gain insight into origami techniques and have a chance to make their own creations!

#### North Durham Birding Club Tuesday, May 20, 10 - 11 a.m.

[North Regional Library](#)  
[Registration Required](#)

Join us as we learn to access The Great Courses through the library while learning about birding! Each month, we will watch a video from The Great Courses: Birding in North America to practice accessing our online resources. Then, we'll discuss what we've learned, the birds we've identified, and other fun birding tips and tricks.

#### Inclusive Arts: Oh My Gourd Natural Birdhouses Saturday, May 24, 2 - 3:30 p.m.

[Main Library](#)  
[Registration Required](#)

Create your own natural birdhouse from gourds! Local artist Kim Tyler will share techniques and tips for making a natural birdhouse, and you'll get to create a birdhouse for your summer garden. All supplies will be provided.



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