
May Workshops – All are Free, unless otherwise

✓ Strategies to Staying in and Returning to Your Resilient Zone

Wednesday, May 20 at 3:30 p.m.

You will learn about the science of resilience and strategies that support your health and well-being during turbulent times. Whereas self-care is an important component to wellness, understanding the impact of stress, as well as practical steps to reduce stress can contribute to self-repair.

Register: [RCLS Calendar](#)

✓ Virtual Programming on Social Media

Wednesday, May 27 at 11:00 a.m.

When it comes to virtual library programming you need to put social media at the forefront of your consideration. Get tips for increasing digital engagement with patrons and tracking and increasing your number of program views. Learn how to make the most out of your Facebook and Instagram and ease workflow with Creator Studio.

Presenter: Chris Morgan is a Programming and Outreach Services Librarian at the Newburgh Free Library. Chris majored in Public Communication as an undergraduate at SUNY New Paltz and has an MLS from the University of New York at Buffalo.

Attendees will receive 1 CE credit.

Register: RCLS Calendar

✓ Parenting in the Wild New World

Friday, May 29 at 11:00 a.m.

Participants in this workshop will learn about brain development and gain a deeper understanding of why children behave the way they do. Participants will also learn strategies for connection to support collaboration and positive relationships between adults and children.

Register: [RCLS Calendar](#)

✓ Lunch with Dan Yaccarino

Monday, June 1 at 12:00 p.m.

Bring your own lunch, and participate in a presentation from children's book author and illustrator Dan Yaccarino. A link to participate will be sent out the morning of the event.

Author: [Dan Yaccarino's](#) books have been translated into many languages and have inspired animated series, toys, eBooks, children's musicals, and video adaptations. People all over the world enjoy Oswald, Dan's animated series about the wonderfully whimsical world of a lovable octopus, which *Time* magazine chose as one of the top six shows to watch on cable. *Animation Magazine* hails him as "American original." Dan's work has been recognized with a host of prestigious awards including the Bologna Ragazzi, The New York Times 10 Best Illustrated, ALA Notable, and the Parents Choice Award. Over 2.5 million of his books have been sold to date.

Attendees will receive 1 CE credit.

Register: [RCLS Calendar](#)
