



QUEENS PUBLIC LIBRARY

TEENS



TEEN MENTAL HEALTH MONTH

MAY 2025

QueensLibrary.org

**BAYSIDE INNOVATION STATION
ART PROGRAMS**

Join us at Bayside on Fridays in May as we host Teen Art Programs all month long! Materials will be provided on a first-come, first serve basis.

- **May 2:** Release your stress with Mandala Relaxation Painting, using paints and pencils to create a masterpiece.
- **May 16:** Enjoy Restorative Watercolor Painting. You'll create beautiful watercolor postcards and coloring pages to feel calm and express yourself!
- **May 23:** Let your imagination flow with Hirameki Watercolor Doodling, a delightfully whimsical art form that mixes watercolor and drawing.

Fridays, May 2, 16, 23, 4pm
Bayside

HEALING BEATS FOR TEENS

Sometimes it can feel hard to talk about our feelings. This can be especially true when we're experiencing grief after losing someone or something important to us. Join us in an interactive workshop for teens where we will use drumming and rhythm to better understand our emotions. Research shows that drumming with others can help to build community, facilitate communication, and lower feelings of stress and anxiety.

Tuesday, May 6, 4pm
Bayside

Friday, May 9, 3pm
Ridgewood

Thursday, May 15, 4pm
Peninsula

Thursday, May 22, 4pm
Long Island City

Thursday, May 29, 3pm
South Hollis

Friday, May 30, 4pm
Far Rockaway Teen Library

**BREATHWORK AND MEDITATION
WITH DEVYNN VISIONARY**

Are you feeling stressed or anxious from the pressures of the day-to-day? Relax and get centered with breathwork and meditation techniques! In this program, you will learn how to regulate your emotions, bring yourself back to neutral, and feel empowered to take on any challenges that you face.

Thursday, May 8, 3pm
Woodhaven

Thursday, May 15, 3:30pm
Forest Hills

Wednesday, May 21, 3pm
Sunnyside

Thursday, May 22, 5pm
South Ozone Park

Tuesday, May 27, 3:30pm
Ridgewood

**TEEN ANIME MANIA WITH PILON
HARLEM LLC**

Celebrate Teen Mental Health Awareness Month by enjoying Anime with some like-minded friends! Let's come together to watch and discuss Anime episodes in our community. We will select an Anime series as a group, watch a few episodes together, and engage in discussion. Come hang out with new friends, connect through thoughtful discussion, and share your love for this art!

Register here:
<https://queenslib.org/PilonHarlem>

Tuesday, May 6, 4pm
East Flushing

Monday, May 12, 3pm
Woodhaven

Monday, May 19, 4pm
Flushing

Tuesday, May 20, 4:30pm
South Jamaica

Wednesday, May 21, 3pm
Astoria

Friday, May 23, 3pm
Central Library

**LESSONS IN LISTENING -
DRAWING TO A SOUNDTRACK**

Get into the zone with this Teen Mental Health Month program that will open your mind and help you get creative. Listen to music and create a masterpiece from the heart! Relax

to a fun, soothing playlist, and create drawings inspired by the music.

Tuesday, May 6, 3:30pm
Ridgewood

Monday, May 12, 4pm
Steinway

Thursday, May 15, 3pm
Sunnyside

Wednesday, May 21, 3:30pm
Far Rockaway Teen Library

**DIGITAL WELLNESS WORKSHOP
WITH QUEENS AFFIRMING YOUTH
AND FAMILY ALLIANCE**

Join us for a workshop on setting healthy online boundaries, navigating anti-LGBTQ+ rhetoric, and building inclusive digital spaces. Learn how to stay safe, support LGBTQ+ peers, and foster positive online communities. Open to LGBTQ+ youth and allies! This program is offered in partnership with Queens Affirming Youth and Family Alliance.

Tuesday, May 6, 4pm
Cambria Heights

Friday, May 9, 3pm
Flushing

Wednesday, May 21, 4pm
Central Library

BOOKLIST



The Growth Mindset Workbook for Teens

<https://www.queenslibrary.org/book/The-growth-mindset-workbook-for-teens-:-say-yes-to-challenges,-de/1100618>

Ebook: <https://queenslibrary.overdrive.com/media/6113940>

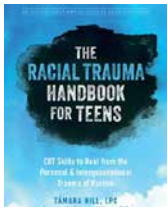


Anxiety Relief For Teens

<https://www.queenslibrary.org/book/Anxiety-relief-for-teens-:-essential-CBT-skills-and-mindfulness-p/1118623>

Audiobook: <https://queenslibrary.overdrive.com/media/6328742>

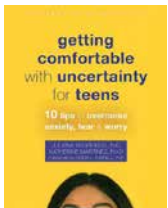
EBook: <https://queenslibrary.overdrive.com/media/5293404>



The Racial Trauma Handbook for Teens

<https://www.queenslibrary.org/book/The-racial-trauma-handbook-for-teens-:-CBT-skills-to-heal-from-th/1200339>

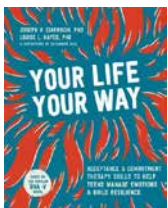
<https://queenslibrary.overdrive.com/media/8760424>



Getting Comfortable With Uncertainty for Teens

<https://www.queenslibrary.org/book/Getting-comfortable-with-uncertainty-for-teens-:-10-tips-to-overc/1173360>

<https://queenslibrary.overdrive.com/media/8760374>



Your Life Your Way

<https://www.queenslibrary.org/book/Your-life,-your-way-:-skills-to-help-teens-manage-emotions,-and-b/1076271>

<https://queenslibrary.overdrive.com/media/5214304>

- *Remember Love* by Cleo Wade (158.1 W)
- *Teen Guide to Managing Mental Health* by James Roland (616.89 R)
- *Lavender Clouds: Comics About Neurodivergence and Mental Health* by Bex Ollerton (GN 616.858 O)
- *The Self-Love Revolution: Radical Body Positivity for Girls of Color* by Virgie Tovar, MA (306.4613 T)
- *In Limbo* by Deborah Lee (YA GRAPHIC IN)
- *A Fox in My Brain* by Lou Lubie (YA GRAPHIC B Lubie)
- *The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic* by Jennifer Shannon (155.51 S)
- *Mental Health in Our World* by Janari Audra (J 362.19 A)
- *Mental Health Information for Teens* by Lisa Bakewell (616.8914 M- only 2 copies in the system)
- *(Don't) Call Me Crazy* by Kelly Jensen (616.89 D)
- *Crisis: Teen Mental Health at Risk* by Leanne Currie-McGhee (616.89 C)
- *Beneath the Surface: a Teen's Guide to Reaching Out When You or Your Friend is in Crisis* by Kristi Hugstad (616.89 H)
- *The Beasts in Your Brain: Understanding and Living with Anxiety and Depression* by Katherine Speller (152.46 S)
- *Your Life, Your Way: Skills to Help Teens Manage Emotions and Build Resilience* by Joseph Ciarrochi (305.235 C)

MEDIA

Happiness: a Fickle Queen

<https://www.kanopy.com/en/product/1237032>

Yoga for Depression and Anxiety

<https://www.kanopy.com/en/product/1337952>

Easy Yoga Flow for Beginners

<https://www.hoopladigital.com/television/easy-yoga-flows-for-beginners-season-1-coach-jenn-witaconis/14815983>

Relaxing Yoga for Self Care

<https://www.kanopy.com/en/product/6865985>





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We speak your language.

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89-11 Merrick Boulevard, Jamaica
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