

The Ringwood Library
is pleased to welcome
Author Courtney Carbone!

SATURDAY

MAY 11 * 10:30AM

Courtney will be reading from her *“Dealing with Feelings”* series that teaches young children to identify their emotions and constructively address their feelings through mindfulness, breathing techniques and positive actions.

There’ll also be **YOGA** & **ART** activities after the talk. Helen Hill, a local artist, writer and yoga instructor, will lead the activities, which will explore poses and breath-work that help connect with and release emotions.

Please register at the Circulation Desk for this program.

About the Author

Courtney Carbone studied English and Creative Writing in the U.S. and Australia before becoming a children’s book writer and editor in New York City. Some of her favorite things include trivia nights, board games, stand-up comedy, bookstores, libraries, brick-oven pizza, salted-caramel macarons, theme parties, sharks and ‘90s pop culture.



Sponsored by the Friends of the Ringwood Library.
For more information, please call (973) 962-6256.

The library is located at 30 Cannici Drive in Ringwood, NJ

The Friends of the Ringwood Library is a non-profit organization dedicated to fundraising for the Ringwood Library.

