

SOUTHBURY PUBLIC LIBRARY TEEN EVENT

# De-Stress for Success Station



**January 8-18**  
**Upstairs**  
**Grades 9-12**

If you need a break while studying, check out our Destress for Success station! We'll have snacks, activities to destress with, and more!

This station will be up for the week before and during PHS midterms. Come to the second floor where the Teen 2 Books start, or ask at the Second Floor Circulation Desk and we'll show you where everything is!

**No registration required.**

**SPONSORED BY THE FRIENDS OF THE SOUTHBURY PUBLIC LIBRARY!**

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