



# TEEN SPACE

# MINDFUL MONDAYS

Teen Mindfulness Mondays

3:00 PM at the Main Library

**Registration Required** [www.farmingtonlibraries.org](http://www.farmingtonlibraries.org)

Monday, January 3 - Guided Meditation

Monday, January 17 - Therapy Dogs

Monday, February 14 - Guided Meditation

Monday, February 28 - Therapy Dogs