

Summer Reading Program | HEPL Foundation | Maker-in-Residence | Mental Health Resource Guide



HAMILTON EAST PUBLIC LIBRARY

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Cover: Library interns from HSE's Public Relations class enjoying the outdoor plaza at Fishers Library.

Subscribe to our enewsletter to stay updated on all library happenings!





@HamiltonEastPL

Discover Guide

The Discover Guide is a quarterly publication of the Hamilton East Public Library, providing info on library events, services, and resources.



Highlights

Summer Reading Program

Join the Color Our World reading challenge! Log reading and activities from June 1 to July 31 to participate. Registration begins on May 5.

HEPL Foundation

Our newly launched Foundation enables the Hamilton County community to support the library in reaching new heights of excellence.

Ignite Studio's Summer Maker-in-Residence

This summer, meet Lisa Cooreman, an Indianapolis-based multidisciplinary artist working in fiber art, found objects, printmaking, sculpture, and installation.

Mental Health Resource Guide

Explore global, national, state, and local mental health resources, covering the topics of Mental Health, Well-Being, and Substance Abuse.

Community Spotlight

FISHERS CMMUNITY CENTER

Memberships on Sale Now

Fishers' newest health and wellness destination is coming this fall, and now is your chance to become a Charter Member of this exciting new facility!



Spark!Fishers

Mon. June 23 – Sat. June 28

Nickel Plate District | Free

Don't miss the biggest celebration of the summer! More info at sparkfishers.com.



Geist Half Marathon

Registration for the 2025 Geist Half Marathon, 10K, and 5K is now open! This family-friendly community tradition returns on September 13.



Director's Message

As the days grow longer and the sun shines brighter, we invite you to spend your summer exploring all that our library has to offer.

Whether you're attending a special summer program, discovering new digital resources, or finding your next pageturner, we have something for everyone!

We're thrilled to bring back our fanfavorite summer reading program, encouraging people of all ages to make reading a lifelong habit. (I cannot wait to read the newest book in the Hunger Game series, Sunrise on the Reaping by Suzanne Collins!)

Thank you for making our library a vibrant community hub. Enjoy a summer filled with learning, adventure, and inspiration!



Melissa Loiselle, Library Director



This Summer, enroll in the Color Our World reading challenge! Log reading and activities from June 1 to July 31 to participate. Registration begins May 5. Sign up by visiting our website or downloading the Beanstack app.

Once enrolled, start reading and exploring activities to earn points! Earn 100 points to complete the program.

Prizes and/or e-tickets for every age category are tied to points badges at 25, 50, 75, and 100 points. For Children and Teens, participants will earn a FREE book when they complete the program. Keep reading and all ages can earn an e-ticket for every 25 points past 100, up to 300 points.

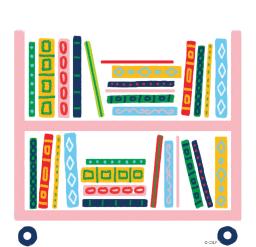
Get even more involved this summer by participating in activities to earn points! Different activities will earn you different amounts of points. Some examples include attending a library program, visiting us at outreach events, and even participating in fun activities from home! Participants can click on activity badges in their age level program to learn more.

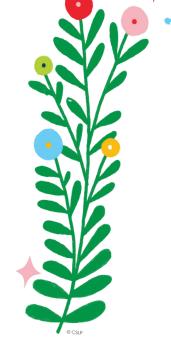
The grand finale prize drawings for each age group will be held at the end of the program, and winners will be notified via email. Participants have until August to enter their age specific raffles.

Happy Reading!



Get started on Beanstack!





Featured Events

A Night in the Stacks Adults 21+ only!

Fri. 5/30 | 7-10pm | NOB

An afterhours, open house-style bash to kick off the Color Our World Summer Reading Program! This is a ticketed event supported by the Hamilton East Public Library Foundation. Tickets are \$20 each; advance purchase required.

Silent Disco - Trivia (with prizes!) - Free Swag Bag for the first 50 people - Video & Arcade Games - Book Speed Dating - Board Games with Who's Yer Gamers - Bounce House -Crafts & Coloring - Prize Wheel - Food, beer & wine available for purchase - Friends of the Library Bookstore special hours - Summer Reading Program pre-registration - and more!



Summer Reading Kickoff Celebration! | All Ages

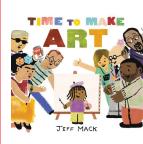
Sat. 5/31 | 1-4pm | FIS Join the library and community partners for an outdoor party with food, dancing, yard games, and activities for all ages!

Challenge the Librarian @ The Summer Reading Kickoff | Grades 6-12

Sat. 5/31 | Drop in between 1-4pm | FIS Challenge your teen librarian to a race in Mario Kart! Races will be played on the library's Nintendo Switch and joy cons. Winners get a small prize, while supplies last.

"Color Our World" Adult Craft Series

A series of fun and easy crafts, tied to this year's summer reading theme! Registration required. Fuse Beads | Wed. 6/11 | 2-3pm | NOB Crochet Bookmark | Mon. 6/23 | 6-7pm | FIS Recycled Book Chicken | Tue. 7/8 | 6-7pm | NOB Ribbon Lei | Thu. 7/24 | 2-3pm | FIS



Staff Picks











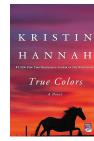














HEPL ON THE MOVE

At the library, we love going out into the community! We've scheduled visits to farmers markets and city events this summer, but you'll also find us at school events, community celebrations, concerts, and more. You'll be able to learn about and register for the Color Your World Summer Reading Program, snag a giveaway, create a simple art project, and participate in fun activities. There might even be a secret code you can use to earn bonus points for Summer Reading!

HEPL at the Farmers Market

Fishers Farmers Market

8am-12pm at the Nickel Plate AMP in Fishers Saturday, May 3 (Hope for Happiness)

Saturday, May 24

Saturday, June 21

Saturday, July 19

Noblesville Farmers Market

8am-12pm at Federal Hill Commons in Noblesville

Saturday, June 7

HEPL in the Community

Peony Festival

Saturday, May 17 | 10am-4pm | Downtown Noblesville Fishers Touch-A-Truck

Monday, May 19 | 4-7pm | Nickel Plate District

HATCH Fest

Saturday, June 14 | 11am-5pm | Downtown Noblesville Spark!Fishers Street Fair

Saturday, June 28 | Nickel Plate District





Foundation Director LISA LONGO



What are you most excited to see as a result of the impact the Foundation will have on the Library?

I am most excited to get to know the members of the community who will step forward and support the library financially with gifts. I want to hear your stories, about the impact the library, books, reading, ideas, creativity, etc. has had on your life and the role our library or your hometown library has had in that story.

Impact Begins Here

Hamilton East Public Library is eager to announce the launch of our Foundation! HEPL is the fourth largest library system in the state based on the population served. It is also one of a few that is not receiving funding from a partner foundation dedicated solely to its mission. In the past 20 years, libraries in the area have added millions to their programming budgets through their foundations.

We are excited to provide a new avenue for our community to join in providing additional financial support for the library. This will be your opportunity to make an impact on our community by supporting the vital programs and services offered through HEPL. Donations can be made through the Foundation's page on the Library website (coming soon!).

With so many great organizations to support, why should others choose to support Hamilton East Public Library?

Libraries have been a pillar community institution for a long time. Almost everyone has a library story and for many it stems from their childhood. The library is a connection point for our community, a place where your path crosses with people you may not usually meet in other places. A place where you can learn about other people in our community just by looking at the variety of programs offered through the library. Your support will strengthen our programs and services and allow them to grow and adapt with our community.

For Children & Families

Check the online events calendar for full event details at **hepl.libnet.info/events**. Programs with an asterisk (*) require registration.

Star Wars Trivia | Families

Sun. 5/4 | 2-3pm | NOB

Sticker Mania | Families

Wed. 5/7 | 3-4pm | NOB

Family LEGO Challenge* | Families

Wed. 5/7, 6/4, 7/2 | 4-5pm & 6-7pm | FIS Tue. 5/20, 6/17, 7/15 | 4-5pm & 6-7pm | NOB

Sunday Stories | Ages 2+

Sun. 5/11, 6/8, 7/6 | 2-2:30pm | FIS Sun. 5/25, 6/22, 7/20 | 2-2:30pm | NOB

Pokémon Club* | Ages 6-11

Thu. 5/15, 6/19, 7/17 | 3-4pm | NOB Wed. 5/28 & 7/30 | 6-7pm | FIS

Cool Crafting Club* | Grades 1-5

Wed. 5/21, 6/18, 7/16 | 6-7pm | NOB

Grooving Grandparents*

Ages 0-5 with Grandparents!

Fri. 5/16 | 10-11am | NOB

Mad Scientists* | Ages 8-11

Wed. 5/21 & 6/18 | 6-7pm | FIS Thu. 5/22 | 1:30-2:30pm | FIS | Homeschool

Nerf Wars* | Ages 6-11

Thu. 5/22 | 3-4pm | NOB

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Summer Reading Kickoff Celebration! | All Ages

Sat. 5/31 | 1-4pm | FIS

Color Dance | Families

Mon. 6/2 | 2-3pm | FIS

Storytimes & Music Programs

Babytime | Ages 0-24 months

Wed. 9:30-10am | FIS Wed. 10:30-11am | NOB

Tot Tunes | Toddlers-Preschoolers

Tue. & Wed. 9:30-10am | NOB Wed. 10:30-11am | FIS

Storytime | Older Toddlers-Preschoolers

Tue. 9:30-10am & 10:30-11am | FIS Thu. 9:30-10am & 10:30-11am | NOB

*These weekly programs will take a break from May 11–31.

Masterpiece Makers* | Ages 8-11

Thu. 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/24 1-3pm | FIS

Messy Art Day | Ages 6-11

Tue. 6/10 | 10-11 am | NOB

Paint Like an Artist* | Ages 8-11

Wed. 6/11, 6/25, 7/9, 7/30 | 2-3:30pm | NOB

Art Smarts* | Ages 6-11

Wed. 6/11 & 7/9 | 6-7pm | FIS

Bluey Party! | Families
Wed. 6/11 | 6-7pm | NOB

The Artful Escape: Breakout Room* | Ages 8-11

Thu. 6/16 | Slots at 12:30pm, 1:30pm, 2:30pm & 3:30pm | FIS

Tue. 7/8 | Slots at 1pm, 2pm & 3pm | NOB

Science in Art* | Ages 7-11

Tue. 6/17 & 7/15 | 2-3pm | NOB

Brave & Bright! Confidence for Kids* |
Ages 6-11

Tue. 6/17 | 1-2pm | FIS

Cat Cafe* | All Ages

Wed. 6/18 | 10-minute time slots start at 11:30am, 11:50am, and 12:10pm | NOB

Harold & the Purple Crayon

Movie Matinee*

Families

Mon. 7/7 | 2-4pm | NOB



Thu. 7/10 | 6-7pm | NOB

Art Party* | Ages 4+
Fri. 7/11 | 2-3pm | FIS

Professor Steve's Amazing World of Color | Families

Sat. 7/19 | 2-3pm | FIS

Color, Light & Shadow* | Ages 6-11

Wed. 7/23 | 6-7pm | FIS

Makers Talent Showcase* | Makers ages 6-11 & viewers of all ages

Sat. 7/26 | 1:30-3pm | NOB



On May 30, join the NEW 500 Books Before Middle School Challenge! This refreshed challenge will feature new milestone and completion prizes, such as a personalized book plate and special library experiences like making your own book display, a shout out on our digital screens, a display case feature, and more!

The current challenge on Beanstack will sunset, so if your child is currently enrolled, jot down how many books they have already read and enter that number when joining the new challenge.

Discover Guide

For Teens

Check the online events calendar for full event details at **hepl.libnet.info/events**. Programs with an asterisk (*) require registration.

Neurodivergent Teen Hangout*

Thu. 5/1 & 6/5 | 6-7pm | NOB

Sun. 5/18 & 6/29 | 2-3pm | FIS

Thu. 7/10 | 2-3:30pm | Forest Park, Noblesville

After Hours Laser Tag Party*

Fri. 5/9 | 5:45-7:30pm | NOB



Crafty Teens*

Tue. 5/13 & 6/10 | 5:30-7pm | NOB Wed. 5/14 & 7/9 | 5:30-7pm | FIS

Tue. 6/3 | 2-3:30pm | FIS

Mon. 7/14 | 2-3:30pm | NOB

May: Diamond Painting Coasters

June: Papel Picado with Beatriz Vasquez

July: Galaxy Painting with Caravan Classes



Finals Week Miniature Therapy Horse

Thu. 5/22 | 4:30-5:30pm | FIS Tue. 5/27 | 4:30-5:30pm | NOB

Take a break from finals in the TeenZone with Wrangler the registered therapy miniature horse and a beverage cart!

Teen Video Game Club*

Wed. 5/21 | 6-7:30pm | NOB

Wed. 5/28, 6/18, & 7/23 | 6-7:30pm | FIS

Mon. 6/23 | 3-4:30pm | NOB Tue. 7/29 | 6-7:30pm | NOB

June: VR

Challenge the Librarian @ The Summer Reading Kickoff

Sat. 5/31 | 1-4pm | FIS



Teen Poster Design Contest

June 1-30

Design an 11x17 in. poster featuring your favorite quote for a chance to have your poster displayed in the TeenZones and win a gift card!

See HEPL Blog for more details.



Outdoor Games Club*

Wed. 6/25 & 7/16 | 2-3pm | FIS July: Paint Twister

Teen Video Game Tournament*

Mario Kart & Tricky Towers
Sat. 6/28 | 2-4pm | NOB
Fortnite Challenges
Fri. 7/11 | 2-4pm | FIS



Cool Careers: Wrangler & Friends Farm*

Tue. 7/1 | 3-4pm | FIS

Learn the basics of training an animal and what it is like taking care of a farm that offers riding lessons, field trips, workshops, birthday parties, camps, and school programs.

Teen Gourmet: Personal Pizzas^{*}

Thu. 7/17 | 12-1:30pm | NOB Sun. 7/27 | 12:30-2pm | FIS





Splish Splash Summer Smash^{*}

Mon. 7/21 | 4:30-5:30pm | FIS

Beat the heat with color-themed water games!

Basics of Improv
Comedy with
ComedySportz*

Tue. 7/22 | 6-7pm | FIS



For Teens & Adults

Book to Movie: Emma by Jane Austen* Sat. 7/26 | 1-3:30pm | NOB

The Evolution of Jane Austen in Print*
Tue. 6/24 | 6-7pm | FIS

Gamers Guild*

Sun. 5/4, 6/1, 6/22, 7/27 | 1-5pm | NOB

Puzzle Showdown: A Team Competition for Teens and Adults!*

Sat. 6/14 | 11am-12:30pm | FIS

Open Study

Most evenings in May | 4-8pm | FIS & NOB

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Adults

Check the online events calendar for full event details at hepl.libnet.info/events. Programs with an asterisk (*) require registration.



Bee-Friendly Gardens: Cultivating a Buzzing Haven with Wildflower Ridge Honey*

Thu. 5/1 | 6:30-7:30pm | FIS

Feel-Good Friday Chair Yoga*

Fri. 5/2, 6/6, 7/18 | 2-2:45pm | FIS

International Film Festival*

Sat. 5/3 & 5/10 | 3-5:30pm | FIS

Be Stroke Smart: Stroke & Hypertension Seminar with IU Health

Tue. 5/6 | 6:30-7:30pm | NOB

Book Talk*

Wed. 5/7, 6/4, 7/2 | 2-3:30pm | FIS

Adult Virtual Craft Series*

Thu. 5/8, 6/12, 7/10 | 6:30-7:45pm | Virtual

The Write Stuff: A Virtual Adult Writers' Group*

Mon. 5/12, 6/9, 7/14 | 6:30-7:30pm | Virtual

ENL Conversation Group

Wednesdays | 11am-12pm | FIS

Traveler's Dream: A HEPL Music Series Concert*

Sat. 5/17 | 2-3pm | FIS

Traveler's Dream captivates listeners with spirited songs from the Celtic lands and French Canada, hard-driving Irish jigs and reels, sea shanties, and traditional American songs.

Book Clubs

Visit hamiltoneastpl.org/lets-read for meeting locations and book selections.

Books on Tap

Wed. 5/28, 6/25, 7/23 | 6:30-7:30pm

Fiction Fans

Thu. 5/8, 6/12, 7/10 | 6:30-7:30pm

Mystery Loves Company

Wed. 5/21, 6/18, 7/16 | 6:30-7:30pm

On the Same Page

Tue. 5/13, 6/10, 7/8 | 7-8pm

Paging Through Time

Wed. 5/28, 6/25, 7/23 | 2-3pm

Read Around the World

Mon. 5/5, 6/2, 7/7 | 6:30-7:30pm

Speculative Fiction Guild

Mon. 5/12, 6/9, 7/14 | 6:30-7:30pm

True Brew Nonfiction

Mon. 5/27, 6/23, 7/22 | 7-9pm

Puzzle Swap

Drop-off all day 6/4 - 6/13

Swap on Sat. 6/14 | 10am-1pm | FIS



Puzzle Showdown: A Team Competition for Teens and Adults*

Sat. 6/14 | 11am-12:30pm | FIS

Community Blood Drive*

Tue. 6/10 | 2:30-6:45pm | FIS

Tinted Tales: Coloring the Silver Screen*

Tue. 6/17 | 6:30-7:30pm | NOB

Join film historian Dr. Annette Bochenek as she presents about the many techniques and innovations used to bring color to the big screen.

The Evolution of Jane Austen in Print with Dr. Brad Legge*

Tue. 6/24 | 6-7pm | FIS

Keys to Homeownership: A First-Time Buyer's Guide*

Mon. 7/21 | 6:30-7:30pm | FIS

Create Your Estate Plan: Estate Planning Basics*

Tue. 7/22 | 6:30-7:30pm | NOB



Book to Movie: Emma by Jane Austen*

Sat. 7/26 | 1-3:30pm | NOB

Selling Smart: A Home Prep Crash Course*

Mon. 7/28 | 6:30-7:30pm | FIS

Computer Classes

Create a Resume*

Mon. 6/23 | 6-7:30pm | NOB

Intro to Graphic Design Using Canva*

Wed. 6/11 | 6-7:30pm | FIS

Microsoft Excel Basics*

Tue. 5/27 | 2-3:30pm | NOB

Tue. 7/8 | 2-3:30pm | FIS

Microsoft Word Basics*

Thu. 5/15 | 2-3:30pm | FIS

Thu. 7/31 | 6-7:30pm | NOB

Online Job Search Basics*

Thu. 7/17 | 10-11:30am | NOB

Tech Time: Drop-in Assistance with **Devices and Library Apps**

Tue. 5/20 | 5-7pm | FIS

Tue. 6/10 & 7/1 | 2-4pm | NOB

Mon. 6/23 | 2-4pm | FIS

Tue. 7/29 | 10am-12pm | FIS

Computer Basics: Windows 11*

Thu. 5/8 & 6/19 | 10-11:30am | FIS

Cybersecurity Basics*

Wed. 5/14 | 6-7:30pm | FIS

Email Basics*

Worshops

org

DigitalLearn.

Mon. 5/19 | 2-3:30pm | FIS

Thu. 7/24 | 10-11:30am | NOB

Internet Basics*

Thu. 6/5 | 6-7:30pm | FIS

Mobile Device Basics (iOS)*

Tue. 5/20 | 6-7:15pm | NOB

Videoconferencing Basics*

Tue. 5/13 | 2-3:30pm | FIS

Discover Guide

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Crossroads Discovery Center



Check the online events calendar for full event details at **hepl.libnet.info/events**. Programs with an asterisk (*) require registration.

G.A.B. – Genealogy Advisory Board

Thu. 5/1, 6/5 | 2:30-3:30pm | NOB

Join CRDC staff and Nancy Massey, Hamilton County Genealogist, for this lively discussion of all things genealogy.

Discover More: Archives*

Wed. 5/21 | 6:30-7:30pm | NOB

Find university, state archives, and libraries
that may have some of those missing pieces of your family
history, especially useful for location specific research.

The 1820 State Land Survey: How It Still Impacts Us Today*

Sat. 5/31 | 2-3pm | NOB

Ever wondered why roads in Hamilton County are laid out the way they are? Learn how they were established over 200 years ago. This survey is still used to define and describe property today.

Charity on Film: 1930s & 1940s Service Club Movies of Noblesville*

Sat. 6/7 | 2-3pm | NOB

Get a glimpse of Noblesville in the '30s and '40s. Local service groups have done charitable work in the community for many years. Ninety years ago, they filmed some of these activities. Watch the videos and join the discussion!

Beginning Genealogy: 8 Steps to Success*

Sat. 6/21 | 10-11:30am | NOB

Just beginning to research your family tree? Learn the 8
Steps to Genealogy. Basic methods, tips, online resources,
and record types will be explored and discussed.

Genealogy 101 For Kids* | Ages 9+

Tue. 6/24 | 2-3pm | NOB

Learn how to look at different historical records and put pieces of a family tree puzzle together in this interactive program.

Working on the River: Commercial Vessels on Hamilton County Waterways*

Sat. 7/19 | 2-3pm | NOB

Take a look at the long history of commerce up and down Hamilton County's rivers and creeks.

Oral History Workshop*

Thu. 7/24 | 6:30-7:30pm | NOB

Learn best practices in family history interviews and the basic tools to begin conducting oral histories with Jessica Layman, Genealogy & Local History Librarian.

Swedish Genealogy*

Sun. 7/27 | 2-3pm | NOB

Representatives from VASA Order of America Lodge SVEA will share their experiences with Swedish genealogy research and share pathways and resources.

Libby.

The library reading app

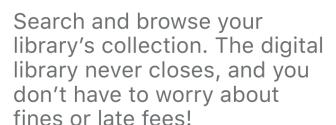
Borrow ebooks, audiobooks and more from your library with the Libby app!

STEP 1

INSTALL LIBBY

Install Libby on your device and follow the prompts to find your library and sign in with your library card.

STEP 2 BROWSE



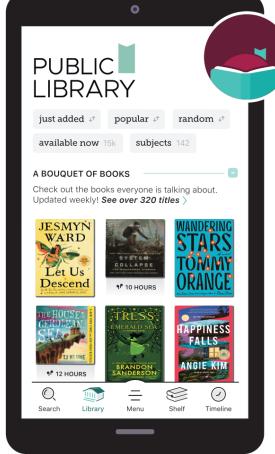
STEP 3 BORROW

Make your choice and tap Borrow.

STEP 4 ENJOY

Borrowed titles appear on your Shelf and download to the app automatically when you're on Wi-Fi, so you can read them when you're offline.









Ignite Studio

Check the online events calendar for full event details at **hepl.libnet.info/events**. Programs with an asterisk (*) require registration.



Maker-in-Residence Program Schedule

Monster Mash Finger Puppets* | Ages 6-11

Sat. 7/27 & 8/9 | 1-3pm | IGN

Swirls & Whirls: The Art of Paper Marbling* | Ages 10+

Sat. 5/10 | 1-3pm | IGN

Tue. 6/10 & Thu. 7/17 | 10am-12pm | IGN

Itajime Paper Lanterns* | Ages 10+

Wed. 5/21, Thu. 6/12 & Tue. 7/1 | 1-3:30pm | IGN

Soft Sculpture: Sock Creatures* | Ages 12+

Tue. 5/27, Sat. 6/14 & Tue. 7/15 | 1-4pm | IGN

Beyond the Blueprint: Cyanotype As Art* Ages 12+



Thu. 5/22, Wed. 6/25 & Thu. 7/3 | 1-4pm | IGN

Silk Painting* | Ages 12+

Sat. 5/31 | 9am-12:30pm | IGN

Sun. 8/24 | 1-3:30pm | IGN

Design Your Own Wearable Art Paper Doll
Drop-In| All Ages

Tue. 5/27 & Thu. 6/12 | 10am-12pm | IGN

Community Canvas | All Ages

Sat. 5/24, 7/19, 8/16 | 9am-12pm

Fishers Farmers Market

Create Together: Dip Dye Mobile Drop-In | All Ages

Sat. 5/10 | 10am-12pm | IGN

Sat. 5/31 & Tues. 6/10 | 1-3pm | IGN

Open Studio

Wed. 5/21 & Sat. 6/14 | 10am-12pm | IGN



Meet Our Summer Maker-in-Residence

LISA COOREMAN



Lisa Cooreman is a multidisciplinary artist and teacher who is passionate about creating and sharing art with people of all ages. Originally from Indiana, her work explores themes of strength, care, and history. Using textiles, printmaking, and found materials, Lisa transforms ideas into engaging and thought-provoking pieces. For over 14 years, Lisa traveled the world as a teaching artist, working with students at international schools in Japan, Vietnam, India, and Jordan. Whether introducing fellow makers to new materials or guiding them in exploring their own stories, Lisa finds joy in witnessing the creative process. She believes creativity exists in everyone and that making art together is a powerful way to learn, grow, and build community.

Q&A

What mediums do you work in and why?

I work in fiber art, found objects, printmaking, sculpture, and installation, exploring themes of domesticity, collective care, and resilience.



What is your favorite art tool/supply?

My favorite art tool isn't just one thing—it's the act of trans-

formation itself. I find joy in the process of tearing down and rebuilding, layering textiles, or repurposing found objects, as I'm drawn to how materials can be reimagined and given new meaning.

What kinds of things will you be doing during your residency in Ignite?

I'll be exploring how textile art can bring people together, fostering community through collaboration, creativity, and hands-on making. I'll have the opportunity to experiment, share my sculptural approach to printmaking, textiles, and sewing, and create an environment where viewers can engage with my process.

Who are some of your favorite artists?

My favorite artists are those who push boundaries and use materiality to tell deeply personal, historical, and cultural stories, such as Mona Hatoum, Sheila Hicks, and El Anatsui.

Resources

for Mental Health, Well-Being and Substance Abuse

Mental health affects everyone in different ways - physically, mentally, financially, socially, and emotionally. The shared well-being of our community is dependent on ensuring that compassionate assistance is readily available for those who need it. If you or someone you know is struggling, there is help out there. Our staff are happy to help you locate additional library and community resources. In an emergency, call 911 for help.



Call 911 for any emergency

Call 988 for the Suicide and Crisis Lifeline

Call 211 for resources and referrals to health, human, and social services

Resource Guide Key:





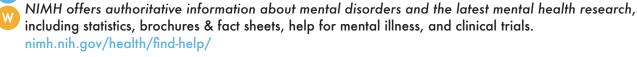
Well-Being



Substance Abuse

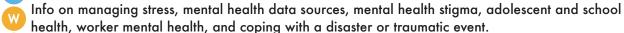
















SAMHSA (Substance Abuse and Mental Health Services Administration)

SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hours-a-day, 365-days-a-year information service in English and Spanish for individuals and

family members facing mental and/or substance abuse disorders. Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889 samhsa.gov



NAMI (National Alliance on Mental Illness)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. This organization raises awareness and

provides helpful support, education, and resources on many mental health and substance abuse topics. Spanish language resources are available.



Helpline: 1-800-950-6264 or chat/text "helpline" to 62640 | nami.org

World Health Organization – Mental Health

Choose from: fact sheets, questions & answers, databases & tools, initiatives & groups, resolutions & decisions, and technical work. You can also choose from among various country profiles for specific information on those regions.



who.int/health-topics/mental-health#tab=tab_1



For people seeking help with mental health, crisis support, finding a warmline, navigating healthcare systems to work with providers, and finding support in your local community. A timely new feature is the Global Conflict Mental Health Resources option. mhanational.org



U.S. Department of Veteran Affairs

As a Veteran, you might experience difficult life events or challenges after leaving the military. VA has resources to address the unique stressors and experiences that Veterans may face – and we're just a

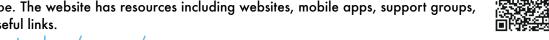
click, call, text, or chat away. Resources available for veterans and their families and friends.

Veterans Crisis Line: Call 988 and select 1 mentalhealth.va.gov



M Indiana Suicide Prevention Network (ISPN)

ISPN is a statewide community working to prevent suicide by advancing the conversation, eliminating stigma, and building hope. The website has resources including websites, mobile apps, support groups, trainings, toolkits, and useful links.



indianasuicidepreventionnetwork.org/resources/



NobleAct

The City of Noblesville has joined forces with the Noblesville Police and Fire Departments to create NobleAct, a mental health crisis and substance abuse response program. Noblesville Mayor Chris

Jensen said this program will utilize mental health police officers, community paramedics, and mental health clinicians to provide linkage to community services and divert those in crisis away from the criminal justice system.



services, healthy relationships, education, and employment.



Confidential and available 24/7, with CredibleMind you can learn new skills, understand your own mental health, take a mental health assessment, and browse the library of thousands of mental well-being resources. The free online service for residents and employees to access mental health education, resources, and assessments.



fishers.crediblemind.com

Recovery Café Hamilton County

This local organization provides a safe and all-accepting place where everyone can begin to heal. They offer a safe, warm, drug- and alcohol-free space that comes with a loving community to anchor people in the sustained recovery they need to gain and maintain access to housing, social and health



Call 317-620-1875

recoverycafehc.com

New members visit on Monday/Thursday at 7050 E. 116th St. Suite 100, Fishers, IN



Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need. Text HOME to 741741



crisistextline.ora

Please note: Information in italics has been taken directly from the linked websites



hamiltoneastpl.org Discover Guide



Send Us Your Library Photos!

We love seeing you and your family enjoy the library! Email your photos to communications@hamiltoneastpl.org, and you might appear in our next issue.

LIBRARY INFO

LOCATIONS

Noblesville Library

One Library Plaza Noblesville, IN 46060 317.773.1384

Fishers Library

Five Municipal Drive Fishers, IN 46038 317.579.0300

> **Ignite Studio** 317.579.0331

Crossroads Discovery Center 317,770,3236

LIBRARY HOURS

Monday - Thursday 9:00 am - 8:00 pm

> Friday - Saturday 9:00 am - 6:00 pm

Sunday 12:00 pm - 6:00 pm

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LIBRARY CLOSURES

May 26 | Memorial Day

June 28 | Spark!Fishers

July 4 | Independence Day

