



November 2018

ADULT PROGRAMS

FAIR HAVEN LIBRARY |

182 Grand Avenue



Talk with the Docs: The Power of a Good Night's Sleep
Thursday, November 1, 2018 – 6:00 p.m.

Join **Fair Haven Community Health Care** doctors for a light dinner and casual conversation – in Spanish and English. What have you always wanted to know about getting good sleep? How do I know if I am sleep deprived? How can I change what is affecting my sleep? How does sleep affect other health issues? What's the best way to prepare for sleep? Bring your questions! Free childcare and fun activities for kids will be provided. "Talk with the Docs" is an ongoing partnership of New Haven Free Public Library, **Junta for Progressive Action**, and Fair Haven Community Health Care.

Junta for Progressive Action's "Know Your Rights / "Conozca sus Derechos" workshop
Thursday, November 8, 2018 - 5:30 p.m.



No matter your immigration status – you have rights. This workshop will provide general information that may protect you and your family. All are welcome for this bilingual presentation.

World Cinema:
Saturday, November 24, 2018 – 1:00 p.m.
"Waltz with Bashir" Rated R Popcorn included!



Israeli filmmaker Ari Folman wrote, directed and stars in this autobiographical animated movie that was nominated for the 2008 Academy Award for Best Foreign Film. It depicts Folman in search of his lost memories of his experience as a soldier in the 1982 Lebanon War. Free popcorn!

WEDNESDAYS 4:00

ESL Conversation Club

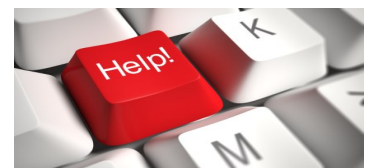
Practice speaking English in a group setting with our wonderful tutors!
Families welcome.

ENGLISH
as a
SECOND LANGUAGE



One-on-One Tech Help

Not as familiar with computers, mobile devices, and the internet, as you'd like to be? Let us help! Learn everything from how to use a mouse, basic word processing and file management, to setting up an email account and Internet best practices.



NEW HAVEN FREE PUBLIC LIBRARY FAIR HAVEN BRANCH
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