

FOR IMMEDIATE RELEASE:

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Contact: Cynthia Sifonte

Email: sifonte.cynthia@ocls.info

Phone: 407.835.7480 (For publication purposes please use 407.835.7323 for further details.)

Week of the Family

ocls.info/family

Fun Family Film!

Orlando Public Library, Library Central Sunday, November 8, 4 p.m.

In Celebration of Orange County's Week of the Family, join us for a screening of Disney's *Lilo and Stitch!* Enjoy this fun film with your whole family!

Reading to Build Empathy

Chickasaw Branch Monday, November 9, 11 a.m.

Winter Garden Branch Tuesday, November 10, 4 p.m.

Washington Park Branch Tuesday, November 17, 4 p.m.

Join Cathy Houde, Humane Educator with Pet Alliance of Greater Orlando, for a reading session geared towards families with children ages three and up. Enjoy animal stories with a humane message that teach empathy and compassion for animals and get hands-on with a pet therapy team. This is part of the RedRover Readers program. More information on the program will be available at the session.

Natural Ways to Combat Holiday Stress

Southeast Branch Monday, November 9, 6:30 p.m.

Herndon Branch Tuesday, November 17, 6:30 p.m.

West Oaks Branch Wednesday, November 18, 6:30 p.m.

The holiday season can be one of the most stressful, busy and overwhelming times of the year. To help manage the stress of the holidays, join Natural Solutions Educator Stephanie Jorian to learn simple ways to incorporate essential oils into your daily routine to help keep you relaxed. Breathing techniques, ways to shift your mindset and easy DIY gift ideas will also be presented.

Cuisine Corner: Cookbook Club

Orlando Public Library, Cypress Room Tuesday, November 10, 6:15 p.m.

Looking for cooking inspiration? Join the Cookbook Club to explore new recipes and cookbooks. This month, we will spotlight recipes that families can cook together. Please register online at **ocls.info** or call 407.835.7323. All ages are welcome as we celebrate Orange County's Week of the Family.

Naturalization Ceremony

Orlando Public Library, Library Central Thursday, November 12, 10 a.m.

Applicants, including families from countries all over the world, will take the Oath of Allegiance and become United States Citizens. Presented by U.S. Citizenship and Immigration Services.

The Value of Sugar

Chickasaw Branch

Thursday, November 12, 6:30 p.m.

Are you struggling with reaching your ideal weight, have poor sleep or other health concerns? Join Certified Holistic Health Coach, Shahnaz Nensey for a look at the value of sugar in today's world and how to combat these problems and more! For more information, visit swaasta.com.

Preventing Cyberbullying

Eatonville Branch

Saturday, November 14, 2 p.m.

What is cyberbullying? How does it happen and how can we stop it from happening? Blogger and Social Media Expert William Jackson will provide you with the tools to end and prevent cyberbullying.

Breaking Bread with Mira: Cooking with the Family

South Trail Branch

Saturday, November 14, 2 p.m.

Yamira Lee, author of the cooking blog *Breaking Bread with Mira*, will make an easy recipe that you can fit into your family's busy schedule by preparing ahead of time. Lee will share tips on how to involve the family in the planning and making of a delicious meal. Space is limited. Register online at ocls.info or please call 407.835.7323.

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