

READ BRAVE. TALK BRAVE. ACT BRAVE.

It's our hope that community members are inspired by the Read Brave books and mobilize for change in our Saint Paul community. "Act Brave" from home by assembling mental wellness kits for children receiving mental health services from the Wilder Foundation's Community Mental Health & Wellness Clinic! Mental wellness kits can include activities to help kids cope with emotions like coloring books or pop-its, as well as snacks and food items for children experiencing food insecurity. Below is a suggested list of items you can use to assemble kits at home:

Before/After School Snacks*, such as:

- Mini-muffins
- Granola bars
- Juice boxes or bottled water
- Popcorn
- Individually packaged gluten free/nut free snacks
- Non-gelatin fruit snacks
- Applesauce pouches

Box of crayons

Coloring/activity book

Pop-it, sensory putty, or similar sensory tool

Journal or sketchbook

Kits can be dropped off at the Wilder Clinic at 451 Amherst H. Wilder Foundation located at Lexington Parkway N. Saint Paul, 55104 during operating hours:

- Monday & Tuesday: 8 a.m. - 5 p.m.
- Wednesday: 8 a.m. - 6 p.m.
- Thursday 8 a.m. - 5 p.m.
- Friday: 8 a.m. - 4 p.m.

**Please include store-bought food items only in your kits.*

Read Brave Saint Paul is brought to you by the Saint Paul Public Library and The Friends of the Saint Paul Public Library. This program is funded with money from Minnesota's Arts and Cultural Heritage Fund, with special support from a Saint Paul Public School's Community Partnership ARP Grant and from The Saint Paul Saints.



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