

Libraries let your imagination soar!

Coeur d'Alene Public Library
201 E. Harrison Ave.
www.cdalibrary.org
769-2315

Post Falls Public Library
321 N. Spokane Street
www.postfallslibrary.kcl.org
773-1506

Athol Branch Library
30399 Third Street
683-2979

Harrison Branch Library
100 N. Frederick
689-3976

Hayden Branch Library
8385 N. Government Way
772-5612

DeArmond Consumer Health
Library
KMC 2003 Lincoln Way
Coeur d'Alene
666-3498

Plummer Public Library
800 D. Street
686-1084

Rathdrum Branch Library
1652 Highway 41
687-1029

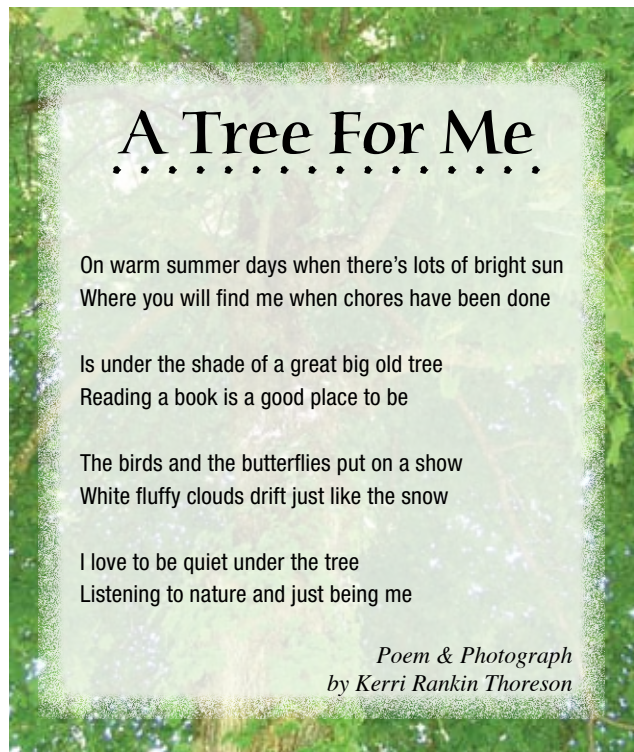
St. Maries Public Library
822 College Ave.
245-3732

Spirit Lake Branch Library
32575 N. 5th Ave.
623-5353



Take Advantage of First Books Program

First Books is a national program providing books to low income children. A local community board oversees the distribution in North Idaho. Any program or agency can apply for books for children they serve. Grantees will receive new books of their choosing, delivered directly to their agency. Request applications are available through Catholic Charities of Idaho, Kelly Groller at 667-1974.



A Tree For Me

On warm summer days when there's lots of bright sun
Where you will find me when chores have been done

Is under the shade of a great big old tree
Reading a book is a good place to be

The birds and the butterflies put on a show
White fluffy clouds drift just like the snow

I love to be quiet under the tree
Listening to nature and just being me

*Poem & Photograph
by Kerri Rankin Thoreson*

Good News for Parents of Children with Challenges

The path to services for children with mental health issues has often been a source of frustration and exasperation for the parents and guardians of these children, especially in rural areas or areas in which services are lacking or disjointed. Many parents turn to schools or professionals for help and end up walking away feeling blamed or judged for their child's obstinate or disruptive behavior. Social stigma and fragmented, confusing services are very real barriers to those emotionally and physically exhausted caregivers who are seeking help for their families.

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Caregiving for a high needs child can drain the most resourceful of mothers and fathers. Needs of those giving care easily slip through the cracks of the daily grind and go unmet for long stretches at a time, increasing family stress and making problems worse. How can I get a break from the pressure? Nobody understands what it's like to live like this. I'm doing everything I know to do, but nothing is getting better. What services are Medicaid approved? What's the best treatment for my child? These are very real concerns. And there is help for these families through Idaho's Councils of Children's Mental Health.

If you're a parent of a child suffering from emotional and/or behavioral disturbances, your local Children's Mental Health Council can not only help you link with a multitude of services, but is a caring, supportive place where people understand what you go through from day to day. Contact your local council, get the support you need and find a place where you not only belong, but can have a voice.

The path to mental health intervention does not have to be fraught with despair and isolation. To find your local council, call Kimberly Lee, parent and member of Kootenai County Children's Mental Health Council. 208-762-5288.