



# Get a Grip!

## *Minding Your Mind in Teen Literature*

**Sunday, November 4 at 3pm**

*Mental health is more than mental illness. Mental health is important to everyone. It's finding constructive ways to deal with events like death, divorce, break-ups, lack of sleep, pressure, anxiety, depression, and substance abuse. Explore these ideas with six young adult authors. Pizza dinner with teens and the authors follows the event!*

**Featuring award-winning authors: Swati Avasthi, Peter Bognanni, Shannon Gibney, Kathleen Glasgow, Rachel Gold, and Pete Hautman**

This event is free and open to readers of all ages.  
Excelsior Bay Books will be on site selling copies of the novels.



**Trinity Episcopal Church of Excelsior**  
*a growing, vibrant faith community that welcomes all*

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