



Library Update

We are excited to have Myla complete an Alternative Setting Placement at the library this summer! Myla is a first year teacher candidate in the Bachelor of Education program at Trent University. As part of the program students are required to complete an Alternative Setting Placement of approximately 75 hours that takes place in a setting different from a traditional classroom and is connected to education

Myla is interested in the opportunity to support a children's literacy program and eager to gain experience working with young learners and contribute to literacy development in a community-based setting.

Myla will be helping with many of the kids summer programs in July and August and we are thrilled to have the extra help this summer and support a future Teacher!



Holiday Closures

The Stirling-Rawdon Public Library will be closed Wednesday, July 1st for Canada Day and Saturday, August 1st for the Civic Holiday.

LIBRARY HOURS:

Sunday, Monday CLOSED
Tuesday - Thursday 10-7
Friday, Saturday 10-3

CONTACT US:

(613)395-2837
info@stirlinglibrary.com

Visit our website:
www.stirlinglibrary.com

Follow us on:



MILL HOURS

Tuesdays: 3-6:30
Saturdays: 10-2:30

CONTACT US:

613-661-6183
staff@stirlingmill.ca

Visit our website:
www.stirlingmill.ca



SUMMER PROGRAMS



BECOME A CREATIVE EXPLORER AT THE LIBRARY THIS SUMMER!

Learn a new skill, express your creativity and explore through books!

Check out our Summer Program Guide for a complete list of summer programs for kids at the QR Code link above or pick up a print copy in the library.

REGISTER ONLINE

- www.stirlinglibrary.com/events
- Find event, click on title, fill out the form
- You will receive a confirmation email and you're registered!
- Only programs with limited space and materials require registration. This will be noted in the description

GUESTS



PARSONS EST THERAPY 2025

**When Hard Work Becomes
Survival Mode**
Tuesday, July 21st at 6pm

A practical community talk about what happens when working hard, pushing through, and carrying responsibility stops feeling productive and starts becoming survival mode.

Brad will discuss how burnout can show up in everyday life through irritability, exhaustion, anxiety, poor sleep, shutdown, resentment, and feeling like you can never slow down. This talk is for anyone building a business, raising a family, working long hours, farming, caregiving, or trying to hold everything together while feeling worn down behind the scenes.

The focus will be on recognizing the signs earlier, understanding why slowing down can feel so hard, and learning realistic ways to keep going without burning yourself out.

Saturday, July 18th 10–4pm

The Stirling-Rawdon Public Library will be attending Art in the Park! A celebration of creativity at Farmtown Park. Artists & artisans displaying and selling their amazing work. BBQ lunch and ice cream will be available. Admission by donation.

Join us at Farmtown Park, 437 West Front Street, Stirling from 10am to 4pm. The library will be selling art, and handmade items as a fundraiser for the Library Art Gallery and future Library programming.



Good Food Bags & Good Baby Box

If paying in cash at the library, Good Food Bag and Good Baby Box orders need to be in by the 3rd Wednesday of the month to receive your order on the 4th Tuesday.

Order and pay online by visiting:
<https://cdcquinte.com/pages/shop>

Boundaries Without Guilt
Tuesday, August 18th at 6pm

A practical community talk about learning how to say no, protect your energy, and stop overextending yourself without feeling selfish or guilty.

Brad will discuss why boundaries can feel so uncomfortable, especially with family, work, parenting, caregiving, and relationships. This talk will explore how people end up taking on too much, why guilt often shows up when they start making changes, and how to handle difficult conversations with more confidence and less resentment.

The focus will be on building healthier relationships, reducing burnout, and learning how to care about others without constantly abandoning yourself.



www.stirlinglibrary.com



613-395-2837



43 West Front St. Stirling

On Display

Artist

*Ardith
Irvine*



July 3rd to August 27th

“My motto is to be brave - in life and in art. Painting has been my solace through several health and personal crisis. I usually approach a painting by covering the canvas with random colour and then deciding what it is telling me to paint. If I am painting from a photo the approach is the same except the colours are not so random. I am a member of the Stirling Group of Eleven and The Roslin Art Group. I hope you enjoy what I believe is a colourful and positive art experience.”

~Ardith Irvine