

WEEKLY BULLETIN

August 16 - August 22

ANNOUNCEMENTS

WE NEED VOLUNTEERS! <<<

If you or someone you know is interested in volunteering with MMCC, you can reach out at info@mainemulticulturalcenter.org or at (207) 307-7154

>>> QUESTIONS?

Questions about something on the Weekly Bulletin?
Feel free to reach out!

UPDATES <<<

>>> HELPING CHILDREN PREPARE FOR THE NEW SCHOOL YEAR

Video from WABI

As the new school year approaches, many children may feel anxious about upcoming changes and new routines. In this video, Dr. David Prescott, a psychologist at Northern Light Acadia Hospital, discusses common transitions children may be facing and shares practical tips for parents to help them feel more comfortable, confident, and prepared for these important milestones. Watch the video here: <https://www.wabi.tv/2026/08/05/healthy-living-with-northern-light-health-children-school-transitions/>

ADRIAN WORKING REMOTELY AND ON VACATION <<<

From July 28th to August 20th

Just a reminder that I will be traveling to visit my family for 3 weeks in August. I will be working remotely some of that time and still checking my emails and texts if you need to reach me.

EVENTS

>>> WEDNESDAY, AUGUST 19TH

Tech Tutoring

2:00pm - 5:00pm @ Bangor Public Library
Hannah Cyrus, BPL's Digital Media Librarian, is available for 60-minute appointments to help you with your computer questions in-person, by phone, or over Zoom. Want to organize your emails? Having trouble using a particular website or program? Wondering why that annoying message keeps popping up on your screen? Whatever your question, Hannah will work with you to find an answer and help you to solve your problems. More info here: <https://bangorpubliclibrary.libcal.com/event/15636518>

THURSDAY, AUGUST 20TH <<<

Pirate Party!

11:00am - 11:45am @ Bangor Public Library
Ahoy Mateys! Join us for a pirate party. There be crafts and snacks and games! Ages 4 - 11

>>> SATURDAY, AUGUST 22TH

Annual Butterfly Festival

10 am-2 pm @ Fields Pond, Holden
Join us for a day of butterfly fun to celebrate this special flying insect! Families of all ages are encouraged to pre-register for this free event. The day is filled with face painting, bug hunting and identification (BioBlitzing!), a butterfly parade through the meadow, crafts, and more! More info here: <https://maineaudubon.org/events/butterfly-festival-2026/>