

Celebrate Latinx Heritage Month



photo courtesy of The Multnomah County Library

Attend fun multilingual events for all ages

Multnomah County Library invites the community to join in celebrating Latinx Heritage Month. Visit a library location from September 15 - October 15 to learn about events, book displays and activities. This cultural month honors the diversity

of the Latin American community and its many contributions. Learn how to make tortillas, enjoy a comedy show, listen to live music or have a game night! Upcoming events include Música de Sudamérica, October 7 at Gresham Library at 3 pm and

Ballet folclórico, October 14 at Gresham Library at 3 pm. Multnomah County Library offers programs and services for Spanish-speakers and for the Latinx community all-year round. Stay up to date at multcolib.org.

OREGON PROBLEM GAMBLING RESOURCE

OPGR

HELP FOR PEOPLE AFFECTED BY GAMBLING

HABIT CHECK

Habits can bring positive momentum to our lives. They help us do regular tasks without devoting too much mental energy to them. But for the same reason, habits can cause us to prolong behaviors that no longer serve our best interests. If gambling has become a habit for you – or a loved one – help is available.

CHANGE YOUR HABITS WITH OPGR

If you want to change how you gamble, reach out. Oregon Problem Gambling Resource (OPGR) has trained counselors who specialize in supporting people affected by gambling. They can help you explore new choices and get you back in the driver's seat when it comes to gambling. Call, text or chat. You can feel better about gambling – starting today.

For more information, visit OPGR.org

