



For moms in recovery

The library is here for you. It is easy to get a card.

Join us for free access to:

- **Books, ebooks, audiobooks, movies, and streaming.** We have everything from books to support your recovery, to thrillers, best-sellers, picture books for kids, and comic books for teens.
- **Public computers and Wi-Fi**
- **Special work and play stations** where you can use a computer with your baby right beside you
- **Wi-Fi hotspots you can borrow** for a month to have Internet at home
- **Enriching programs for adults** where you can learn new things, be creative, relax, and connect
- **Fun storytimes for newborns to preschoolers.** We read, sing, and play—and we have bubbles!
- **Programs for teens,** from improv, to anime clubs, coding, and crafting

Everything we have is free (except printing from the computers) and there are no fines on youth materials.

Come see us.



henricolibrary.org/locations

Useful Titles

Library locations and hours

AREA LIBRARIES

Mon – Thu: 9:00 AM – 9:00 PM
Fri, Sat: 9:00 AM – 6:00 PM

Fairfield (804) 501-1930

1401 N. Laburnum Ave., Henrico VA 23223
Also open Sundays 1:00 – 5:00 PM

Libbie Mill (804) 501-1940

2100 Libbie Lake East St., Henrico VA 23230
Also open Sundays 1:00 – 5:00 PM

Tuckahoe (804) 501-1910

1901 Starling Dr., Henrico VA 23229

Twin Hickory (804) 501-1920

5001 Twin Hickory Rd., Glen Allen VA 23059

Varina (804) 501-1980

1875 New Market Rd., Henrico VA 23231

BRANCH LIBRARIES

Mon – Wed: 10:00 AM – 9:00 PM
Thu: 1:00 PM – 9:00 PM
Fri, Sat: 10:00 AM – 6:00 PM

Gayton (804) 501-1960

10600 Gayton Rd., Henrico VA 23238

Glen Allen (804) 501-1950

10501 Staples Mill Rd., Glen Allen VA 23060

North Park (804) 501-1970

8508 Franconia Rd., Henrico VA 23227

Sandston (804) 501-1990

23 E. Williamsburg Rd., Sandston VA 23150

Assess, Rebuild, Connect: Creating a New Life Beyond Addiction by the Adams Recovery Center

Overcoming Opioid Addiction: The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists by Adam Bisaga

The Essential Guidebook to Mindfulness in Recovery by John Bruna

Loving Our Addicted Daughters Back to Life: A Guidebook for Parents by Linda Dahl

Beyond Addiction: How Science and Kindness Help People Change by Jeffrey Foote

Painkillers, Heroin, and the Road to Sanity: Real Solutions for Long-term Recovery from Opiate Addiction by Joani Gammill

Relationships in Recovery: Repairing Damage and Building Healthy Connections While Overcoming Addiction by Kelly E. Green

Recovering Joy: A Mindful Life After Addiction by Kevin Edward Griffin

Soulbriety: A Plan to Heal Your Trauma, Overcome Addiction, and Reconnect with Your Soul by Elisa Hallerman

Being Sober: A Step-by-Step Guide to Getting to, Getting Through, and Living in Recovery by Harry Haroutunian

It Takes A Family: A Cooperative Approach to Lasting Sobriety by Debra Jay

Undoing Drugs: How Harm Reduction Is Changing the Future of Drugs and Addiction by Maia Szalavitz

Push Off from Here: Nine Essential Truths to Get You Through Sobriety (and Everything Else) by Laura McKowen

Recovery after Rehab: A Guide for the Newly Sober and Their Loved Ones by Joseph Nowinski

Freedom from Family Dysfunction: A Guide to Healing Families Battling Addiction or Mental Illness by Kenneth Perlmutter

Hopeful Healing: Essays on Managing Recovery and Surviving Addiction by Mackenzie Phillips

The Addiction Solution: Treating Our Dependence on Opioids and Other Drugs by Lloyd I. Sederer

Rewired: A Bold New Approach To Addiction and Recovery by Erica Spiegelman

The Addiction Spectrum: A Compassionate, Holistic Approach to Recovery by Paul Thomas, MD

The Gift of Recovery: 52 Mindful Ways to Live Joyfully Beyond Addiction by Rebecca E. Williams

For help finding these and other resources, visit our online catalog or ask library staff for assistance.

henricolibrary.org/catalog

