

Media Advisory

Reading and reflection with Bibliotherapy

April 9, 2020 —Clarington Public Library has partnered with the Literacy Network of Durham Region to offer virtual Bibliotherapy programs throughout the month of April.

The programs are part of a larger strategy to make Library programs and services available online for the community, and to help people continue to connect and enjoy learning, literacy, and leisure resources.

Originally slated to be offered in branch, Bibliotherapy sessions are small groups lead by a facilitator who reads literature, poems, and other forms of the written word, and encourages participants to share their thoughts, feelings, and interpretations of the material. It allows for reflection, strengthens community bonds, and develops personal resilience.

“Participants in Bibliotherapy report increased feelings of wellbeing and strengthening their connection to others,” says Jennine Agnew-Kata, a trained facilitator for Bibliotherapy and the Executive Director of the Literacy Network of Durham Region. “It’s even been suggested that participants find the group discussions inspiring and hopeful, and that it helps them reflect on their lives, experiences, and feelings while learning from those of others.” As many in our community are participating in self-isolation and stay-at-home measures, Bibliotherapy provides an opportunity to reduce any feelings of social isolation or loneliness.

Offered via an online meeting on Wednesdays at 2:00 p.m., the Library encourages anyone who is curious, or looking for connection to virtually drop-in. No preparation is required, just listen and discuss! Visit www.clarington-library.on.ca/eprograms to get details on how to join.

“We hope members of our community are able to connect through Bibliotherapy sessions,” says Linda Kent, CEO of Clarington Public Library, Museums, & Archives. “As so many people relied on the Library as a social gathering place, we’re hoping this provides an online alternative.”

The Library continues to create and offer new virtual programs and resources for all members of our community, available through the website and social media channels. Stay tuned and discover what is new at the Library’s virtual branch via Facebook, Instagram, and Twitter with @ClaringtonLib.

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