

TALKING BOOKS: BUILDING COMMUNITY AND SUPPORTING WELLNESS

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Land Acknowledgement

We respectfully acknowledge that we are located on the unceded traditional territories, of the Semiahmoo, Katzie, *kwikwəłəm* (Kwikwetlem), Kwantlen, Qayqayt and Tsawwassen Nations.

We are thankful for the ability to live, work, and gather on this Land.





WHY A BOOK
CHAT?

- SFU Surrey is 1 of 3 SFU campuses
- Approached by Campus Communications and Engagement Coordinator – campus admin invested!
- Took place from February – August, 2021
- Book club vs. Book chat?



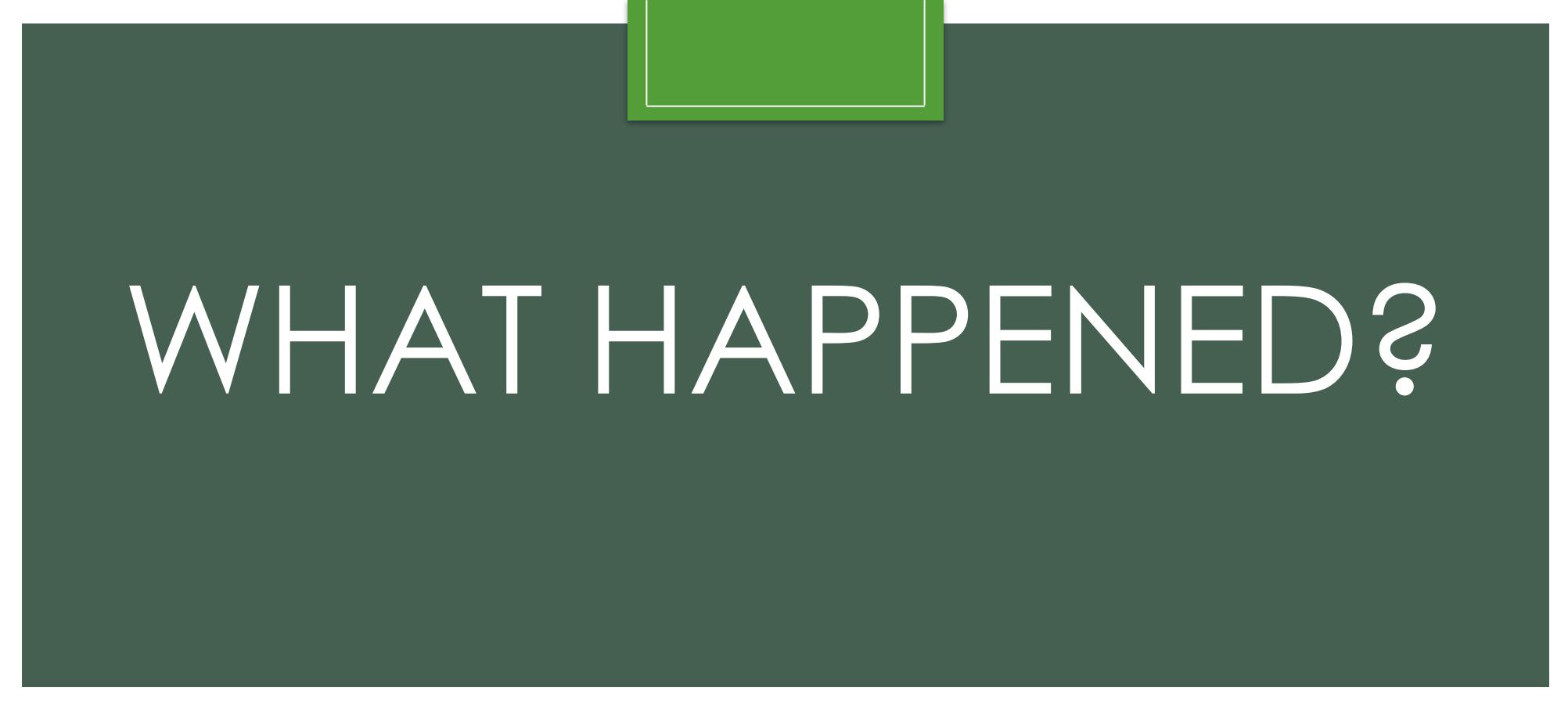
WHAT HAPPENS IN THE ZOOM
ROOM, STAYS IN THE ZOOM
ROOM

- Community agreement to set expectations
- Based on a theme with each person sharing a title or 2 related to the theme
 - Themes often aligned with university-wide or campus specific EDI initiatives: Black History Month, Asian Heritage, Indigenous Authors
- Booklists sent out after each meeting with hyperlinks to library copies



WHAT DOES THE
LITERATURE SAY?

- [Bibliotherapy] has been also widely recognized as an effective tool of promoting health, well-being, and resilience, which reflects the view of literature as “being health promoting in the widest human sense.” (Tukhareli, 2017, p.11)
- “... Libraries [can] create an inviting, inclusive, and informal learning community resulting in a safe space for communicating interprofessionally.” (Kilham and Griffiths, 2017, p.47)



WHAT HAPPENED?

- Art of gathering
 - Purpose, intention and joy
 - A community of book lovers growing their reading
 - Personal reading advisors
- Maintaining the SFU Surrey campus community 'vibe'
- Network without networking!
 - Moving beyond the transactional
- Suggestions for the Library's Popular Reading Collection



PUT YOUR OXYGEN
MASK ON FIRST

- Impact was more than we could have expected
- Team work makes the dream work!
- Flexible structure, flexible participation
- Can be repurposed and replicated
- Take care of yourself to be able to care for others



SUMMARY

- Monthly meetings
- Themes vs. set titles
- Low barrier approach to participation
- Recording and sharing titles discussed
- Strategic partnerships



THANK YOU!

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References

- Kilham, J. & Griffiths, S. (2017) It takes an academic Village: The Library's role in supporting interprofessional communication through a book club. *Medical Reference Services Quarterly*, 36(1), 42-48. [10.1080/02763869.2017.1259903](https://doi.org/10.1080/02763869.2017.1259903)
- Tukhareli. (2017). Bibliotherapy-based wellness program for healthcare providers: Using books and reading to create a healthy workplace. *The Journal of the Canadian Health Libraries Association*, 38(2), 44–50. <https://doi.org/10.5596/c17-010>

Link to previous book chat page:

- [https://www.sfu.ca/surrey/news-and-events/news-all/campus-news-and-updates/you-r
e-invited--april-book-chat-on-april-29.html](https://www.sfu.ca/surrey/news-and-events/news-all/campus-news-and-updates/you-re-invited--april-book-chat-on-april-29.html)