



# TALKING BOOKS: BUILDING COMMUNITY AND SUPPORTING WELLNESS

CAPAL 2022  
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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>