

MEDIA RELEASE

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\$12,400 OTF Grant Supports Online Bibliotherapy Programming

Durham Region, ON – In late 2020, the Literacy Network of Durham Region (LiNDR) received a \$12,400 Resilient Communities Fund grant from the Ontario Trillium Foundation to help it rebuild and recover from the impact of COVID-19. The organization applied for the grant in order to buy new computers, iPads and ten wi-fi hotspots to help it deliver online and in-person bibliotherapy programs.

“Organizations like LiNDR enrich the lives of people in Pickering-Uxbridge and across Durham Region, while playing an important role in building a strong and prosperous Ontario economy,” said Peter Bethlenfalvy, MPP for Pickering-Uxbridge. “With the Resilient Communities Fund grant over 12 months, this organization can rebuild and recover from impacts of COVID-19 by purchasing the tools and resources they need to deliver their programs to our residents.”

The grant will also be used to help buy outdoor furniture and personal protective equipment so that outdoor sessions may be held, when permitted. LiNDR is so pleased to be able to share its bibliotherapy program with the wider community to help promote wellness and lower the sense of social isolation during the pandemic.

Bibliotherapy is a non-clinical, developmental intervention that promotes connectedness and well-being through guided reading groups. It provides an opportunity for people to discuss literature and poetry as it pertains to self-reflection, and can also help individuals in addressing mental, physical, emotional, developmental or social challenges. Reading choices are used to create themed group sessions addressing life circumstances and promotes hope and resilience through contemplation and discussion. Each bibliotherapy group is led by a trained bibliotherapist/reading facilitator.

Bibliotherapy is being offered in Durham Region at several public libraries, community programs and social service agencies. To learn more, please visit: www.lindr.on.ca or for more information on bibliotherapy across Ontario and Canada, please go to: <http://bibliocan.ca>.

The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada’s leading granting foundations. OTF awarded \$115 million to 644 projects last year to build healthy and vibrant communities in Ontario.

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