



JOIN US:

July 9, 2020
July 23, 2020
August 6, 2020

CO-FACILITATORS

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Bibliotherapy: Through reading, information, guidance, solace, and wellbeing can be found. Bibliotherapy extends beyond the use with those in formal counseling. Books can help us cope with our daily experiences and understand social issues such as poverty, addiction, and violence. Reading allows us to make sense of the things we are facing in the world while supporting our overall wellbeing.

If you are looking for a way to engage in deeper dialogue with others and connect around our shared experiences, join us, this summer, for our first bibliotherapy book discussion:

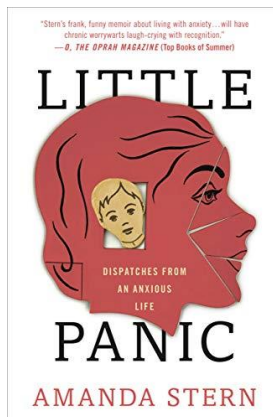
- Enhance compassion and empathy for self and others
- Enhance coping strategies
- Make meaning of larger issues
- Identify ways to effect change

Book: *Little Panic: Dispatches from an Anxious Life* by Amanda Stern

Registration: Sign up to participate by June 12, 2020 by emailing name and email to learninginstitute@millersville.edu

(Participation is free except for purchase of book; participants need to have internet access with audio and video capabilities. Additionally, various expressive arts exercises will accompany sessions and participants will need access to basic art supplies such as paper, plain and/or colored pencils, and markers.)

Sessions: Each session will be from 6-8pm (EDT) and use Zoom (link and password will be provided after you sign up)



Disclaimer: This memoir is a story about one person's experience with mental illness told in "gorgeously immersive, immediately relatable, and brilliantly funny" way. We look forward to engaging in critical dialogue with you.