



Reading Group for Mental Health Stories, Poems and Conversation

Are you someone with lived experience of mental health challenges? We are looking for people like you to join a Shared Reading group.

In Shared Reading people enjoy and talk about stories & poems together. We allow space for our responses to emerge and to share, discovering the stories within all of us & finding our own truths.

Shared Reading has been shown to help with depression, anxiety and building confidence. Some call it 'bibliotherapy'.

Group members will be invited to share their feedback about the groups with researchers as part of a project on how shared reading can foster the ability to advocate for yourself.

Groups are running until late November.

Human Ethics approval no. HEC22061

Group 1

VMIAC, Level 3, 211 Chapel Street, Prahran
Thursdays 2pm-3.30pm

Group 2

Bundoora Campus, La Trobe University Library
Tuesdays 11am-12.30pm

Group 3

Bendigo Campus, La Trobe University Library
Mondays 10am-11.30pm

To sign up or for more information, please contact
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