

SHARED READING GROUPS FROM TO TURN A PAGE



What is Shared Reading?

Shared reading is a form of interactive bibliotherapy. Working in groups, it uses literature to assist with tackling emotional, psychological and social problems: low levels of anxiety and depression, social isolation and dementia.

Why is it good for me?

Shared Reading Groups enrich life quality and spirit : talking about the poems, prose or short stories, being guided by the Host, enhances feelings of wellbeing. The words and rhythm tap into memories both visual and imagined, to release trapped or even forgotten feelings.

What does To Turn A Page Offer?

To Turn A Page is a social enterprise that can host a Shared Reading group for you; in your workplace, your local library, in aged care, or in a support program for people with dementia.

Want to know more?

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***"We read to
know we
are not
alone."
C.S. Lewis***