



B-04

Bibliotherapy: The Use of Books to Help Children and Youth Express Their Feelings and Cope With Real-Life Experiences

Mental Health and Well-being Parent Partnership Committee

201A

Bibliotherapy has been shown to be an effective way to help children and youth realize that they are not alone in their experiences; that they have the ability to find solutions to challenges; and that they are important, no matter what is happening in their lives. This workshop will highlight the benefits of bibliotherapy, drawing on the presenter's many years of experience as a school social worker. Books on a range of topics will be featured to help parents begin a conversation with their child on an issue which may be impacting their lives. What to consider when choosing a book, suggestions for engaging a child in a discussion and identifying whether additional support would be beneficial will also be covered. The workshop will be followed by an interactive session which includes a book display, resource list and sharing ideas.

Presenter

Iolanda Scarcello MSW RSW

Social Worker, TDSB - iolanda.scarcello@tdsb.on.ca

Iolanda provides individual and group counseling to children and youth and enjoys working collaboratively with teachers and parents in supporting students' social/emotional needs. Her current interests include introducing mindfulness practices in the classroom. Prior to joining the TDSB, Iolanda worked in community mental health and hospital settings and has served recently as a Field Educator for the Factor-Inwentash Faculty of Social Work.