

Spruce Grove Public Library

Bibliotherapy Kits

Bibliotherapy is a therapeutic approach that involves the use of literature. These kits were developed as tools for those who need support or wish to learn more about a given topic. These bags combine resources like books, magazines, DVDs, and informational pamphlets.



The Spruce Grove Public Library has 27 Bibliotherapy Wellness Kits available to borrow. There are multiple Bibliotherapy Kits on each topic, with some targeted at children and teens.



Spruce Grove Public Library

35 Fifth Ave
Spruce Grove, Alberta T7X 2C5
780-962-4423

www.sgpl.ca/

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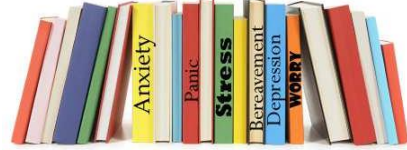


The Bibliotherapy Kits are available to borrow at the Spruce Grove Public Library with a FREE SGPL library card.

Inquire with library staff for more information.

- . Addiction
- . ADHD
- . Anxiety
- . Dementia
- . Depression
- . Depression: Children and Teens
- . Divorce
- . Divorce: Children and Teens
- . Grief and dying
- . Grief: Children and Teens
- . Hoarding
- . Healthy Relationships and Abuse
- . Illness and disorders
- . Mindfulness
- . Parenting
- . Personality disorders
- . Remote Teaching
- . Remote Work
- . Stress
- . Suicide Prevention
- . Suicide Prevention: Children and Teens
- . Trauma
- . Trauma: Children and Teens

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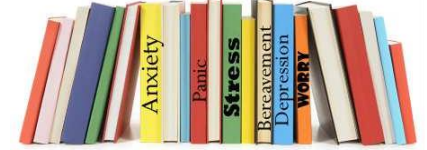


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