

Life, the Universe & Stories presents...

BIBLIOTHERAPY FOR STROKE RECOVERY

“

The best thing
I do

”

Darren,
participant

Bibliotherapy is the use of books or literature to promote healing, health and happiness.

Life, the Universe & Stories is a relaxed program that centres around the reading and discussion of great stories. Its flexible and accessible.

It's great for stroke recovery because it's easy, fun and adaptable to your recovery goals.

Your facilitator will discuss your needs with you, then develop a plan that best supports your recovery.

Bibliotherapy offers a natural way to:

- **Build confidence with speech/communication/reading**
- **Stimulate your brain**
- **Relax and enjoy some me time**
- **Improve your mental health**
- **Receive social/emotional support**



Find out more or register your interest :

chris@sharedreadingnsw.com

0468346834



Happiness, healing & human connection
through the sharing of great stories.

With Chris Smith
of Shared Reading NSW