

# Inspiring Stories: Learning Joy

January 2021

LIVE from Lynn Valley! NVDPL Digital Services Librarian Lorna recently hosted the 'Learning Joy: Mental Health Hygiene & Writing Your Own Story program' for local residents. We so often focus on providing children with moments of joy, but adults need it too! The five-day course outlined tools, tips and implementable skills for living a life with increased joy and mental wellness. Lorna also provided attendees with many great recommendations for non-fiction titles so participants could continue their learning. The StoryLab team hosted in-studio production that included interactive chat activities, breakout groups, and dancing! The course booklist is available now online and because of the JOYOUS feedback, the Library is exploring making this a regular program.

Fifteen participants, including both new library program attendees as well as some of our loyal patron participants, submitted feedback on their experiences.

## Here's some of what they told us:

***"I registered for the course because I was in a funk. The learning tools were extremely helpful. I reread my notes often."***

***"Lorna exudes such a joyful, happy energy – it is contagious. Loved it. Have more of the same please."***

***"Have one every week! We all need more positivity and joy and inspiration in our lives, especially right now. Shut-ins, seniors and the isolated and lonely would benefit immensely."***

***"I do enjoy dancing to some funky music!"***

***"Keep doing it – go where no library has ever gone before – Mindship Parkgate with Captain Lorna."***

Learning Joy was a great program for patrons and staff alike. We learned so much from our StoryLab crew on how to create more intimate connections in video presentation, and patrons had a program they needed and our librarian stepped forward into that special space where they see the results of their work live. This bolsters the ongoing work of the library to promote and encourage lifelong learning, sharing knowledge, and connecting with the community via NVDPL.

It is our privilege to get out there as we do. To take the time. To connect, share and inspire. Naturally.

