



# BROTHERS & BOOKS

**For More Information, Contact Kyle At:**

**[NSBrotherhood@nshealth.ca](mailto:NSBrotherhood@nshealth.ca)**

**902-225-3591**

Reading Pages 131-160

**SEVENTH SESSION**

**“Self-Care for Black Men,  
100 Ways to Heal and Liberate”**

Monday, September 14th, 2026 • 6:30 PM - 9 PM  
Dr. Maria Angwin Memorial - Wyse Road Health Clinic  
230 Wyse Rd, Dartmouth