

WELCOME TO OUR MENTAL HEALTH BOOK CLUB

2025 Book Selection

Black Pain: It Just Looks Like We're Not Hurting

By: Terrie M. Williams

Join a vibrant community of Black women for enriching discussions on the topic of depression as well as potential supports and treatment strategies.

Meetings will be held on the 4th Thursday of each month.
Locations to alternate between Halifax and Dartmouth.

To stay in the loop about future book club meetings,
please send your name and phone number to:
nssprograms@nshealth.ca