



# COMING SOON: **Nova Scotia Sisterhood** **2026 Mental Health** **Book Club**

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## 2026 Book Selections

**Rest is Resistance** by Tricia Hersey, and  
**Set Boundaries, Find Peace** by Nedra Glover Tawwab

Want to join the Book Club e-mail list and stay informed about the meetings in 2026?

Send an e-mail with your full name to

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

