



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

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

