Salon Talk: Anxiety

Join us for a wellness event that creates space for Black women and gender-diverse individuals to come together for self-care and meaningful conversation.

Participants will receive complimentary nail services while engaging in a facilitated discussion about anxiety, mental wellness and building supportive connections.

Facilitated by Jasmine Hochman, MSW, RSW

Thursday, July 23, 2026

6:00 p.m. – 8:30 p.m.

North Grove
6 Primrose St, Dartmouth

To register: call 902-223-2146 or email nssprograms@nshealth.ca

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