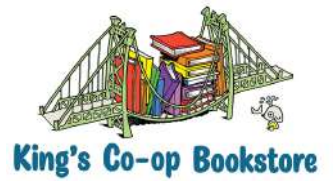
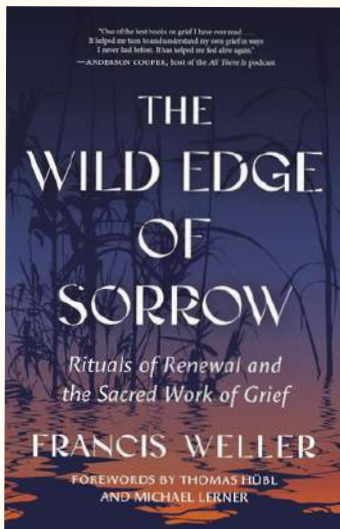




With support from:



October book:



Summary

In this thoughtful exploration of grief, psychotherapist Francis Weller argues that modern society often avoids mourning, leaving people disconnected from themselves and others.

Drawing on psychology, mythology, and cultural traditions, he shows how embracing grief can foster healing, resilience, deeper relationships, and a greater appreciation for life.

Thank you to our sponsor, Knox and Ephraim Presbyterian Church!

BOOK PICK UP

Baddeck Public Library

24 September 2026

3:30-4:30 P.M.

Drop in for a cup of tea

BOOK CLUB

29 October 2026

3:30 - 5:30 p.m.

Baddeck Public Library

Register:
CapeBreton@CaregiversNS.org