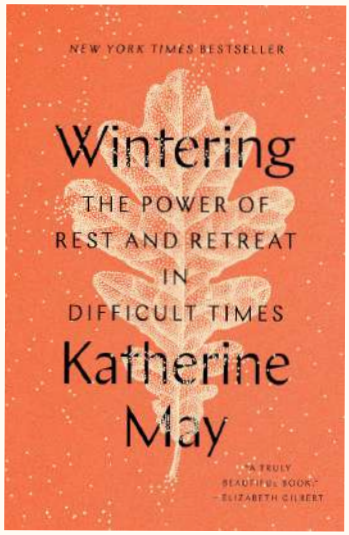
CAREGIVERS Book club

With support from:

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November book:



Summary

Part memoir and part self-help, this book explores the inevitable "wintering" periods of life – times of illness, loss, burnout, or major change.

Katherine May shares her own experiences alongside reflections on nature, literature, and seasonal traditions, encouraging readers to embrace rest, patience, and self-compassion as paths to renewal and personal growth.

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

BOOK PICK UP

McConnell Library
Program Room
29 October 2026
11 A.M.-12 P.M.

BOOK CLUB

26 November 2026

2 – 4 p.m.
McConnell Library,
Program room

Register:
CapeBreton@CaregiversNS.org