

# CULTIVATE PEACE OF MIND

Untangle the Knots,  
Clear the Way

# CULTIVER LA PAIX D'ESPRIT

Défaire les nœuds,  
trouver la voie

Caroline Kohn,  
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*Caroline has been a  
psychotherapist for over  
25 years. These are her  
reflections from her  
professional and  
personal experience.*



## HIJACKED BY FEAR DÉTOURNER PAR LA CRAINTE

Tues., June 12, 2018 • 7:00 – 9:00 PM

## FEELINGS ARE MESSENGERS NOS SENTIMENTS SONT DES MESSAGERS

Tues., June 26, 2018 • 7:00 – 9:00 PM

## DEPRESSION AND ANXIETY DÉPRESSION ET ANXIÉTÉ

Tues., July 17, 2018 • 7:00 – 9:00 PM

## RELATIONSHIPS ARE A MIRROR

NOS RELATIONS :  
UN REFLET DE NOUS-MÊME

Tues., Aug. 14, 2018 • 7:00 – 9:00 PM

## FORGIVENESS AND LETTING GO

PARDONNER ET LÂCHER PRISE

Mon., Sept. 10, 2018 • 7:00 – 9:00 PM

## MINDFULNESS PLEINE CONSCIENCE

Wed. Sept. 19, 2018 • 7:00 – 9:00 PM



ÉGLISE HISTORIQUE  
DE BARACHOIS

1350 Route 133, Grand Barachois, NB



Admission: Free

Information: 506-345-0887