

# 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

Tuesday, June 11 • 7:00 – 9:00 PM

### FEELINGS ARE MESSENGERS

NOS SENTIMENTS SONT DES MESSAGERS

Tuesday, June 18 • 7:00 – 9:00 PM

### RELATIONSHIPS ARE A MIRROR

NOS RELATIONS :  
UN REFLET DE NOUS-MÊME

Tuesday, July 9 • 7:00 – 9:00 PM

### THE GUILT TRAP

LE PIÈGE DE CULPABILITÉ

Tuesday, July 16 • 7:00 – 9:00 PM

### THE PRESENT MOMENT

LE MOMENT PRÉSENT

Tuesday, July 30 • 7:00 – 9:00 PM

### FORGIVENESS AND LETTING GO

PARDONNER ET  
LÂCHER PRISE

Tuesday, September 10 • 7:00 – 9:00 PM



ÉGLISE HISTORIQUE  
DE BARACHOIS

1350 Route 133, Grand Barachois, NB



Admission: Free

Information: 506-345-0887