

HEALING THE MIND & HEART

Untangle the Knots,
Clear the Way

GUÉRIR LE COEUR & L'ESPRIT

Défaire les nœuds,
trouver la voie



Caroline Kohn

LL.B., RPC, MPCP

Caroline has been counselling clients for over 30 years. These are her reflections from her professional and personal experience.

carolinekohn.ca



MINDFULNESS

PLEINE CONSCIENCE

Tuesday, June 25 • 7:00 – 8:30 PM

DEPRESSION AND ANXIETY

DÉPRESSION ET ANXIÉTÉ

Tuesday, July 9 • 7:00 - 8:30 PM

THE GUILT TRAP

LE PIÈGE DE CULPABILITÉ

Tuesday, July 23 • 7:00 - 8:30 PM

CONFLICT: AVOID OR APPROACH

LE CONFLIT: ÉVITER OU AFFRONTER

Tuesday, August 13 • 7:00 - 8:30 PM

ON HAPPINESS

LE BONHEUR

Tuesday, August 24 • 7:00 - 8:30 PM



ÉGLISE HISTORIQUE DE BARACHOIS

1350 Route 133, Grand Barachois, NB



Admission: Free

Information: 506-962-0749

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