

► For up-to-date information and locations visit [barringtonpubliclibrary.com](http://barringtonpubliclibrary.com)

# IT'S TIME WE TALK

Connecting the community through a series of discussions and events promoting emotional well-being

#ChangeMentalHealth  
visit  
[www.changedirection.org](http://www.changedirection.org)



**May 9, 6:30-8:00pm**

## Listening with the Heart

*Greg Knight - Diamond Approach Teacher  
& Rolfing Practitioner*

*How Compassion Builds Trust in Relationships.* Compassion is an essential ingredient for growing relationships. When we learn to listen with compassion – with openness, sensitivity and without an agenda – we build trust, are more understanding of other people's experiences, and deepen our relationships. This will be an interactive class, with meditation, talk, discussion, and experiential exercises done together.

[gregoryknight.net](http://gregoryknight.net)

► All events are held at the Barrington Public Library and are free!

Made possible by a Rhode Island Foundation Community Grant, Friends of Barrington Public Library, Barrington Public Library, and The BAY Team