

PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

PATHS Quote of the Month June

Listening is one of the loudest forms of kindness. Listen and silent are spelt with the same letters, think about that. Being a good listener means being able to be quiet and taking time to understand what the other person is saying. When you really listen to someone you can help them; especially if they have a problem, if they are worried or sad. Sometimes a good listener is all they need to feel better.

