

PATHS Programme in St. Catherine's

(Promoting Alternative Thinking Strategies)

PATHS Quote of the Month February

Remember to compliment yourself, you are awesome. By being yourself you put something beautiful and unique into the world.

Think of all your lovely qualities and give yourself a compliment today.



For Valentine's day this year we want you to show kindness and love to yourself by designing a heart that is full of all your lovely qualities, talents and positive attributes.

