

# 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.

