



Happy Valentine's Day!

From ParentGuidance.org

February is a great time of year to be kind and show love to your family and friends. It is also important to show love to **YOURSELF**.

Our course "**How to Develop Self-Compassion**" can help you learn valuable lessons about being compassionate to yourself. This will help set a great example for your children on how they too can show themselves compassion.

**Access this
free course
here!**



<https://cookcenter.info/Self-Compassion>