

**Free Online
Supportive Session**

Replenish to Restore

Facilitated by: **Vicki Cousins**

This free 90 minute virtual session invites you to slow down and replenish your own energy. With guidance from Vicki Cousins, you will explore gentle self compassion practices designed to help you refill your inner well, so you can offer renewed support and compassion to others.

**Thursday, February 12, 2026
11:00 am to 12:30 PM on Zoom**

[Register at
https://www.mypalcare.org/workshops](https://www.mypalcare.org/workshops)

