



## A Time of Reflection: What's in These Podcasts for You?

We look back at the past year reflecting on the science of psychology shared in the first 24 episodes.

Thanks for being along for the ride or just joining the journey as we challenge one another to get better as supporters and humans.

Would love to hear your thoughts about A Supporter's Toolbox!

Share your thoughts by emailing us at:

[ra-pwodp\\_Outreach@pa.gov](mailto:ra-pwodp_Outreach@pa.gov)



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