



# Session 1

## Diving Deeper



Compassion is a word that young children may just be learning, but you may have known this word for a long time. Let's take your knowledge of compassion a step further.

Listen to "The Cultivating Compassion Podcast" (4 episodes).  
[\(click here\)](#)

- Why is this called "cultivating Compassion"?
- What is RLCF doing in Louisiana that is unique?
- How could this be mimicked in your community?