The Support and Kindness Podcast

Media kit

Society & Culture

About the show

The Support & Kindness Podcast - With Greg and RichLife with mental health challenges, brain injury, TBI, chronic pain, or simply the weight of everyday struggles can feel overwhelming. That's why we created The Support & Kindness Podcast - a space where compassion, community, and real conversations come together. Each week, Greg and Rich share stories, insights, and practical tools that remind you you're not alone. From personal experiences to uplifting interviews, we explore how kindness and support can transform lives - one story, one act, one conversation at a time. Expect heartfelt talks, simple steps you can take to spread kindness in your world, and encouragement to keep going, even on the hardest days. Whether you're seeking hope, healing, or just a gentle reminder that what you do matters, this is your place. New episodes weekly. Subscribe and join us in building a kinder,...

From the feed

Episodes
64

In the last 90 days
13 episodes

First episode
Sep 6, 2025

Latest episode
Nov 28, 2026

Hosts
Greg Shaw

Recent episodes

- EP 62: Making Peace Without Losing Yourself (Nov 28, 2026)
- Episode 61: I Miss Being Held — Living with Touch Hunger (Nov 21, 2026)
- Episode 60 | Growth Mindset with Suresh Panicker (Nov 14, 2026)
- Episode 59: Toxic Positivity - When Good Vibes Only Goes Wrong (Nov 6, 2026)
- Body Image When Your Body Has Changed | Episode 58 (Oct 30, 2026)

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The show on PodSubs: https://podsubs.com/show/the-support-and-kindne-7477441