

Suicide or Survive: Free Half-Day Wellness Workshop - Adamstown (<https://www.activelink.ie/node/108682>)



SOS, in partnership with Adamstown Youth & Community Centre (AYCC), is delighted to bring a half-day Wellness Workshop to the AYCC (Station Road, Adamstown, Co. Dublin, K78 E7F8), on Saturday 14th September 2024.

Attending a Wellness Workshop is a great opportunity for you to take time out and learn a wide range of simple practical and effective tools and tips that can be used in your everyday life to improve your own wellness. These workshops aim to help you understand and take charge of your own mental health. The workshop is for anyone over the age of 18.

Our workshops are informal and relaxed. They are facilitated by people with both lived life experience of mental health difficulties, and people with experience of working in various mental health arenas. The workshop runs from 10 am to 1 pm. Included with the ticket is a comprehensive Wellness Workbook, to support you in maintaining your daily wellness, and a light lunch which will be served afterwards.

To book your **free** place please **click here** (<https://www.eventbrite.ie/e/wellness-workshop-adamstown-tickets-913793740677?aff=oddtcreator>) or contact the SOS team at **(01) 272 2158** (tel:012722158) or **info@suicideorsurvive.ie** (<mailto:info@suicideorsurvive.ie>) and we would be happy to register you.

This workshop is fully funded thanks to the National Office for Suicide Prevention and our amazing donors and fundraisers. If you want to learn more about our programmes and how to support us, please visit **our website**. (<https://suicideorsurvive.ie/>)

Region

Adamstown, Co Dublin

Register Here (<https://www.eventbrite.ie/e/wellness-workshop-adamstown-tickets-913793740677?aff=oddtcreator>)

Date Entered/Updated

4th Jun, 2024

Expiry Date

4th Aug, 2024

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