

## **Suicide or Survive: Free Wellness Workshop - Portarlington** **(<https://www.activelink.ie/node/111594>)**



SOS are delighted to be bringing a Wellness Workshop to the **SOLAS Eco Garden Centre, Portarlington, Co Laois on Tuesday 19th of November from 9.30am to 12.30pm**. A Wellness Workshop is an opportunity for you to take time out and learn a wide range of simple practical and effective tools and tips that you can use 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 and everyone as we all have mental health!

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. A comprehensive Wellness Workbook to support you in maintaining your daily wellness is included and refreshments will be provided on the day. This workshop is fully funded thanks to our funders the National Office for Suicide Prevention our partner, Connecting for Life Laois and Offaly and our amazing donors and fundraisers.

For more information on our wellness workshops please click here: <https://suicideorsurvive.ie/programmes/wellness-workshop/> (<https://suicideorsurvive.ie/programmes/wellness-workshop/>)

To book your **free** place please click here: <https://tinyurl.com/WWPort24> (<https://tinyurl.com/WWPort24>) or contact any of the SOS team at 01 2722158 (tel:012722158) or [info@suicideorsurvive.ie](mailto:info@suicideorsurvive.ie) (<mailto:info@suicideorsurvive.ie>) and we would be happy to register you.

### **Region**

Portarlington, Co Laois

[Book your free place \(https://tinyurl.com/WWPort24\)](https://tinyurl.com/WWPort24)

### **Date Entered/Updated**

17th Oct, 2024

### **Expiry Date**

19th Nov, 2024

<b>Attachment</b>	<b>Size</b>
<u><a href="#">SOS Wellness Workshop Portarlington.jpg</a></u>	430.93 KB

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**Source URL:** <https://www.activelink.ie/community-exchange/training/111594-suicide-or-survive-free-wellness-workshop-portarlington>