

Suicide or Survive: Free Wellness Workshop - Tallaght **(<https://www.activelink.ie/node/113315>)**



Free Wellness Workshop in Talaght, D24

SOS, in partnership with the NINA for Life Suicide Awareness, is delighted to be bringing a Wellness Workshop to St. Kilian's Junior National School (Castleview, Kingswood Heights, Dublin 24), on Saturday, 8th March 2025. 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 9:30 am to 4:30 pm. Included with the ticket is a comprehensive Wellness Workbook, to support you in maintaining your daily wellness.

Refreshments and a light lunch will be provided on the day. This workshop is fully funded thanks to the National Office for Suicide Prevention 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://WWTallaght0803.eventbrite.ie> (<https://WWTallaght0803.eventbrite.ie>) or contact any of the SOS team at **01 2722158** (tel:012722158) or info@suicideorsurvive.ie (<mailto:info@suicideorsurvive.ie>) and we would be happy to register you.

Region

Tallaght, Dublin 24

[Book Your Free Place Here! \(https://WWTallaght0803.eventbrite.ie\)](https://WWTallaght0803.eventbrite.ie)

Date Entered/Updated

22nd Jan, 2025

Expiry Date

8th Mar, 2025

Attachment	Size
WW Tallaght 2025.png	1.9 MB

Source URL: <https://www.activelink.ie/community-exchange/training/113315-suicide-or-survive-free-wellness-workshop-tallaght>