

Suicide or Survive: Free Half-Day Wellness Workshop in Castlebar (<https://www.activelink.ie/node/107810>)



SOS, in partnership with the Connecting for Life Galway, Mayo and Roscommon, is delighted to bring a half-day Wellness Workshop to **The Ellison Hotel** (Lannagh Road, Garryduff, Castlebar, Co. Mayo. F23 V279), on **Thursday 19th 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 1.30 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 \(https://WWCastlebar2024.eventbrite.ie\)](https://WWCastlebar2024.eventbrite.ie) 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 \(http://www.suicideorsurvive.ie\)](http://www.suicideorsurvive.ie).

Region

Castlebar, Co Mayo

Book your free place (<https://www.eventbrite.ie/e/wellness-workshop-castlebar-tickets-887531098407?aff=oddtcreator>)

Date Entered/Updated

23rd Apr, 2024

Expiry Date

23rd Jun, 2024

Attachment	Size
WW A4 poster	436.63
Castlebar.jpg	KB

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