

## **Suicide or Survive: Free Half-Day Wellness Workshop - Kells** **(<https://www.activelink.ie/node/114566>)**



SOS, in partnership with the Kells Family Resource Centre, is delighted to be bringing a half-day Wellness Workshop to **The Kells Family Resource Centre** (Old Carrick School, Lord Edward St, Kells, Co. Meath A82 XN75), on **Thursday, 8th May 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 12:30 pm**. Included with the ticket is a comprehensive Wellness Workbook, to support you in maintaining your daily wellness.

Refreshments 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://WWKells2025.eventbrite.ie> (<https://WWKells2025.eventbrite.ie>) 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**

Kells, Co Meath

[More information \(https://suicideorsurvive.ie/programmes/wellness-workshop/\)](https://suicideorsurvive.ie/programmes/wellness-workshop/)

### **Date Entered/Updated**

21st Mar, 2025

### **Expiry Date**

8th May, 2025

<b>Attachment</b>	<b>Size</b>
<a href="#">WW Kells</a>	435.33
<a href="#">0805.jpg</a>	KB

**Source URL:** <https://www.activelink.ie/community-exchange/training/114566-suicide-or-survive-free-half-day-wellness-workshop-kells>