

Body & Soul Suicide Prevention Workshop for Young Adult Carers

MONDAY 28 SEPT | 2PM - 4PM
THE HIVE CAMDEN, 18 HARBEN PARADE, NW3 6JP

Body & Soul will be delivering a workshop on supporting someone affected by suicidal thoughts or behaviours, while also looking after your own wellbeing as a carer.

The session will explore the challenges carers face and offer practical tools to build resilience, hope, and confidence.

We will be ordering in some pizza, and Camden Carers staff will be available afterwards for anyone who'd like additional support.



Spaces are limited. To book a place, please call
020 7428 8950 or email us at info@camdencarers.org.uk