

Spring / Summer  
2025

**NHS**

Central and  
North West London  
NHS Foundation Trust



# Discover Together

CNWL Discovery College

Becoming • Exploration • Knowledge

Workshops  
designed by  
young adults to  
support young  
adults



*Wellbeing for life*

# What is Discover Together?

Discover a brighter future with Discover Together, where we offer recovery-focused workshops designed specifically for 16-25-year-olds. Co-produced with young adults and mental health professionals, these workshops provide valuable tools and support to help you navigate and sustain good mental health during your adolescence and beyond. Whether in-person or online, our sessions are tailored to meet your unique needs, empowering you to maintain mental well-being, build resilience, and thrive in your journey to adulthood. Join us and take the first step toward a healthier, happier you.

## Who can join

Young adults 16 - 25 who are living, studying or have a GP within Brent, Harrow, Hillingdon, Kensington and Chelsea and Westminster

## How to Register

To sign up for a workshop everyone must first register to gain a unique personal ID. This number will be used to ask to identify you and help us keep track of who is accessing each workshop. To Register following the web address or Scan the QR code provided below. We look forward to welcoming you!



## What to expect

All our workshops have been co-created with professionals and young adults with lived experience.

Each session is facilitated by a clinical trainer and lived experience trainer. It's a collaborative space to have open conversations about mental health, social pressures and try new things which help sustain good mental health. Where possible we have created online versions to make our workshops accessible. If you have a question or enquires please contact us,

[cnwl.discovertogether@nhs.net](mailto:cnwl.discovertogether@nhs.net)

# Our mission

Discover Together hopes to support young adults to thrive across the CNWL boroughs. Our mission is to guide young adults to harness and nurture their established individuality and resilience. Through recovery-focused learning, we aim to guide young adults to develop new skills and strategies to overcome the hurdles of growing older in a forever changing society. Young adults are invited to build a sense of community with other young adults and discover together a way of being their authentic selves while tussling with social norms and battling everyday challenges.

## Discover Together Values

### Knowledge

- We aim to raise awareness of mental health and build positive coping strategies
- We are experts of our individual experience

### Becoming

- We motivate each other and support transformation
- We thrive together on a journey of hope

### Exploration

- We encourage creativity
- We are passionate



**Scan here to  
sign up for  
course**



## Spring / Summer workshops

### Going To University

Are you getting ready to start university and concerned about how your mental health will be supported? This course is tailored for young adults who want to learn how to effectively manage their mental health using university resources. You'll also gain practical tips for handling your daily routine, building peer relationships, and meeting academic deadlines. Join us to start your university journey with confidence!

Date	Time	Location
25.04.2025	10am -12pm	Argo house 180 Kilburn park NW 65FA
30.05.2025	2pm -4pm	online

### Moving On From CAMHS

This 2-hour session is designed to help young adults and their families navigate the process of being discharged from CAMHS. It covers the steps involved in discharge, when they happen, and how to be proactive in the transition, whether moving to other mental health services or being discharged back to a GP. We encourage family and carers to join us, to ensure everyone feels supported and confident during this period of change.

Date	Time	Location
30.04.2025	2pm-4pm	Argo house 180 Kilburn park NW 65FA
16.05.2025	10am -12pm	online

# Spring / Summer workshops

## Exploring My Identity

The Tree of Life is a hopeful and inspiring approach to exploring your strengths and different aspects of your identity. We will offer a safe and supportive space for you to connect with your skills, hopes and dreams, as well as the special people in your life. You will be guided to create your tree (or to use a pre-drawn template, artistic skill is not a prerequisite) and each part of the tree will represent these different aspects of your life. We will share and talk together in the group about our trees, in a way that strengthens relationships with our heritage, culture and significant people in our lives.

Date	Time	Location
09.05.2025	10am -4pm	Argo house 180 Kilburn park NW 65FA
06.06.2025	10am -4pm	Argo house 180 Kilburn park NW 65FA

## Understanding Self Harm Together

Self-harm is often a way of coping with overwhelming emotions, but there are healthier paths to healing. This supportive and non-judgmental course is designed to help individuals, families, and professionals understand self-harm, explore its underlying causes, and learn practical strategies for recovery. Learn coping techniques and alternative strategies for managing distress, Explore ways to support yourself or someone you care about and connect with a community that understands.

Date	Time	Location
28.05.2025	2pm -4pm	Argo house 180 Kilburn park NW 65FA
13.06.2025	10am -12pm	online

# Spring / Summer workshops

## Exploring low mood

Feeling down is something everyone experiences, but understanding and managing those feelings can be tough. Join us for an interactive workshop where we'll dive into what low mood is, why it happens, and most importantly, how to cope with it. You'll learn practical tips for managing your emotions, discover new coping strategies, and connect with others in a relaxed and supportive environment. Whether you want to better understand your mood or just find ways to feel a little brighter, this is a space for you.

Date	Time	Location
21.05.2025	2pm -4pm	210 Old Brompton Road, SW5 0BS.
11.06.2025	10am -12pm	online

## Making sense of senses

A workshop designed to explore the 8 senses, to help patients and carers understand their own sensory needs. The course is based on the idea that everyone can be over/ under stimulated depending on their own ability to regulate their senses. The session examines each of the senses and techniques to manage sensory input. The course is created by course expertise and lived experience trainer, delivered in person or online to increase accessibility. We welcome you to join us on this discovery journey and look forward to seeing you soon.

Date	Time	Location
14.05.2025	10am - 12pm	Online
20.06.2025	1pm -3pm	Argo house 180 Kilburn park NW 65FA



The team at Discovery Together wants to ensure we are creating courses which support young adults, if you would like to see a particular workshop created please get in touch with any suggestions.

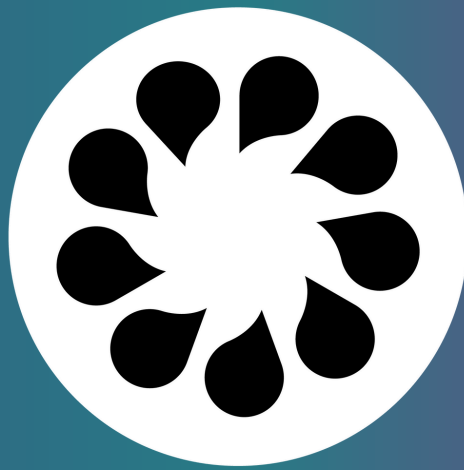
Email : [cnwl.discovertogether@nhs.net](mailto:cnwl.discovertogether@nhs.net)

This leaflet was made by the Discovery College team in partnership with Young Adult Ambassadors, and approved by CNWL's Communications Team.

This document is also available in other languages, large print, Braille, and audio format upon request. A member of staff should notify CNWL Communications using the email below to request this [cnwl.communications@nhs.net](mailto:cnwl.communications@nhs.net)

**Scan below to visit our website**





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