

Discover Together

Discover Together is an opportunity for 16– 25-year olds to come together and participate in workshops which focus on recovery learning. A space for young adults to gain skills to sustain good mental health, in our forever changing world. Each workshop has been designed by young adults', for young adults'

Workshops available

- Understanding Self-harm together
- Moving on from CAMHS
- Going to university
- Exploring my Identity
- Exploring low mood
- Making sense of senses

For more information about the workshops follow the QR code or email cnwl.discovertogether@nhs.net



Discover Together

CNWL Discovery College

Becoming • Exploration • Knowledge

Discover Together workshops support young adults living or studying in Brent, Harrow, Hillingdon, Westminster and Kensington and Chelsea



Wellbeing for life