

# Body & Soul YANA Open House Breakfast



## Date:

Wednesday 15<sup>th</sup> May 2024 | 8:30-10:30 am | 3/F

## What to expect:

Join us for Breakfast to find out more about Body & Soul and our offerings in Suicide Prevention - You Are Not Alone (YANA), Braver Together & Mindset.

**Where we are located:** Body & Soul Charity  
99-119 Rosebery Avenue London EC1R 4RE



Body & Soul is a UK-based charity that uses a trauma-informed and community based approach to address the devastating effects of childhood trauma. We use an approach that is collaborative and solution focused - we want to get to know you and understand you as an individual, not just your diagnoses but what brought you here.

## What we offer



YANA is delivered in 2 parts: **Part one** begins with a 24-week course of DBT therapy within a cohort, learning skills to manage the everyday, reduce suicidal thoughts and manage distress skilfully. **Part two** is Rooted, where you'll have access to a range of activities such as 1:1 therapy, creative workshops, volunteering - all to help you build a life worth living.



Braver Together is a 12 week online programme designed to support your partners, parents, siblings or chosen family. The aim is to increase their knowledge of symptoms and behaviours and help them to understand how they can create a supportive environment for you.



Mindset is a Body & Soul's free online resource created by young people from the YANA programme, here to equip you with the emotional skills and wisdom to cope with uncertainty. Watch anytime via Instagram or TikTok under the handle @sharethemindset.

## To book a place:

If you're interested in joining us on the day, please reserve a General Admission ticket on Eventbrite or email Rachel:  
[rachelb@bodyandsoulcharity.org](mailto:rachelb@bodyandsoulcharity.org)



Join us  
in-person



Join us  
online