

TREE OF LIFE

Monday, 23 June 2025, 10am-3pm



The Tree of Life uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey. Each part of the tree indicates a part of our story.

The roots signify where we have come from, the trunk represents our values and strengths, the branches are our hopes and dreams, the leaves represent significant people in our lives and the fruit and flowers are gifts we have given to and received from others.

We hope that having the time to reflect on and discuss these different parts of your life story will help you identify people and experiences you value, as well as noticing strengths and talents you may have previously overlooked.

This course can be a space to think about the directions in which you would like your life to move.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net

