

## UPF UK: Situationships, Breakups and Emotional Boundaries

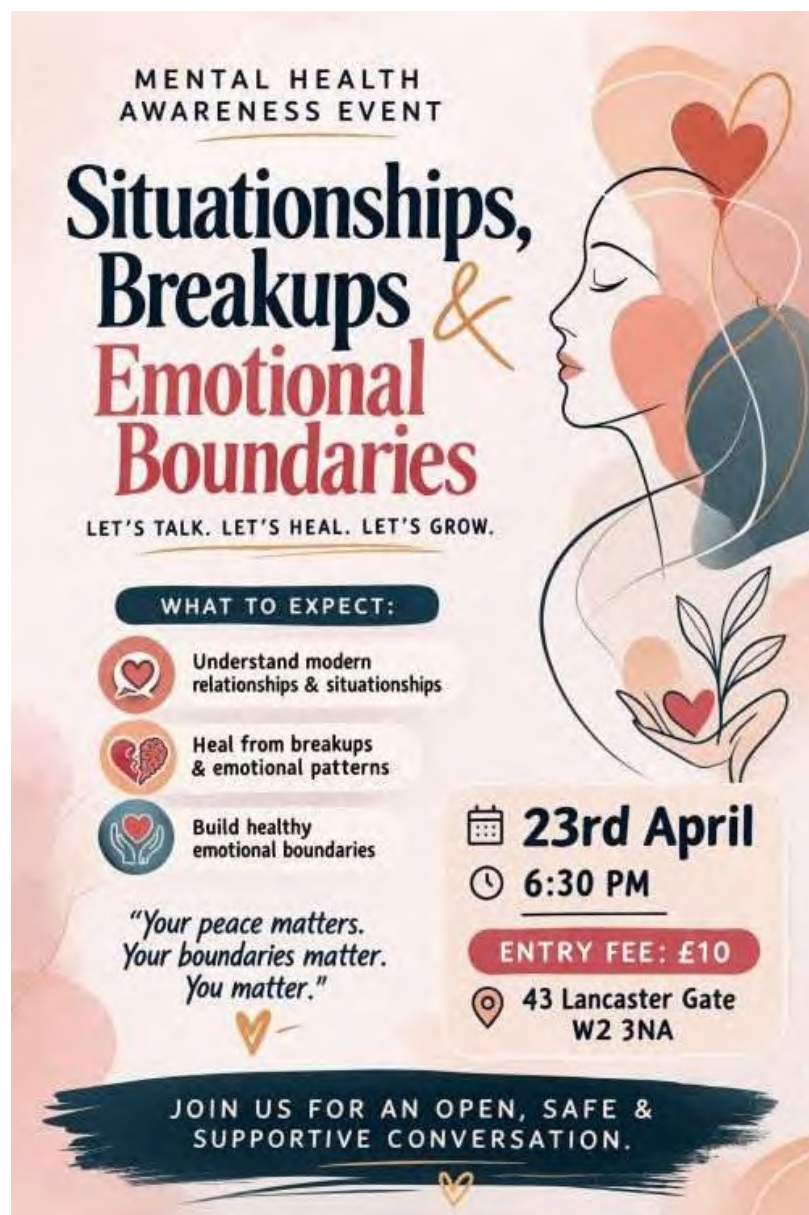
Robin Marsh  
April 11, 2026  
Mental Health Awareness Event



# Universal Peace Federation - UK

*A Global Network of Peacebuilders*

You are warmly invited to join us for a special Mental Health Awareness Event on Situationships, Breakups and Emotional Boundaries.



**MENTAL HEALTH AWARENESS EVENT**

# Situationships, Breakups & Emotional Boundaries

LET'S TALK. LET'S HEAL. LET'S GROW.

**WHAT TO EXPECT:**

- Understand modern relationships & situationships
- Heal from breakups & emotional patterns
- Build healthy emotional boundaries

*"Your peace matters.  
Your boundaries matter.  
You matter."*

**23rd April**  
**6:30 PM**  
**ENTRY FEE: £10**  
**43 Lancaster Gate W2 3NA**

**JOIN US FOR AN OPEN, SAFE & SUPPORTIVE CONVERSATION.**

This intimate and insightful evening will offer a safe and welcoming space to explore mental wellbeing, relationships, and self-care. Together, we will reflect on the emotional impact of modern relationships, consider healthy ways to respond to heartbreak and uncertainty, and encourage honest conversation in a spirit of support and understanding.

The session will be led by Dr Saima Niaz, Consultant Psychiatrist, and will create space for thoughtful discussion, personal reflection, and meaningful connection.

**When:** Thursday, 23rd April, 6:30pm (doors will be open at 6pm for tea and coffee)

**Ticket Price:** £10

**Register Here**  
[square.link/u/zBb3zNQc](https://square.link/u/zBb3zNQc)

43 Lancaster Gate, W2 3NA.  
Universal Peace Federation UK HQ.

Whether you're looking for guidance, support, or discussion, this session offers a welcoming environment to engage and learn.

Spaces are limited - reserve your spot today.

It would be really lovely to have you there if you're able to make it

### Event details

**Date:** Thursday, 23 April

**Time:** 6:30 pm

**Doors open:** 6:00 pm for tea and coffee

**Venue:** Universal Peace Federation UK HQ, 43 Lancaster Gate, London W2 3NA

**Ticket price:** £10

**Register here:** [square.link/u/zBb3zNQc](https://square.link/u/zBb3zNQc)

**Whether you are seeking guidance, support, or simply a thoughtful conversation, this event offers a warm and respectful environment in which to listen, learn, and engage.**

Spaces are limited, so early booking is encouraged.

It would be lovely to welcome you if you are able to join us.

With best wishes,

Eva Chan  
Director, UPF UK

Robin Marsh  
Secretary General  
Universal Peace Federation (UPF) - UK

[www.uk.upf.org](http://www.uk.upf.org) - @ ukUPF - [pa@uk.upf.org](mailto:pa@uk.upf.org)

Charity No. 1185412

UPF is an NGO in General Consultative Status with the Economic and Social Council of the United Nations.



## Situationships, Break Ups and Emotional Boundaries

£10.00

🕒 Thursday, April 23, 2026 at 6:00 PM - 8:00 PM GMT+1

🌐 [43 Lancaster Gate](#)  
[London, Middlesex, W2 3NA](#)

You're warmly invited to a Mental Health Awareness Event we will be hosting on Situationships, Breakups & Emotional Boundaries.

The session will be led by Dr Saima Niaz, a Consultant Psychiatrist, and will be a safe, open space for honest conversations, reflection, and connection.

📅 23rd April

🕒 6:30 PM

📍 43 Lancaster Gate, W2 3NA

🎟 Entry: £10

It would be really lovely to have you there if you're able to make it 🍷

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**Subtotal** **£10.00**

Total will be calculated at checkout

Checkout



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