

Wellbeing Workshops

**JANUARY- FEBRUARY 2022
PROSPECTUS**



**BRISTOL
WELLBEING
COLLEGE**

Enquiries and Eligibility

Bristol Wellbeing College provides free workshops, courses and activities to explore, improve and maintain mental health and wellbeing.

Our workshops and courses are available to Bristol residents who have used:

- Bristol Mental Health Services, and their carers
- Fromeside Specialist Community Forensic Team
- Inner City and East Bristol GP surgeries
- Whole Health Project

Please enrol and book online at: www.second-step.co.uk/wellbeing-colleges/bristol-wellbeing-college/

Important: **Prior registration is essential**

For all enquiries, please email us at

bristol.wellbeing.college@second-step.co.uk

If you have no access to the internet, please call

0117 914 5498 and we will be happy to help.

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

**Bristol
Mental
Health**

**caring
open
hopeful**

Wellbeing Workshop Guide

Green, blue or pink?

Choose the right workshops for you.



Green Workshops:

Lighter workshops offering an introduction into various ways to improve wellbeing. They are accessible to anyone, encouraging self-expression and self-care. Sessions involve techniques, activities and ways to connect with our senses to develop a wellbeing toolkit.

Blue Workshops:

More detailed workshops that focus on making positive changes to habits, behaviours and lifestyle. The workshops support you to maintain positive change or take steps towards making a change. These more structured workshops aim to provide you with helpful tools and strategies.

Pink Courses:

Encouraging self-reflection, long-term planning and progression, our courses provide an opportunity to share experiences and support each other. Courses require commitment to attend all dates and a willingness to complete homework.

N.B. Pink courses run periodically throughout the year.

Classroom Workshops

Welcome to our face-to-face workshops based in community venues across Bristol. Our classroom settings are supportive, friendly and a great space to learn and grow together.

The wellbeing and safety of our staff, volunteers and learners are paramount. Before you book, and immediately before you attend, please ensure you have no Covid-19 symptoms.

Please note: **Prior registration is essential**

Monday Afternoons at John Wesley's New Room

36 The Horsefair, Bristol City Centre BS1 3JE

2:30pm – 4:30pm

Date	Workshop
Mon 10 Jan	Building Resilience
Mon 17 Jan	Introduction to Anxiety
Mon 24 Jan	B-ACE (Body-care, Achieve, Connect & Enjoy)
Mon 31 Jan	Managing Depression
Mon 7 Feb	Anxiety Course (1/4)
Mon 14 Feb	Anxiety Course (2/4)
Mon 21 Feb	Anxiety Course (3/4)
Mon 28 Feb	Anxiety Course (4/4)

Tuesday Afternoons at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY **2:30pm – 4:30pm**

Date	Workshop
Tue 11 Jan	Compassionate Voice
Tue 18 Jan	Ways to Wellbeing
Tue 25 Jan	Assertive Communication: Saying "No"
Tue 8 Feb	Step into Mindfulness
Tue 22 Feb	Arts & Crafts

Wednesday Afternoons at Windmill Hill City Farm

Philip St, Bedminster, BS3 4EA **2:30pm – 4:30pm**

Date	Workshop
Wed 12 Jan	Managing Depression
Wed 19 Jan	Writing for Wellbeing
Wed 9 Feb	Building Resilience
Wed 16 Feb	Introduction to Anxiety

Wednesday Afternoons at John Wesley's New Room

2:30pm – 4:30pm

Date	Workshop
Wed 26 Jan	Reframing Loneliness
Wed 2 Feb	Assertive Communication: Saying "No"
Wed 23 Feb	Step into Mindfulness

Thursday Mornings at The Station

Silver Street, Bristol City Centre, BS1 2AG

10:30am – 12:30pm

Date	Workshop
Thu 13 Jan	Compassionate Voice
Thu 20 Jan	Arts & Crafts
Thu 27 Jan	Writing with Senses
Thu 3 Feb	Writing with Emotions
Thu 17 Feb	Sleep & Self Care
Thu 24 Feb	Ways to Wellbeing

Further information and bookings

Please visit our website at: www.second-step.co.uk/wellbeing-colleges/bristolwellbeing-college/
or scan the QR code below.



Online Workshops

Delivered via the free video conferencing app Zoom. We are happy to provide technical assistance to any learners who are new to the platform or who need help with downloading and using it.

Tuesday Mornings Online 10:30am – 11:30am

Date	Workshop
Tue 11 Jan	Be Present: Introduction & Meditation
Tue 18 Jan	Be Present: Five Senses Meditation
Tue 1 Feb	Be Present: Self Connection Meditation
Tue 8 Feb	Be Present: Visualisation Meditation
Tue 15 Feb	Be Present: Appreciation Meditation

It's about
hope

It's about
courage

Wednesday Mornings Online

10:30am – 11:30am

Date	Workshop
Wed 12 Jan	Depression: Finding Creativity
Wed 19 Jan	Depression: Finding Hope
Wed 26 Jan	Depression: Finding Motivation
Wed 2 Feb	Compassionate Voice
Wed 9 Feb	Introduction to Anxiety

Thursday Afternoon Online

2:30pm – 3:30pm

Date	Workshop
Thu 6 Jan	Ways to Wellbeing
Thu 27 Jan	Writing for Wellbeing

Friday Mornings Online

10:30am – 11:30am

Date	Workshop
Fri 14 Jan	Introduction to Anxiety
Fri 21 Jan	B-ACE (Body-care, Achieve, Connect & Enjoy)
Fri 28 Jan	Building Resilience
Fri 11 Feb	Sleep & Self Care
Fri 18 Feb	Reframing Loneliness
Fri 25 Feb	Assertive Communication: Saying "No"



New Evenings Online
6pm – 7:30pm

Date	Workshop
Thu 13 Jan	Building Resilience
Tue 25 Jan	Introduction to Anxiety
Thu 17 Feb	B-ACE (Body-care, Achieve, Connect & Enjoy)
Wed 23 Feb	Ways to Wellbeing

