

# Wellbeing Workshops

MARCH - MAY 2024  
PROSPECTUS



**BRISTOL  
WELLBEING  
COLLEGE**

# Welcome

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

Our workshops and courses are available to adults living in Bristol and anyone who has used mental health services in Bristol.

Please enrol and book online at:

**[www.second-step.co.uk/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)**

For all enquiries, please email us at

**[bristol.wellbeing.college@second-step.co.uk](mailto: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**

# Workshops & Courses 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. Workshops 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:

In-depth and 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.

# 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.

## Wednesday Mornings Online 10:30am - 12:30pm

Date	Course
Wed 17 Apr	Anxiety Course 1/4
Wed 24 Apr	Anxiety Course 2/4
Wed 1 May	Anxiety Course 3/4
Wed 8 May	Anxiety Course 4/4

## Wednesday Afternoons Online 2:30pm - 3:30pm

Date	Workshop
Wed 15 May	Building Resilience
Wed 22 May	Introduction to Coping with Low Mood
Wed 29 May	B-ACE (Body-care, Achieve, Connect & Enjoy)

## **Thursday Afternoons Online**

### **2:30pm - 3:30pm**

Date	Workshop
Thu 7 Mar	Better Sleep
Thu 14 Mar	Mindful Portraits
Thu 21 Mar	Confidence Building

## **Friday Mornings Online**

### **10:30am - 11:30am**

Date	Workshop
Fri 1 Mar	Be Present: Intro & Breathing Meditation
Fri 8 Mar	Be Present: Five Senses Meditation
Fri 15 Mar	Be Present: Self-Connection Meditation
Fri 22 Mar	Be Present: Appreciation Meditation
Fri 12 Apr	Be Present: Self-Compassion Meditation
Fri 19 Apr	Be Present: Visualisation Meditation
Fri 26 Apr	Be Present: Soundscapes Meditation
Fri 3 May	Be Present: Stillness Meditation
Fri 17 May	Confidence Building
Fri 24 May	Self-Kindness
Fri 31 May	Finding Motivation

# Also happening...

## Mindful Walks | 10:30am - 12pm

Date	Location
Thu 18 Apr	Harbourside
Thu 25 Apr	Castle Park

## Wellbeing Café

Boston Tea Party,  
156 Cheltenham Road, Stokes Croft, BS6 5RL

### Every Tuesday between 2pm - 4pm

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space. Here you can also book onto our workshops and find out more of what the college has to offer.

## Online Sessions | 3pm - 4pm

Date	Location
Mon 18 Mar	Online Wellbeing Café
Mon 29 Apr	Online Wellbeing Café
Mon 27 May	Online Wellbeing Café

# Classroom workshops

**Monday Afternoons at John Wesley's New Room** 36 The Horsefair, Bristol City Centre BS1 3JE **2:30pm - 4:30pm**

Date	Workshop / Course
Mon 18 Mar	Assertive Communication: Saying "No"
Mon 25 Mar	Reframing Loneliness
Mon 8 Apr	Anxiety Course 1/4
Mon 15 Apr	Anxiety Course 2/4
Mon 22 Apr	Anxiety Course 3/4
Mon 29 Apr	Anxiety Course 4/4
Mon 13 May	Mind & Movement
Mon 20 May	Better Sleep

**Monday Afternoons at The Greenway Centre** Doncaster Road, Southmead, BS10 5PY **2:30pm - 4:30pm**

Date	Workshop
Mon 4 Mar	Introduction to Coping with Low Mood
Mon 18 Mar	Introduction to Anxiety
Mon 25 Mar	Better Sleep

## Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX **10:30am - 12:30pm**

Date	Workshop / Course
Tue 5 Mar	Confidence Building
Tue 2 Apr	Understanding Trauma Course 1/4
Tue 9 Apr	Understanding Trauma Course 2/4
Tue 16 Apr	Understanding Trauma Course 3/4
Tue 23 Apr	Understanding Trauma Course 4/4
Tue 30 Apr	Self-Kindness
Tue 7 May	Coping with Low Mood Course 1/4
Tue 14 May	Coping with Low Mood Course 2/4
Tue 21 May	Coping with Low Mood Course 3/4
Tue 28 May	Coping with Low Mood Course 4/4

## Tuesday Afternoons at Avonmouth Community Centre

257 Avonmouth Road, Avonmouth, BS11 9EN

**2:30pm - 4:30pm**

Date	Workshop
Tue 5 Mar	Building Resilience
Tue 12 Mar	Understanding Yourself
Tue 19 Mar	Self-Kindness
Tue 26 Mar	Ways to Wellbeing



## **Wednesday Mornings at Windmill Hill City Farm**

Philip Street, Bedminster, BS3 4EA **10:30am - 12:30pm**

Date	Workshop
Wed 20 Mar	B-ACE (Body care, Achieve, Connect & Enjoy)
Wed 27 Mar	Building Resilience
Wed 15 May	Introduction to Anxiety
Wed 22 May	Making Picture Poems
Wed 29 May	Reframing Loneliness

## **Wednesday Afternoons at Shirehampton JTE Hub**

Side entrance of the Methodist Church on Penpole Avenue, Shirehampton, BS11 0DY **2:30pm - 4:30pm**

Date	Course
Wed 6 Mar	Assertive Communications Course 1/4
Wed 13 Mar	Assertive Communications Course 2/4
Wed 20 Mar	Assertive Communications Course 3/4
Wed 27 Mar	Assertive Communications Course 4/4
Wed 3 Apr	Emotional Intensity Course 1/4
Wed 10 Apr	Emotional Intensity Course 2/4
Wed 17 Apr	Emotional Intensity Course 3/4
Wed 24 Apr	Emotional Intensity Course 4/4

**Thursday Mornings at The Station** Silver Street, Bristol  
City Centre, BS1 2AG **10:30am - 12:30pm**

Date	Workshop
Thu 7 Mar	Writing for Wellbeing
Thu 14 Mar	Writing with Emotions
Thu 21 Mar	(Re)Writing Stories

**Thursday Afternoons at Windmill Hill City Farm**  
Philip Street, Bedminster, BS3 4EA **2:30pm - 4:30pm**

Date	Workshop
Thu 4 Apr	Understanding Yourself
Thu 11 Apr	Confidence Building

**Thursday Afternoons at Avonmouth Community Centre** 257 Avonmouth Road, Avonmouth, BS11 9EN  
**2:30pm - 4:30pm**

Date	Course
Thu 9 May	Assertive Communications Course 1/4
Thu 16 May	Assertive Communications Course 2/4
Thu 23 May	Assertive Communications Course 3/4
Thu 30 May	Assertive Communications Course 4/4

**Further information and bookings**

Please visit our website or scan the QR code.

[www.second-step.co.uk/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)

