

Wellbeing Workshops

JUNE - JULY 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

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

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.

Monday Afternoons Online 3pm - 4pm

Date	Session
Mon 24 Jun	Online Wellbeing Café
Mon 22 Jul	Online Wellbeing Café

Tuesday Afternoons Online 2:30pm - 3:30pm

Date	Workshop
Tue 4 Jun	Writing for Wellbeing
Tue 11 Jun	Writing with Senses

Thursday Afternoons Online

2:30pm - 4:30pm

Date	Course
Thu 4 Jul	Understanding Trauma Course 1/4
Thu 11 Jul	Understanding Trauma Course 2/4
Thu 18 Jul	Understanding Trauma Course 3/4
Thu 25 Jul	Understanding Trauma Course 4/4

Friday Mornings Online

10:30am - 11:30am

Date	Workshop
Fri 7 Jun	Introduction to Anxiety
Fri 21 Jun	Introduction to Coping with Low Mood
Fri 5 Jul	Finding Motivation
Fri 19 Jul	Building Resilience



Also happening...

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.

No need to book.



Classroom workshops

Based in community venues across Bristol, our classroom settings are supportive, friendly and a great space to connect, learn and grow together.

Monday Afternoons at John Wesley's New Room

36 The Horsefair, Bristol City Centre, BS1 3JE

2:30pm - 4:30pm

Date	Workshop
Mon 3 Jun	Emotional Intensity Course 1/4
Mon 10 Jun	Emotional Intensity Course 2/4
Mon 17 Jun	Emotional Intensity Course 3/4
Mon 24 Jun	Emotional Intensity Course 4/4
Mon 1 Jul	Building Resilience
Mon 8 Jul	Reframing Loneliness
Mon 15 Jul	Self-Kindness
Mon 22 Jul	Arts & Crafts: Creating a Journal
Mon 29 Jul	Introduction to Coping with Low Mood

Tuesday Mornings at Wellspring Settlement

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

Date	Workshop
Tue 4 Jun	Arts & Crafts: Pebble Painting
Tue 11 Jun	Confidence Building
Tue 18 Jun	Assertive Communication: Saying "No"
Tue 25 Jun	Understanding Yourself
Tue 2 Jul	Anxiety Course 1/4
Tue 9 Jul	Anxiety Course 2/4
Tue 16 Jul	Anxiety Course 3/4
Tue 23 Jul	Anxiety Course 4/4
Tue 30 Jul	B-ACE (Body-care, Achieve, Connect & Enjoy)



Wednesday Mornings at Windmill Hill City Farm Philip Street, Bedminster, BS3 4EA
10:30am - 12:30pm

Date	Course
Wed 5 Jun	Coping with Low Mood Course 1/4
Wed 12 Jun	Coping with Low Mood Course 2/4
Wed 19 Jun	Coping with Low Mood Course 3/4
Wed 26 Jun	Coping with Low Mood Course 4/4

Wednesday Mornings at The Greenway Centre Doncaster Road, Southmead, BS10 5PY
10:30am - 12:30pm

Date	Course
Wed 10 Jul	Foundations for Good Mental Health 1/6
Wed 17 Jul	Foundations for Good Mental Health 2/6
Wed 24 Jul	Foundations for Good Mental Health 3/6
Wed 31 Jul	Foundations for Good Mental Health 4/6
Wed 7 Aug	Foundations for Good Mental Health 5/6
Wed 14 Aug	Foundations for Good Mental Health 6/6

Thursday Mornings in June

Mindful Walks Various Locations

10:30am - 12pm

Our Mindful Walks workshops provide the opportunity to connect as a group while taking in the beauty of our home city. We will access calm amidst the hustle and bustle through a range of exercises focusing on the senses and how we experience them. Reset, connect and breathe with our Mindful Walks.

Date	Location
Thu 6 Jun	Victoria Park
Thu 13 Jun	The Downs
Thu 20 Jun	The Museum
Thu 27 Jun	The Harbourside



Further information and bookings

Please visit our website or scan the QR code.

www.second-step.co.uk/bristol-wellbeing-college

