

Wellbeing Workshops

JANUARY - MARCH 2025
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.

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

Date	Workshop
Tue 7 Jan	Be Present: Self-Compassion Meditation
Tue 14 Jan	Be Present: Visualisation Meditation
Tue 21 Jan	Be Present: Soundscapes Meditation
Tue 28 Jan	Anxiety Course 1/4*
Tue 4 Feb	Anxiety Course 2/4*
Tue 11 Feb	Anxiety Course 3/4*
Tue 18 Feb	Anxiety Course 4/4*
Tue 25 Feb	Finding Motivation
Tue 4 Mar	Be Present: Intro & Breathing Meditation
Tue 11 Mar	Be Present: Five Senses Meditation
Tue 18 Mar	Be Present: Self-Connection Meditation

* Course runs between 2:30pm - 4:30pm

Thursday Afternoons Online

2:30pm - 3:30pm

Date	Workshop
Thu 9 Jan	Introduction to Anxiety
Thu 16 Jan	Introduction to Coping with Low Mood
Thu 23 Jan	Better Sleep
Thu 6 Feb	Writing for Wellbeing
Thu 13 Feb	Writing with Senses
Thu 20 Feb	Writing with Memory
Thu 27 Feb	Writing with Emotions
Thu 6 Mar	(Re)Writing Stories
Thu 13 Mar	Writing with Nature
Thu 20 Mar	Assertive Communication: Saying "No"
Thu 27 Mar	Mindful Portraits



Friday Mornings Online 10:30am - 11:30am

Date	Workshop
Fri 17 Jan	Self-Kindness
Fri 31 Jan	Life Balance
Fri 7 Feb	Reframing Loneliness
Fri 21 Feb	Building Resilience
Fri 7 Mar	Ways to Wellbeing
Fri 21 Mar	Confidence Building



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 6 Jan	Finding Motivation
Mon 13 Jan	Step into Mindfulness 1
Mon 20 Jan	Step into Mindfulness 2
Mon 27 Jan	Making Picture Poems
Mon 3 Feb	Assertive Communication Course 1/4
Mon 10 Feb	Assertive Communication Course 2/4
Mon 17 Feb	Assertive Communication Course 3/4
Mon 24 Feb	Assertive Communication Course 4/4
Mon 3 Mar	Self-Kindness
Mon 10 Mar	Understanding Trauma Course 1/4
Mon 17 Mar	Understanding Trauma Course 2/4
Mon 24 Mar	Understanding Trauma Course 3/4
Mon 31 Mar	Understanding Trauma Course 4/4

Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX

10:30am - 12:30pm

Date	Workshop
Tue 7 Jan	Assertive Communication: Saying "No"
Tue 14 Jan	Confidence Building
Tue 21 Jan	Food, Mood & Me 1/2
Tue 28 Jan	Food, Mood & Me 2/2

Tuesday Mornings at Knowle West Healthy

Living Centre 5 Downton Rd, Knowle

BS4 1WH **10:30am - 12:30pm**

Date	Workshop
Tue 4 Feb	Introduction to Anxiety
Tue 11 Feb	Confidence Building
Tue 18 Feb	Building Resilience
Tue 25 Feb	Anxiety Course 1/4
Tue 4 Mar	Anxiety Course 2/4
Tue 11 Mar	Anxiety Course 3/4
Tue 18 Mar	Anxiety Course 4/4

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

Date	Workshop
Wed 8 Jan	Building Resilience
Wed 15 Jan	Life Balance
Wed 22 Jan	Self-Kindness
Wed 29 Jan	Reframing Loneliness
Wed 5 Feb	Wellness Planning 1/3
Wed 12 Feb	Wellness Planning 2/3
Wed 19 Feb	Wellness Planning 3/3
Wed 26 Feb	Understanding Yourself
Wed 5 Mar	Making Picture Poems
Wed 12 Mar	Men's Mental Health Course 1/3
Wed 19 Mar	Men's Mental Health Course 2/3
Wed 26 Mar	Men's Mental Health Course 3/3



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.

Online Café Sessions 3pm - 4pm

Date	Workshop
Mon 27 Jan	Online Wellbeing Café
Mon 24 Feb	Online Wellbeing Café
Mon 24 Mar	Online Wellbeing Café

Further information and bookings

Please visit our website or scan the QR code.
www.second-step.co.uk/bwc

