

Wellbeing workshops

JULY - SEPTEMBER 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.

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/Course
Mon 7 Jul	Building Resilience
Mon 14 Jul	Anxiety Course 1/4
Mon 21 Jul	Anxiety Course 2/4
Mon 28 Jul	Anxiety Course 3/4
Mon 4 Aug	Anxiety Course 4/4
Mon 11 Aug	Assertive Communication: Saying "No"
Mon 18 Aug	Finding Motivation
Mon 1 Sep	Making Picture Poems
Mon 8 Sep	Life Balance
Mon 15 Sep	Managing Intense Emotions 1/4
Mon 22 Sep	Managing Intense Emotions 2/4
Mon 29 Sep	Managing Intense Emotions 3/4
Mon 6 Oct	Managing Intense Emotions 4/4

Monday Mornings at Second Step Offices

162 Pennywell Road, St Judes, BS5 0TX
10.30am - 12.30pm

Date	Workshop
Mon 28 Jul	Making Picture Poems

Tuesday Mornings at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY
10.30am - 12.30pm

Date	Workshop/Course
Tue 8 Jul	Arts & Crafts: Scenery Painting
Tue 15 Jul	Confidence Building
Tue 22 Jul	Coping with Low Mood Course 1/4
Tue 29 Jul	Coping with Low Mood Course 2/4
Tue 5 Aug	Coping with Low Mood Course 3/4
Tue 12 Aug	Coping with Low Mood Course 4/4
Tue 19 Aug	Making Picture Poems
Tue 26 Aug	Self-Kindness
Tue 2 Sep	Anxiety Course 1/4
Tue 9 Sep	Anxiety Course 2/4
Tue 16 Sep	Anxiety Course 3/4
Tue 23 Sep	Anxiety Course 4/4
Tue 30 Sep	Writing with Senses

Wednesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill BS5 0AX
10.30am - 12.30pm

Date	Workshop/Course
Wed 2 Jul	Reframing Loneliness
Wed 9 Jul	Understanding Yourself
Wed 16 Jul	Understanding Trauma 1/4
Wed 23 Jul	Understanding Trauma 2/4
Wed 30 Jul	Understanding Trauma 3/4
Wed 6 Aug	Understanding Trauma 4/4
Wed 13 Aug	Making Picture Poems
Wed 20 Aug	Mind & Movement
Wed 27 Aug	Assertive Communication Course 1/4
Wed 3 Sep	Assertive Communication Course 2/4
Wed 10 Sep	Assertive Communication Course 3/4
Wed 17 Sep	Assertive Communication Course 4/4
Wed 24 Sep	Arts & Crafts: Scenery Painting



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 Mornings Online **10.30am - 11.30am**

Date	Workshop
Mon 4 Aug	Confidence Building
Mon 11 Aug	Life Balance
Mon 15 Sep	Better Sleep
Mon 29 Sep	Introduction to Anxiety

Wednesday Mornings Online **10.30am - 11.30am**

Date	Workshop
Wed 9 Jul	Introduction to Coping with Low Mood
Wed 6 Aug	Finding Motivation
Wed 27 Aug	Writing for Wellbeing
Wed 24 Sep	Building Resilience

Thursday Afternoons Online

2.30pm - 3.30pm

Date	Workshop/Course
Thu 10 Jul	Managing Intense Emotion Course 1/4*
Thu 17 Jul	Managing Intense Emotion Course 2/4*
Thu 24 Jul	Managing Intense Emotion Course 3/4*
Thu 31 Jul	Managing Intense Emotion Course 4/4*
Thu 14 Aug	Be Present: Intro & Breathing Meditation
Thu 21 Aug	Be Present: Five Senses Meditation
Thu 28 Aug	Be Present: Stillness Meditation
Thu 18 Sep	Be Present: Self-Connection Meditation
Thu 25 Sep	Be Present: Self-Compassion Meditation

* Course runs between 2.30pm - 4.30pm



Mindful Walks

2.30pm - 4pm

Our Mindful Walks provide the opportunity to connect as a group through a range of exercises focusing on the senses and how we experience them. Reset, connect and breathe with our Mindful Walks.

Date	Location
Tue 1 Jul	College Green
Tue 22 Jul	Castle Park
Tue 19 Aug	Victoria Park
Tue 26 Aug	The Harbourside
Tue 16 Sep	The Museum



Further information and bookings

Please visit our website or scan the QR code.

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



Wellbeing Café

Location

Boston Tea Party,
293 Gloucester Rd, Bishopston, Bristol BS7 8PE

Every Thursday 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	Session
Mon 21 Jul	Online Wellbeing Café
Mon 25 Aug	Online Wellbeing Café
Mon 29 Sep	Online Wellbeing Café