

Wellbeing Workshops

**OCTOBER - DECEMBER 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 Bristol based mental health services.

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 13 Oct	Arts & Crafts: Scenery Painting
Mon 20 Oct	Poem Brut Course 1/4
Mon 27 Oct	Poem Brut Course 2/4
Mon 3 Nov	Poem Brut Course 3/4
Mon 10 Nov	Poem Brut Course 4/4
Mon 17 Nov	Building Resilience
Mon 24 Nov	Life Balance
Mon 1 Dec	Understanding Yourself
Mon 8 Dec	Arts & Crafts: Festive Wreaths
Mon 15 Dec	Reframing Loneliness

**Tuesday Mornings at Knowle West Healthy
Living Centre** 5 Downton Rd, Knowle BS4
1WH **10.30am - 12.30pm**

Date	Workshop/Course
Tue 7 Oct	Confidence Building
Tue 14 Oct	Wellness Planning Course 1/3
Tue 21 Oct	Wellness Planning Course 2/3
Tue 28 Oct	Wellness Planning Course 3/3
Tue 4 Nov	Better Sleep
Tue 11 Nov	Finding Motivation
Tue 18 Nov	Understanding Trauma Course 1/4
Tue 25 Nov	Understanding Trauma Course 2/4
Tue 2 Dec	Understanding Trauma Course 3/4
Tue 9 Dec	Understanding Trauma Course 4/4



**Wednesday Mornings at The Greenway
Centre** 43 Doncaster Road, Southmead
BS10 5PY **10.30am - 12.30pm**

Date	Workshop/Course
Wed 1 Oct	Better Sleep
Wed 8 Oct	Building Resilience
Wed 15 Oct	Mind & Movement
Wed 22 Oct	Healthy Relationships Course 1/4
Wed 29 Oct	Healthy Relationships Course 2/4
Wed 5 Nov	Healthy Relationships Course 3/4
Wed 12 Nov	Healthy Relationships Course 4/4
Wed 19 Nov	Ways to Wellbeing
Wed 26 Nov	Arts & Crafts: Festive Wreaths
Wed 3 Dec	Writing for Wellbeing
Wed 10 Dec	Writing with Emotions



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 Morning Online 10.30am - 11.30am

Date	Workshop
Mon 20 Oct	Life Balance
Mon 27 Oct	Confidence Building
Mon 24 Nov	Seasonal Stress



Tuesday Mornings Online

10.30am - 11.30am

Date	Workshop
Tue 9 Dec	Mindful Portraits
Tue 16 Dec	Seasonal Stress

Wednesday Mornings Online

10.30am - 11.30am

Date	Workshop
Wed 8 Oct	Finding Motivation
Wed 29 Oct	Self-Kindness
Wed 19 Nov	Coping with Low Mood Course 1/4*
Wed 26 Nov	Coping with Low Mood Course 2/4*
Wed 3 Dec	Coping with Low Mood Course 3/4*
Wed 10 Dec	Coping with Low Mood Course 4/4*

* Course runs between 10.30am - 12.30pm

Thursday Afternoons Online

2.30pm - 3.30pm

Date	Workshop
Thu 23 Oct	Better Sleep
Thu 30 Oct	Writing for Wellbeing
Thu 13 Nov	Writing with Senses
Thu 20 Nov	Writing with Nature
Thu 27 Nov	Writing with Emotions
Thu 4 Dec	(Re)Writing Stories
Thu 11 Dec	Ways to Wellbeing

Friday Mornings Online

10.30am - 11.30am

Date	Workshop
Fri 31 Oct	Assertive Communication: Saying "No"
Fri 7 Nov	Be Present: Intro & Breathing Meditation
Fri 21 Nov	Be Present: Five Senses Meditation
Fri 5 Dec	Be Present: Self Compassion Meditation

Wellbeing Cafe

Location

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

Every Thursday between 2pm - 4pm

Our Wellbeing Cafe sessions are relaxed afternoons of company and conversation in a regular cafe 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
Fri 24 Oct	Online Wellbeing Cafe
Fri 21 Nov	Online Wellbeing Cafe
Fri 19 Dec	Online Wellbeing Cafe

Further information and bookings

Please visit our website or scan the QR code.

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

