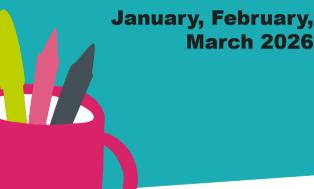
Wellbeing Workshops



LEARN, CONNECT, GROW



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.



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 12 Jan	Mind & Movement
Mon 19 Jan	Confidence Building
Mon 26 Jan	Coping with Low Mood Course 1/4
Mon 2 Feb	Coping with Low Mood Course 2/4
Mon 9 Feb	Coping with Low Mood Course 3/4
Mon 16 Feb	Coping with Low Mood Course 4/4
Mon 23 Feb	Assertive Communication: Saying "No"
Mon 2 Mar	Self-Kindness
Mon 9 Mar	Assertive Communication Course 1/4
Mon 16 Mar	Assertive Communication Course 2/4
Mon 23 Mar	Assertive Communication Course 3/4
Mon 30 Mar	Assertive Communication Course 4/4

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

Date Workshop/Course

Tue 13 Jan Life Balance

Tue 20 Jan Understanding Yourself

Tue 27 Jan Reframing Loneliness

Tue 3 Feb Managing Intense Emotions Course 1/4

Tue 10 Feb Managing Intense Emotions Course 2/4

Tue 17 Feb Managing Intense Emotions Course 3/4

Tue 24 Feb Managing Intense Emotions Course 4/4

Tue 3 Mar Writing for Wellbeing

Tue 10 Mar Writing with Senses

Tue 17 Mar Building Resilience

Tue 31 Mar Confidence Building



Wednesday Mornings at Wellspring Settlement 43 Ducie Road, Barton Hill, Bristol, BS5 0AX 10.30am - 12.30pm

Date Workshop/Course

Wed 14 Jan Ways to Wellbeing

Wed 21 Jan Building Resilience

Wed 28 Jan Anxiety Course 1/4

Wed 4 Feb Anxiety Course 2/4

Wed 11 Feb Anxiety Course 3/4

Wed 18 Feb Anxiety Course 4/4

Wed 25 Feb Confidence Building

Wed 4 Mar Better Sleep

Wed 11 Mar Arts & Crafts: Creating a Journal

Wed 18 Mar Understanding Yourself

Wed 25 Mar Reframing Loneliness

For further information and bookings, please visit our website or scan the QR code: www.second-step.co.uk/bwc





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

Mon 23 Mar

Date	Workshop
Mon 5 Jan	Be Present: Introduction & Breathing Meditation
Mon 12 Jan	Be Present: Five Senses Meditation
Mon 19 Jan	Be Present: Self-Connection Meditation
Mon 26 Jan	Be Present: Self-Compassion Meditation
Mon 2 Feb	Be Present: Visualisation Meditation
Mon 16 Feb	Be Present: Appreciation Meditation
Mon 23 Feb	Be Present: Stillness Meditation
Mon 2 Mar	Life Balance

Assertive Communication: Saying "No"

Tuesday Afternoons Online 2.30pm - 3.30pm

Date Workshop/Course

Tue 6 Jan Self-Kindness

Tue 20 Jan Managing Pain Course 1/4*

Tue 27 Jan Managing Pain Course 2/4*

Tue 3 Feb Managing Pain Course 3/4*

Tue 10 Feb Managing Pain Course 4/4*

Tue 31 Mar Understanding Yourself

Wednesday Mornings Online 10.30am - 11.30am

Date Workshop

Wed 14 Jan Writing for Wellbeing

Wed 21 Jan Writing with Senses

Wed 4 Feb Writing with Nature

Wed 18 Feb Writing with Memory

Wed 4 Mar Writing with Emotions

Wed 18 Mar (Re)Writing Stories

^{*} Course runs between 2.30pm - 4.30pm

Thursday Afternoons Online 2.30pm - 3.30pm

Date Workshop

Thu 8 Jan Better Sleep

Thu 22 Jan Finding Motivation

Thu 5 Feb Building Resilience

Thu 19 Feb Reframing Loneliness

Thu 19 Mar Confidence Building

Thu 26 Mar Self-Kindness

Friday Mornings Online 10.30am - 11.30am

Date Workshop

Fri 23 Jan Ways to Wellbeing

Fri 6 Feb Mindful Portraits



Also Happening...

Mindful Walks

Various locations 10.30am - 12pm

Date Location

Tue 3 Mar The Museum

Tue 10 Mar College Green

Tue 17 Mar Harbourside

Wellbeing Café

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

Every Thursday between 2pm - 4pm

No need to book.

Online Café Sessions

3pm - 4pm

Date Session

Fri 30 Jan Online Wellbeing Café

Fri 27 Feb Online Wellbeing Café

Fri 27 Mar Online Wellbeing Café