

Wellbeing Workshops

**January, February,
March 2026**



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.

**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 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





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 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 |
| Mon 23 Mar | 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 |

* Course runs between 2.30pm - 4.30pm

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 |

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 |