

Wellbeing Workshops

**April, May, June
2026 Prospectus**



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/bwc

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



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 Apr	Arts & Crafts: Scenery Painting
Mon 20 Apr	Food, Mood & Me 1/2
Mon 27 Apr	Food, Mood & Me 2/2
Mon 11 May	Better Sleep
Mon 18 May	Reframing Loneliness
Mon 1 Jun	Understanding Trauma Course 1/4
Mon 8 Jun	Understanding Trauma Course 2/4
Mon 15 Jun	Understanding Trauma Course 3/4
Mon 22 Jun	Understanding Trauma Course 4/4
Mon 29 Jun	Confidence Building



Tuesday Mornings at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY

10.30am - 12.30pm

Date	Workshop/Course
Tue 12 May	Understanding Yourself
Tue 19 May	Managing Intense Emotions Course 1/4
Tue 26 May	Managing Intense Emotions Course 2/4
Tue 2 Jun	Managing Intense Emotions Course 3/4
Tue 9 Jun	Managing Intense Emotions 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 7 Apr	Self-Kindness
Tue 14 Apr	Anxiety Course 1/4
Tue 21 Apr	Anxiety Course 2/4
Tue 28 Apr	Anxiety Course 3/4
Tue 5 May	Anxiety Course 4/4
Tue 16 Jun	Assertive Communication: Saying "No"
Tue 23 Jun	Healthy Relationships Course 1/4
Tue 30 Jun	Healthy Relationships Course 2/4
Tue 7 Jul	Healthy Relationships Course 3/4
Tue 14 Jul	Healthy Relationships Course 4/4





Wednesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, Bristol, BS5 0AX

10.30am - 12.30pm

Date	Workshop/Course
Wed 8 Apr	Writing with Imagination
Wed 15 Apr	Writing with Senses
Wed 22 Apr	Building Resilience
Wed 29 Apr	Finding Motivation
Wed 6 May	Healthy Relationships Course 1/4
Wed 13 May	Healthy Relationships Course 2/4
Wed 20 May	Healthy Relationships Course 3/4
Wed 27 May	Healthy Relationships Course 4/4
Wed 3 Jun	Understanding Yourself
Wed 10 Jun	Coping with Low Mood Course 1/4
Wed 17 Jun	Coping with Low Mood Course 2/4
Wed 24 Jun	Coping with Low Mood Course 3/4
Wed 1 Jul	Coping with Low Mood Course 4/4



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.

Tuesday Afternoons Online **2.30pm - 3.30pm**

Date	Workshop
Tue 14 Apr	Be Present: Introduction & Breathing Meditation
Tue 28 Apr	Be Present: Five Senses Meditation
Tue 5 May	Be Present: Self-Connection Meditation
Tue 12 May	Be Present: Visualisation Meditation
Tue 19 May	Be Present: Self-Compassion Meditation
Tue 26 May	Be Present: Appreciation Meditation
Tue 9 Jun	Be Present: Writing with Soundscapes
Tue 16 Jun	Be Present: Stillness Meditation

Wednesday Mornings Online

10.30am - 11.30am

Date	Workshop
Wed 8 Apr	Life Balance
Wed 15 Apr	Reframing Loneliness
Wed 13 May	Ways to Wellbeing
Wed 27 May	Confidence Building

Thursday Afternoons Online

2.30pm - 4.30pm

Date	Course
Thu 9 Apr	Understanding Trauma Course 1/4
Thu 16 Apr	Understanding Trauma Course 2/4
Thu 23 Apr	Understanding Trauma Course 3/4
Thu 30 Apr	Understanding Trauma Course 4/4
Thu 21 May	Coping with Low Mood Course 1/4
Thu 28 May	Coping with Low Mood Course 2/4
Thu 4 Jun	Coping with Low Mood Course 3/4
Thu 11 Jun	Coping with Low Mood Course 4/4

Friday Mornings Online
10.30am - 11.30am

Date	Workshop
Fri 17 Apr	Writing with Nature
Fri 24 Apr	Writing with Imagination
Fri 15 May	Writing with Senses
Fri 29 May	Self-Kindness
Fri 12 Jun	Better Sleep
Fri 26 Jun	Finding Motivation



Also HaPPening...

Mindful Walks

Various locations (10.30am - 12pm)

Date	Location
Wed 29 Apr	Castle Park
Wed 6 May	The Downs
Wed 20 May	Victoria Park
Wed 3 Jun	The Museum
Wed 17 Jun	Harbourside

Wellbeing Café

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

Every Thursday between 2pm - 4pm

No need to book.

Online Cafe Sessions

3pm - 4pm

Date	Session
Wed 29 Apr	Online Wellbeing Café
Wed 27 May	Online Wellbeing Café
Wed 24 Jun	Online Wellbeing Café

