

Wellbeing Workshops

July, August, September
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

Based in community venues across Bristol, our classroom settings are supportive, friendly and a great space to learn, connect 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 6 Jul	Writing with Imagination
Mon 13 Jul	Writing with Senses
Mon 20 Jul	Anxiety Course 1/4
Mon 27 Jul	Anxiety Course 2/4
Mon 3 Aug	Anxiety Course 3/4
Mon 10 Aug	Anxiety Course 4/4
Mon 17 Aug	Assertive Communication: Saying "No"
Mon 24 Aug	Understanding Yourself
Mon 7 Sep	Finding Motivation
Mon 14 Sep	Wellness Planning Course 1/3
Mon 21 Sep	Wellness Planning Course 2/3
Mon 28 Sep	Wellness Planning Course 3/3



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



Date	Workshop/Course
Tue 4 Aug	Confidence Building
Tue 11 Aug	Life Balance
Tue 1 Sep	Assertive Communication Course 1/4
Tue 8 Sep	Assertive Communication Course 2/4
Tue 15 Sep	Assertive Communication Course 3/4
Tue 22 Sep	Assertive Communication Course 4/4
Tue 29 Sep	Building Resilience



**Further information and
bookings** Please visit our website
or scan the following QR code.
www.second-step.co.uk/bwc



Wednesday Mornings at Wellspring Settlement

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

10.30am - 12.30pm

Date	Workshop/Course
Wed 8 Jul	Confidence Building
Wed 15 Jul	Arts & Crafts: Scenery Painting
Wed 29 Jul	Better Sleep
Wed 5 Aug	Self-Kindness
Wed 12 Aug	Understanding ADHD Course 1/5
Wed 19 Aug	Understanding ADHD Course 2/5
Wed 26 Aug	Understanding ADHD Course 3/5
Wed 2 Sep	Understanding ADHD Course 4/5
Wed 9 Sep	Understanding ADHD Course 5/5



Thursday Mornings at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY

10.30am - 12.30pm

Date	Workshop/Course
Thu 6 Aug	Understanding Trauma Course 1/4
Thu 13 Aug	Understanding Trauma Course 2/4
Thu 20 Aug	Understanding Trauma Course 3/4
Thu 27 Aug	Understanding Trauma Course 4/4

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 7 Jul	Understanding Yourself
Tue 21 Jul	Building Resilience
Tue 18 Aug	Introduction to Coping with Low Mood
Tue 1 Sep	Reframing Loneliness
Tue 15 Sep	Better Sleep
Tue 22 Sep	Mindful Portraits



Wednesday Mornings Online

10.30am - 11.30am

Date	Workshop
Tue 1 Jul	Ways to Wellbeing
Tue 8 Jul	Self-Kindness
Tue 16 Sep	Managing Intense Emotions Course 1/4*
Tue 23 Sep	Managing Intense Emotions Course 2/4*
Tue 30 Sep	Managing Intense Emotions Course 3/4*
Tue 7 Oct	Managing Intense Emotions Course 4/4*

*10.30am - 12.30pm

Thursday Afternoons Online

2.30pm - 3.30pm

Date	Workshop
Thu 2 Jul	Finding Motivation
Thu 16 Jul	Confidence Building
Thu 30 Jul	Assertive Communication: Saying "No"

Friday Mornings Online
10.30am - 11.30am

Date	Workshop/Course
Fri 10 Jul	Writing with Nature
Fri 24 Jul	Writing with Imagination
Fri 7 Aug	Writing with Senses
Fri 21 Aug	Writing with Emotions



Also Happening...

Mindful Walks

Various locations (10.30am - 12pm)

Date

Tue 21 Jul

Tue 28 Jul

Tue 18 Aug

Tue 25 Aug

Location

College Green

Castle Park

The Downs

Victoria Park



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

Wed 26 Aug

Wed 30 Sept

Session

Online Wellbeing Café

Online Wellbeing Café

