

SUMMER

Free Wellbeing Workshops for 18-25 year olds

BSW Young People's College



July, August, September
2026 Prospectus

**BSW
Recovery
College**

Learn, Connect, Grow

BSW Young People's College provides free in-person and online wellbeing workshops and courses to explore, improve and maintain mental health and wellbeing.

Our classes are available to young people aged 18 to 25 living in, or registered with a GP in Bath, North East Somerset, Swindon or Wiltshire.

Booking is essential.

Please enrol and book online at:

[www.second-step.co.uk/wellbeing-colleges/
bsw-young-peoplescollege/](http://www.second-step.co.uk/wellbeing-colleges/bsw-young-peoplescollege/)

For all enquiries, please email us at


bswrecoverycollege@second-step.co.uk

or call **01793 685075**



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

Classroom Workshops

 **Bath** 28 Southgate Street,
Bath, BA1 1TP

| Date | Day & Time | Workshop/Course |
|-------------|------------------------|------------------------|
| 07/07/2026 | Tuesday, 10am - 12pm | Building Resilience |
| 05/08/2026 | Wednesday, 10am - 12pm | Building Resilience |
| 27/08/2026 | Thursday, 1pm - 3pm | Better Sleep |
| 22/09/2026 | Tuesday, 1pm - 3pm | Better Sleep |





Pinetrees Community Centre,
The Circle, Swindon SN2 1RF

| Date | Day & Time | Workshop/Course |
|-------------|-----------------------|------------------------|
| 28/07/2026 | Tuesday, 1pm - 3pm | Building Resilience |
| 12/08/2026 | Wednesday, 1pm - 3pm | Better Sleep |
| 01/09/2026 | Tuesday, 10am - 12pm | Better Sleep |
| 07/09/2026 | Monday, 10am - 12pm | Building Resilience |



ChiPPenham

Chippenham Community Hub, 1 Gladstone Parade,
Timber Street, Chippenham SN15 3BS

| Date | Day & Time | Workshop/Course |
|-------------|----------------------------|------------------------|
| 21/07/2026 | Tuesday, 10am - 12pm | Building Resilience |
| 20/08/2026 | Thursday, 12.30pm - 2.30pm | Building Resilience |
| 29/09/2026 | Thursday, 12.30pm - 2.30pm | Better Sleep |

Salisbury

Riverside, 2 Watt Road, Churchfields Industrial Estate,
Salisbury, SP2 7UD

| Date | Day & Time | Workshop/Course |
|-------------|-----------------------|----------------------------|
| 10/08/2026 | Monday, 11am - 1pm | 606060 Building Resilience |





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.



Better Sleep (1 session)

| Date | Day & Time |
|------------|------------------------|
| 06/08/2026 | Thursday, 1pm - 3pm |
| 17/08/2026 | Monday, 1pm - 3pm |
| 09/09/2026 | Wednesday, 10am - 12pm |
| 14/09/2026 | Monday, 1pm - 3pm |



Building Resilience (1 session)

| Date | Day & Time |
|------------|-----------------------|
| 02/07/2026 | Thursday, 10am - 12pm |
| 15/07/2026 | Wednesday, 1pm - 3pm |
| 25/08/2026 | Tuesday, 10am - 12pm |
| 15/09/2026 | Tuesday, 1pm - 3pm |
| 21/09/2026 | Monday, 1pm - 3pm |
| 30/09/2026 | Wednesday, 1pm - 3pm |

Managing Intense Emotions Series



| Date | Day & Time | Course |
|------------|---------------------|---|
| 06/07/2026 | Monday, 1pm - 3pm | Module 1: Emotions and Mindfulness |
| 16/07/2026 | Thursday, 1pm - 3pm | Module 2: Coping with distress |
| 20/07/2026 | Monday, 1pm - 3pm | Module 3: Emotional Regulation |
| 30/07/2026 | Thursday, 1pm - 3pm | Module 4: Relationships and Communication |
| 04/08/2026 | Tuesday, 1pm - 3pm | Module 1: Emotions and Mindfulness |
| 11/08/2026 | Tuesday, 1pm - 3pm | Module 2: Coping with distress |
| 18/08/2026 | Tuesday, 1pm - 3pm | Module 3: Emotional Regulation |
| 25/08/2026 | Tuesday, 1pm - 3pm | Module 4: Relationships and Communication |
| 03/09/2026 | Thursday, 1pm - 3pm | Module 1: Emotions and Mindfulness |
| 10/09/2026 | Thursday, 1pm - 3pm | Module 2: Coping with distress |
| 17/09/2026 | Thursday, 1pm - 3pm | Module 3: Emotional Regulation |
| 24/09/2026 | Thursday, 1pm - 3pm | Module 4: Relationships and Communication |

Managing Anxiety (1 session)

Date

Day & Time

08/07/2026

Wednesday, 1pm - 3pm

15/07/2026

Wednesday, 10am - 12pm

22/07/2026

Wednesday, 1pm - 3pm

28/07/2026

Tuesday, 10am - 12pm

03/08/2026

Monday, 10am - 12pm

13/08/2026

Thursday, 10am - 12pm

19/08/2026

Wednesday, 1pm - 3pm

24/08/2026

Monday, 10am - 12pm

02/09/2026

Wednesday, 10am - 12pm

08/09/2026

Tuesday, 1pm - 3pm

16/09/2026

Wednesday, 1pm - 3pm

21/09/2026

Monday, 10am - 12pm

28/09/2026

Monday, 10am - 12pm



Find out more and book online at:

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bsw-young-peoples-college/](http://www.second-step.co.uk/wellbeing-colleges/bsw-young-peoples-college/)

For further information or assistance call
01793 685075