

AUTUMN

Free Wellbeing Workshops for 18-25 year olds

BSW Young People's College



October, November, December
2026 Prospectus



Learn, Connect, Grow

Welcome to our new prospectus for October, November and December 2026.

The BSW Recovery College provides free in-person and online workshops and courses to explore and improve

All our courses have been coproduced with people with lived experience.

Eligibility

Sessions are available to people aged 18-25 who are residents of Bath, North East Somerset, Swindon or Wiltshire (BSW), or registered with a BSW GP. They're also open to friends and carers who wish to accompany them.

We'll contact all new learners to explain how sessions work and answer any questions.

For further information, eligibility or queries, please email:
bswrecoverycollege@second-step.co.uk

Please note: booking is essential.



**SECOND
STEP**
PUTTING MENTAL HEALTH FIRST

Classroom Workshops

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

Date	Day & Time	Workshop/Course
11/11/2026	Wednesday, 1pm - 3pm	Building Resilience
30/11/2026	Monday, 10am - 12pm	Building Resilience

 **Swindon** Pinetrees Community Centre,
The Circle, Swindon SN2 1RF

Date	Day & Time	Workshop/Course
06/10/2026	Tuesday, 1pm - 3pm	Building Resilience
29/10/2026	Thursday, 1pm - 3pm	Better Sleep

 **Salisbury**

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



Date	Day & Time	Workshop/Course
05/11/2026	Thursday, 11am - 1pm	Building Resilience
03/12/2026	Thursday, 11am - 1pm	Better Sleep



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

09/10/2026

Friday, 10am - 12pm

19/10/2026

Monday, 1pm - 3pm

04/11/2026

Wednesday, 10am - 12pm

20/11/2026

Friday, 1pm - 3pm

23/11/2026

Monday, 1pm - 3pm

14/12/2026

Monday, 10am - 12pm



Building Resilience (1 session)

Date

Day & Time

16/10/2026

Friday, 10am - 12pm

27/10/2026

Tuesday, 10am - 12pm

18/11/2026

Wednesday, 10am - 12pm

07/12/2026

Monday, 10am - 12pm



Managing Intense Emotions Series

Date	Day & Time	Course
02/10/2026	Friday, 10am - 12pm	Module 1: Emotions and Mindfulness
08/10/2026	Thursday, 1pm - 3pm	Module 2: Coping with distress
14/10/2026	Wednesday, 10am - 12pm	Module 3: Emotional Regulation
23/10/2026	Friday, 10am - 12pm	Module 4: Relationships and Communication
28/10/2026	Wednesday, 1pm - 3pm	Module 1: Emotions and Mindfulness
06/11/2026	Friday, 10am - 12pm	Module 2: Coping with distress
13/11/2026	Friday, 10am - 12pm	Module 3: Emotional Regulation
16/11/2026	Monday, 1pm - 3pm	Module 4: Relationships and Communication
24/11/2026	Tuesday, 10am - 12pm	Module 1: Emotions and Mindfulness
04/12/2026	Friday, 10am - 12pm	Module 2: Coping with distress
08/12/2026	Tuesday, 1pm - 3pm	Module 3: Emotional Regulation
17/12/2026	Thursday, 10am - 12pm	Module 4: Relationships and Communication

Managing Anxiety (1 session)

Date

Day & Time

12/10/2026

Monday, 1pm - 3pm

21/10/2026

Wednesday, 10am - 12pm

30/10/2026

Friday, 10am - 12pm

10/11/2026

Tuesday, 1pm - 3pm

19/11/2026

Thursday, 10am - 12pm

27/11/2026

Friday, 10am - 12pm

10/12/2026

Thursday, 1pm - 3pm

15/12/2026

Tuesday, 1pm - 3pm



Find out more and book online at:

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

For further information or assistance call
01793 685075