

Wellbeing workshops

**October, November, December
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 5 Oct	Life Balance
Mon 12 Oct	Building Resilience
Mon 19 Oct	Self-Kindness
Mon 2 Nov	Healthy Relationships Course 1/4
Mon 9 Nov	Healthy Relationships Course 2/4
Mon 16 Nov	Healthy Relationships Course 3/4
Mon 23 Nov	Healthy Relationships Course 4/4
Mon 30 Nov	Writing with Emotions
Mon 7 Dec	Writing with Memory
Mon 14 Dec	Arts & Crafts: Festive Wreaths



Tuesday Mornings at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY

10.30am - 12.30pm

Date

Tue 6 Oct

Tue 13 Oct

Tue 20 Oct

Tue 27 Oct

Tue 3 Nov

Workshop/Course

Confidence Building

Anxiety Course 1/4

Anxiety Course 2/4

Anxiety Course 3/4

Anxiety Course 4/4



Tuesday Mornings at Knowle West Healthy Living Centre

5 Downton Rd, Knowle BS4 1WH

10.30am - 12.30pm



Date

Tue 10 Nov

Tue 17 Nov

Tue 24 Nov

Tue 1 Dec

Tue 8 Dec

Tue 15 Dec

Workshop/Course

Building Resilience

Understanding ADHD Course 1/5

Understanding ADHD Course 2/5

Understanding ADHD Course 3/5

Understanding ADHD Course 4/5

Understanding ADHD Course 5/5



Wednesday Mornings at Wellspring Settlement

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

10.30am - 12.30pm

Date	Workshop/Course
Wed 14 Oct	Assertive Communication: Saying "No"
Wed 21 Oct	Better Sleep
Wed 28 Oct	Understanding Trauma Course 1/4
Wed 4 Nov	Understanding Trauma Course 2/4
Wed 11 Nov	Understanding Trauma Course 3/4
Wed 18 Nov	Understanding Trauma Course 4/4
Wed 25 Nov	Finding Motivation
Wed 2 Dec	Arts & Crafts: Festive Wreaths
Wed 9 Dec	Understanding Yourself
Wed 16 Dec	Mind & Movement



Further information and bookings

Please visit our website or scan the following 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 6 Oct	Writing with Memory
Tue 20 Oct	Assertive Communication: Saying "No"
Tue 3 Nov	Life Balance
Tue 10 Nov	Self-Kindness
Tue 17 Nov	Confidence Building
Tue 24 Nov	Reframing Loneliness
Tue 1 Dec	Finding Motivation
Tue 8 Dec	Introduction to Coping with Low Mood



Wednesday Mornings Online

10.30am - 11.30am

Date	Workshop
Wed 7 Oct	Be Present: Intro & Breath Meditation
Wed 14 Oct	Be Present: Five Senses Meditation
Wed 21 Oct	Be Present: Self Connection Meditation
Wed 4 Nov	Be Present: Self Compassion Meditation
Wed 18 Nov	Be Present: Visualisation Meditation
Wed 25 Nov	Be Present: Appreciation Meditation
Wed 2 Dec	Be Present: Writing with Soundscapes
Wed 9 Dec	Be Present: Stillness Meditation

Thursday Afternoons Online

2.30pm - 4.30pm

Date	Course/Workshop
Thu 1 Oct	Understanding Trauma Course 1/4
Thu 8 Oct	Understanding Trauma Course 2/4
Thu 15 Oct	Understanding Trauma Course 3/4
Thu 22 Oct	Understanding Trauma Course 4/4
Thu 5 Nov	Writing with Senses*
Thu 19 Nov	Writing with Nature*
Thu 3 Dec	Writing with Imagination*
Thu 10 Dec	Writing with Emotions*

*2.30am - 3.30pm

Friday Mornings Online
10.30am - 11.30am

Date

Workshop

Fri 4 Dec

Mindful Portraits

Fri 11 Dec

Mindful Zentangles



Wellbeing Café

Location

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

Every Thursday between 2pm - 4pm

Our Wellbeing Café sessions are relaxed afternoons of company and conversation in a regular café space. Here you can also book onto our workshops and find out more of what the college has to offer.

No need to book.

Online Café Sessions

3pm - 4pm

via Zoom app



Date

Session

Wed 28 Oct

Online Wellbeing Café

Wed 25 Nov

Online Wellbeing Café