Wellbeing Workshops & Courses

January, February, March 2027 Prospectus



LEARN, CONNECT, GROW

Bristol Wellbeing College

Learn, Connect, Grow

Welcome to Bristol Wellbeing College

We provide FREE workshops, courses and activities to adults (18+) living in Bristol.

Explore, improve, and maintain good mental health and wellbeing.

Email: bristol.wellbeing.college@second-step.co.uk
Call: 0117 914 5498
Text: 0752 064 9116

How to Book

Visit our website: **www.second-step.co.uk/bwc**

Or scan our QR code:

SECOND STEP
PUTTING MENTAL HEALTH FIRST

Workshops & Courses Guide

Green, blue or pink?



Green Workshops:

Accessible to anyone, these workshops are light, one-off sessions encouraging self-expression and self-care. You will have the opportunity to engage in activities, learn techniques to connect with your senses and environment, and begin to build a wellbeing toolkit.

Blue Workshops:

Structured, detailed sessions focusing on habits, behaviour and lifestyle. You can learn to make and maintain positive and healthy changes. Sessions are more reflective than Green Workshops, providing further tools and strategies to improve mental wellbeing.

Pink Courses:

In-depth, multiple session courses encourage deeper self-reflection, long term planning, and progression. Courses provide an opportunity to share learning and support others within a safe and boundaried environment. We ask for commitment to attend all sessions, a willingness to reflect, and to practise tools and skills each week.

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
Courses 2.30pm - 4.30pm

Date	Course
Mon 1 Mar	**Wellness Planning Course 1/3**
Mon 8 Mar	**Wellness Planning Course 2/3**
Mon 15 Mar	**Wellness Planning Course 3/3**



Tuesday Mornings at Wellspring Settlement
43 Ducie Road, Barton Hill, Bristol, BS5 0AX
Workshops & Courses 10.30am - 12.30pm

Date	Workshop/Course
Tue 12 Jan	Life Balance
Tue 19 Jan	Building Resilience
Tue 26 Jan	Managing Intense Emotions Course 1/4
Tue 2 Feb	Managing Intense Emotions Course 2/4
Tue 9 Feb	Managing Intense Emotions Course 3/4
Tue 16 Feb	Managing Intense Emotions Course 4/4
Tue 23 Feb	Writing with Imagination
Tue 2 Mar	Writing with Senses
Tue 9 Mar	Writing with Emotions
Tue 16 Mar	Assertive Communication Course 1/4
Tue 23 Mar	Assertive Communication Course 2/4
Tue 30 Mar	Assertive Communication Course 3/4
Tue 6 Apr	Assertive Communication Course 4/4

Wednesday Mornings at John Wesley's New Room
36 The Horsefair, Bristol, City Centre BS1 3JE
Workshops 10.30am - 12.30pm

Date	Workshop
Wed 13 Jan	Confidence Building
Wed 3 Feb	Understanding Yourself
Wed 10 Feb	Assertive Communication: Saying "No"
Wed 17 Feb	Reframing Loneliness

Wednesday Mornings at The Greenway Centre
Doncaster Road, Southmead, Bristol, BS10 5PY
Workshops & Courses 10.30am - 12.30pm

Date	Workshop/Course
Wed 24 Feb	Arts & Crafts: Scenery Painting
Wed 3 Mar	Self-Kindness
Wed 10 Mar	Understanding ADHD Course 1/5
Wed 17 Mar	Understanding ADHD Course 2/5
Wed 24 Mar	Understanding ADHD Course 3/5
Wed 31 Mar	Understanding ADHD Course 4/5
Wed 7 Apr	Understanding ADHD Course 5/5

Online workshops

Delivered via the free app, Zoom. We can provide technical assistance to anyone new to Zoom, including help with downloading and using it.

Monday Afternoons Online Workshops 2.30pm – 3.30pm

Date	Workshop
Mon 4 Jan	Be Present: Introduction & Breathing Meditation
Mon 11 Jan	Be Present: Five Senses Meditation
Mon 18 Jan	Be Present: Self-Connection Meditation
Mon 25 Jan	Be Present: Self-Compassion Meditation
Mon 1 Feb	Be Present: Appreciation Meditation
Mon 8 Feb	Be Present: Visualisation Meditation
Mon 15 Feb	Be Present: Stillness Meditation

Tuesday Afternoons Online
Workshops 2.30pm - 3.30pm **Courses** 2.30pm - 4.30pm

Date	Workshop/Course
Tue 5 Jan	Confidence Building
Tue 19 Jan	Self-Kindness
Tue 26 Jan	Understanding Yourself
Tue 2 Feb	Finding Motivation
Tue 9 Feb	Building Resilience
Tue 23 Feb	Anxiety Course 1/4
Tue 2 Mar	Anxiety Course 2/4
Tue 9 Mar	Anxiety Course 3/4
Tue 16 Mar	Anxiety Course 4/4

Wednesday Morning Online
Workshops 10.30am – 11.30am

Date	Workshop
Wed 6 Jan	Assertive Communication: Saying "No"
Wed 20 Jan	Writing with Imagination
Wed 27 Jan	Writing with Senses
Wed 3 Feb	Writing with Nature
Wed 10 Feb	Writing with Emotions
Wed 24 Feb	Writing with Memory

Thursday Afternoons Online
Workshops 2.30pm - 3.30pm **Courses** 2.30pm - 4.30pm

Date	Workshop/Course
Thu 7 Jan	Reframing Loneliness
Thu 14 Jan	Better Sleep
Thu 28 Jan	Introduction to Coping with Low Mood
Thu 4 Feb	Ways to Wellbeing
Thu 18 Feb	Coping with Low Mood Course 1/4
Thu 25 Feb	Coping with Low Mood Course 2/4
Thu 4 Mar	Coping with Low Mood Course 3/4
Thu 11 Mar	Coping with Low Mood Course 4/4
Thu 25 Mar	Life Balance



Also Happening...

Wellbeing Café
Boston Tea Party, 293 Gloucester Road,
Bishopston, Bristol, BS7 8PE
Every Thursday between 2pm – 4pm

Our Wellbeing Cafe sessions are relaxed afternoons of company and conversation in a regular cafe 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 Cafe Sessions
3pm - 4pm

Date	Session
Wed 27 Jan	Online Wellbeing Café
Wed 24 Feb	Online Wellbeing Café
Wed 23 Mar	Online Wellbeing Café