

Wellbeing Workshops

AUGUST - SEPTEMBER 2024
PROSPECTUS



**BRISTOL
WELLBEING
COLLEGE**

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 mental health services in Bristol.

Please enrol and book online at:

www.second-step.co.uk/bristol-wellbeing-college

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.

**SECOND
STEP**

PUTTING MENTAL HEALTH FIRST

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.

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.

Monday Afternoons Online 3pm - 4pm

Date	Session
Mon 19 Aug	Online Wellbeing Café
Mon 30 Sep	Online Wellbeing Café



Tuesday Afternoons Online

2:30pm - 3:30pm

Date	Workshop
Tue 6 Aug	Writing with Nature
Tue 13 Aug	Writing for Wellbeing
Tue 20 Aug	Writing with Senses
Tue 3 Sep	Writing with Emotions
Tue 24 Sep	Writing with Memory

Thursday Afternoons Online

2:30pm - 4:30pm

Date	Workshop/Course
Thu 8 Aug	Introduction to Anxiety*
Thu 15 Aug	Confidence Building*
Thu 22 Aug	Finding Motivation*
Thu 5 Sep	Anxiety Course 1/4
Thu 12 Sep	Anxiety Course 2/4
Thu 19 Sep	Anxiety Course 3/4
Thu 26 Sep	Anxiety Course 4/4

* Workshop runs between 2:30pm - 3:30pm

Friday Mornings Online 10:30am - 11:30am

Date	Workshop
Fri 2 Aug	Be Present: Intro and Breath Meditation
Fri 9 Aug	Be Present: Five Senses Meditation
Fri 16 Aug	Be Present: Self-Connection Meditation
Fri 30 Aug	Be Present: Visualisation Meditation
Fri 6 Sep	Be Present: Self-Compassion Meditation
Fri 20 Sep	Be Present: Soundscapes Meditation
Fri 27 Sep	Be Present: Stillness Meditation



Classroom workshops

Based in community venues across Bristol, our classroom settings are supportive, friendly and a great space to connect, learn 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 Aug	Understanding Yourself
Mon 12 Aug	Food, Mood & Me 1/2
Mon 19 Aug	Food, Mood & Me 2/2
Mon 2 Sep	Managing Pain 1/4
Mon 9 Sep	Managing Pain 2/4
Mon 16 Sep	Managing Pain 3/4
Mon 23 Sep	Managing Pain 4/4
Mon 30 Sep	Confidence Building

Tuesday Mornings at Wellspring Settlement

43 Ducie Road, Barton Hill, BS5 0AX
10:30am - 12:30pm

Date	Workshop/Course
Tue 6 Aug	Building Resilience
Tue 13 Aug	Arts & Crafts - Dream Catchers
Tue 20 Aug	Emotional Intensity 1/4
Tue 27 Aug	Emotional Intensity 2/4
Tue 3 Sep	Emotional Intensity 3/4
Tue 10 Sep	Emotional Intensity 4/4
Tue 17 Sep	Reframing Loneliness
Tue 24 Sep	Better Sleep



**Wednesday Mornings at The Greenway
Centre** Doncaster Road, Southmead, BS10 5PY
10:30am - 12:30pm

Date	Workshop
Wed 21 Aug	Self-Kindness
Wed 28 Aug	Arts & Crafts: Pebble Painting

**Wednesday Mornings at Windmill Hill
City Farm** Philip Street, Bedminster, BS3 4EA
10:30am - 12:30pm

Date	Workshop/Course
Wed 11 Sep	Arts & Crafts: Dream Catchers
Wed 18 Sep	Introduction to Anxiety
Wed 25 Sep	Assertive Communication: Saying "No"



Also happening...

Wellbeing Café

Boston Tea Party,
156 Cheltenham Road, Stokes Croft, BS6 5RL

Every Tuesday 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.



Further information and bookings

Please visit our website or scan the QR code.

www.second-step.co.uk/bristol-wellbeing-college

