

# Wellbeing Workshops

**APRIL - JUNE 2025  
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](http://www.second-step.co.uk/bristol-wellbeing-college)**

For all enquiries, please email us at

**[bristol.wellbeing.college@second-step.co.uk](mailto: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.

## Tuesday Afternoons Online 2.30pm - 3.30pm

Date	Workshop
Tue 1 Apr	Introduction to Anxiety
Tue 8 Apr	Reframing Loneliness
Tue 15 Apr	Better Sleep
Tue 29 Apr	Assertive Communication: Saying "No"
Tue 6 May	Building Resilience
Tue 13 May	Confidence Building
Tue 27 May	Ways to Wellbeing
Tue 3 Jun	Writing with Nature
Tue 10 Jun	Writing for Wellbeing
Tue 24 Jun	Writing with Senses

## Thursday Afternoons Online

### 2.30pm - 3.30pm

Date	Workshop
Thu 3 Apr	Self-Kindness
Thu 24 Apr	Understanding Trauma 1/4*
Thu 1 May	Understanding Trauma 2/4*
Thu 8 May	Understanding Trauma 3/4*
Thu 15 May	Understanding Trauma 4/4*
Thu 19 Jun	Life Balance
Thu 26 Jun	Finding Motivation

\* Course runs between 2:30pm - 4:30pm

## Friday Mornings Online

### 10.30am - 11.30am

Date	Workshop
Fri 4 Apr	Be Present: Intro & Breathing Meditation
Fri 11 Apr	Be Present: Five Senses Meditation
Fri 2 May	Be Present: Self-Connection Meditation
Fri 16 May	Be Present: Visualisation Meditation
Fri 13 Jun	Be Present: Self-Compassion Meditation
Fri 20 Jun	Be Present: Appreciation Meditation

# Wellbeing Café

## New 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

Date	Session
Mon 28 Apr	Online Wellbeing Café
Mon 19 May	Online Wellbeing Café
Mon 30 Jun	Online Wellbeing Café

## Further information and bookings

Please visit our website or scan the QR code.

[www.second-step.co.uk/bristol-wellbeing-college](http://www.second-step.co.uk/bristol-wellbeing-college)



# 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 7 Apr	Ways to Wellbeing
Mon 14 Apr	Confidence Building
Mon 28 Apr	Reframing Loneliness
Mon 12 May	Life Balance
Mon 19 May	Understanding Yourself
Mon 2 Jun	Wellness Planning 1/3
Mon 9 Jun	Wellness Planning 2/3
Mon 16 Jun	Wellness Planning 3/3
Mon 23 Jun	Introduction to Anxiety
Mon 30 Jun	Better Sleep

**Tuesday Mornings at Knowle West Healthy Living Centre** 5 Downton Rd, Knowle  
BS4 1WH **10.30am - 12.30pm**

Date	Workshop/Course
Tue 1 Apr	Introduction to Coping with Low Mood
Tue 8 Apr	Assertive Communication: Saying "No"
Tue 15 Apr	Understanding Yourself
Tue 22 Apr	Coping with Low Mood Course 1/4
Tue 29 Apr	Coping with Low Mood Course 2/4
Tue 6 May	Coping with Low Mood Course 3/4
Tue 13 May	Coping with Low Mood Course 4/4
Tue 20 May	Finding Motivation
Tue 27 May	Self-Kindness
Tue 3 Jun	Managing Pain Course 1/4
Tue 10 Jun	Managing Pain Course 2/4
Tue 17 Jun	Managing Pain Course 3/4
Tue 24 Jun	Managing Pain Course 4/4



**Wednesday Mornings at Wellspring  
Settlement** 43 Ducie Road, Barton Hill  
BS5 0AX **10.30am - 12.30pm**

Date	Workshop/Course
Wed 9 Apr	Writing for Wellbeing
Wed 16 Apr	Finding Motivation
Wed 23 Apr	Arts & Crafts: Affirmation Boxes
Wed 30 Apr	Anxiety Course 1/4
Wed 7 May	Anxiety Course 2/4
Wed 14 May	Anxiety Course 3/4
Wed 21 May	Anxiety Course 4/4
Wed 28 May	Building Resilience
Wed 4 Jun	Managing Intense Emotions 1/4
Wed 11 Jun	Managing Intense Emotions 2/4
Wed 18 Jun	Managing Intense Emotions 3/4
Wed 25 Jun	Managing Intense Emotions 4/4



# Wellbeing Event

**Meet other College attendees and enjoy free activities...**

Chair Yoga | Creative Story Space | Bowen Therapy  
Art Table | Prize Raffle | Refreshments and Snacks

**Wednesday 2 April, 11am - 4pm**

Graffiti Room, Trinity Centre,  
Trinity Rd, St Jude's, Bristol, BS2 0NW

# Mindful Walks

**10.30am - 12pm**

Our Mindful Walks provide the opportunity to connect as a group through a range of exercises focusing on the senses and how we experience them. Reset, connect and breathe with our Mindful Walks.

Date	Location
Wed 23 Apr	The Museum
Wed 7 May	Victoria Park
Wed 14 May	Castle Park
Wed 21 May	The Harbourside