

Feel **anxious** or **low** at times?

Learn tools, skills and strategies to improve your wellbeing at

AVONMOUTH COMMUNITY CENTRE

FREE to anyone 18+

Tuesday Afternoons 2.30pm - 4.30pm

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| 11 July | Arts & Crafts: Pebble Painting |
| 18 July | Writing for Wellbeing |
| 25 July | Building Resilience |
| 01 Aug | Confidence Building |
| 08 Aug | Assertive Communication: Saying 'No' |
| 15 Aug | Introduction to Coping with Low Mood |
| 22 Aug | Introduction to Anxiety |

See our full calendar online!

To book visit:

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

Get in touch:

bristol.wellbeing.college@second-step.co.uk or 0117 914 5498

