

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

Learn tools, skills and strategies to improve your wellbeing at

SHIREHAMPTON JTE HUB

FREE to anyone 18+

Thursday Afternoons **2.30pm - 4.30pm**

13 July	Introduction to Anxiety
20 July	Ways to Wellbeing
27 July	Writing for Wellbeing
03 Aug	Confidence Building
10 Aug	Building Resilience
17 Aug	Assertive Communication: Saying 'No'
24 Aug	Understanding Yourself

See our full calendar online

To book visit:

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

Get in touch:

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

