

Wellbeing Workshops

**SEPTEMBER - OCTOBER 2023
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 25 Sep	Online Wellbeing Cafe
Mon 30 Oct	Online Wellbeing Cafe

Thursday Mornings Online

10:30am - 11:30am

Date	Workshop
Thu 7 Sep	Be Present: Introduction & Breath Meditation
Thu 14 Sep	Be Present: Senses Meditation
Thu 21 Sep	Be Present: Self Connection Meditation
Thu 28 Sep	Be Present: Appreciation Meditation

Thursday Afternoons Online

2:30pm - 4:30pm

Date	Workshop
Thu 5 Oct	Anxiety Course 1/4
Thu 12 Oct	Anxiety Course 2/4
Thu 19 Oct	Anxiety Course 3/4
Thu 26 Oct	Anxiety Course 4/4

Friday Mornings Online

10:30am - 11:30am

Date	Workshop
Fri 8 Sep	Finding Motivation
Fri 15 Sep	Assertive Communication: Say "No"
Fri 29 Sep	Confidence Building
Fri 20 Oct	Building Resilience



Also happening...

Mindful Walks **2pm - 3:30pm**

Date	Session
Thu 7 Sep	Mindful Walks: Castle Park
Wed 28 Sep	Mindful Walks: Harbourside

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.

Classroom Workshops

Please note: **Prior registration is essential**

Monday Afternoons at John Wesley's New Room
36 The Horsefair, Bristol City Centre BS1 3JE
2:30pm - 4:30pm

Date	Workshop
Mon 4 Sep	Mind & Movement
Mon 11 Sep	Assertive Communication: Saying "No"
Mon 18 Sep	Building Resilience
Mon 25 Sep	Arts & Crafts: Creating a Journal
Mon 2 Oct	Introduction to Coping with Low Mood
Mon 16 Oct	Coping with Low Mood 1/4
Mon 23 Oct	Coping with Low Mood 2/4
Mon 30 Oct	Coping with Low Mood 3/4
Mon 6 Nov	Coping with Low Mood 4/4



Monday Afternoons at The Greenway Centre

Doncaster Road, Southmead, BS10 5PY
2:30pm - 4:30pm

Date	Workshop
Mon 18 Sep	Better Sleep
Mon 25 Sep	Understanding Yourself
Mon 2 Oct	Self-Kindness
Mon 16 Oct	Assertive Communication 1/4
Mon 23 Oct	Assertive Communication 2/4
Mon 30 Oct	Assertive Communication 3/4
Mon 6 Nov	Assertive Communication 4/4

Tuesday Mornings at Wellspring Settlement

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

Date	Workshop
Tue 12 Sep	Writing for Wellbeing
Tue 19 Sep	Writing with Senses
Tue 26 Sep	Writing with Emotions
Tue 10 Oct	Introduction to Anxiety
Tue 17 Oct	Introduction to Coping with Low Mood
Tue 24 Oct	Understanding Yourself
Tue 31 Oct	Step into Mindfulness 1

Tuesday Afternoons at Avonmouth Community Centre 257 Avonmouth Road, Avonmouth, BS11 9EN **2:30pm - 4:30pm**

Date	Workshop
Tue 5 Sep	Self-Kindness
Tue 12 Sep	Reframing Loneliness
Tue 19 Sep	Introduction to Anxiety
Tue 26 Sep	Anxiety Course 1/4
Tue 3 Oct	Anxiety Course 2/4
Tue 10 Oct	Anxiety Course 3/4
Tue 17 Oct	Anxiety Course 4/4
Tue 24 Oct	Better Sleep

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

Date	Workshop
Wed 6 Sep	Ways to Wellbeing
Wed 13 Sep	Arts & Crafts: Creating a Journal
Wed 27 Sep	Assertive Communication: Saying "No"
Wed 4 Oct	Better Sleep
Wed 25 Oct	Reframing Loneliness

Wednesday Afternoons at Shirehampton JTE Hub

Methodist Church, Penpole Avenue, Shirehampton
BS11 0DY **2:30pm - 4:30pm**

Date	Workshop
Wed 6 Sep	Introduction to Anxiety
Wed 13 Sep	Mind & Movement
Wed 20 Sep	Arts & Crafts: Making Pom Poms
Wed 27 Sep	Introduction to Coping with Low Mood
Wed 4 Oct	Building Resilience
Wed 11 Oct	Writing with Senses
Wed 18 Oct	Reframing Loneliness
Wed 25 Oct	B-ACE (Body-Care, Achieve, Connect & Enjoy)

Thursday Mornings at The Station

Silver Street, Bristol City Centre, BS1 2AG
10:30am - 12:30pm

Date	Workshop
Thu 5 Oct	Step into Mindfulness 1
Thu 12 Oct	Step into Mindfulness 2
Thu 19 Oct	Confidence Building

Further information and bookings

Please visit our website at:

www.second-step.co.uk/bristol-wellbeing-college
or scan the QR code.

