

**BRISTOL WELLBEING COLLEGE**

# wellbeing event

Free workshops  
and fun activities to  
promote mental health  
and wellbeing

Tues 20 June  
1pm until 4pm

**Chill Out Room, The Station, Silver Street BS1 2AG**

**For more information call: 0117 914 5498**

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

**Free** to people living in Bristol who are either receiving support from one of the services within Bristol Mental Health or are carers.



It's about  
**YOU**

**SECOND  
STEP**  
PUTTING MENTAL HEALTH FIRST

Bristol  
Mental  
Health  
.....  
caring  
open  
hopeful

**BRISTOL  
WELLBEING  
COLLEGE**