

# Wellbeing Course



Every Tuesday 13:15 - 16:30pm  
Ashley Down Centre, Bristol, BS7 9BU

gentle and friendly

We discuss and work through topics such as:

- ▶ Self-worth
- ▶ Self-trust
- ▶ Emotional wellbeing
- ▶ Community engagement



Scan the QR code to find out more  
or following this link:  
[bit.ly/cobc-wellbeing-course](https://bit.ly/cobc-wellbeing-course)

To find out if this course is right for you and to  
enrol, contact the lecturer:  
Becca Lloyd at 07890 518 607 or by email -  
[becca.lloyd@cityofbristol.ac.uk](mailto:becca.lloyd@cityofbristol.ac.uk)

\*Age 19+ and some other restrictions apply