

Wellbeing in the Community



📍 Shirehampton Public Hall, Bristol, BS11 9TX

🕒 Wednesdays 9:30 am - 12:30 pm

📅 15 weeks, 26 Feb - 25 Jun 2025

We discuss and work through topics such as:

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

Available fully funded. Contact us for eligibility details.

Enrol for **FREE**

*Fully funded for adults over 19 who meet certain requirements.
Speak to our team at reception for more details.



Scan the QR code to find out more
or follow this link:
bit.ly/community-Wellbeing

☎ 0117 312 5000 ✉ studentservices@cityofbristol.ac.uk 🌐 cityofbristol.ac.uk

