

Spring Term

BRISTOL

**1-2 Perry Road
Bristol
BS1 5BQ**

**WEDNESDAYS
6-7.30PM
TERM TIME**

3rd January
10th January
17th January
24th January
31st January
7th February

--- HALF TERM --- Check Twitter & Facebook for special events

21st February
28th February
7th March
14th March
21st March

---EASTER HOLDS--- Check Twitter & Facebook for special events

SOUTH GLOS

**Yate Library
44 West Walk
BS37 4AX**

**THURSDAYS
5.30-6.30PM
TERM TIME**

4th January
11th January
18th January
25th January
1st February
8th February

SuperMe
Reaching Out
Pressure Proof
MFWS
Thinking Traps
SuperMe

22nd February
1st March
8th March
15th March
22nd March

Reaching Out
Pressure Proof
MFWS
Thinking Traps
SuperMe



Want to book a place? Find out more? Email resiliencelab@otrbristol.org.uk

Booking not essential but recommended as a places as limited