



BALLYHOURA
DEVELOPMENT CLG



Comhairle Cathrach
& Contae Luimnigh

Limerick City
& County Council

Managing Stress in Our Daily Lives

a free 8-session programme

Delivered by

The Social Health & Education Project

Venue

Coote Hall, Kilmallock Co. Limerick

**Jan-Mar
2019**

Day Time

Starting Monday 28th January 2019 for 8 sessions to 25th March 2019 (excl. 18th March) - 10am–12.30pm each session

This course will provide you with an understanding of the natural processes that give rise to stress, as well as how these can be damaging. Learn skills in the prevention of unnecessary stress and the management of unavoidable stress.

TOPICS COVERED INCLUDE:

- What is stress?
- Physical effects
- Effects on our feelings & thoughts
- Effects on our relationships
- What can we do about stress?

There is no charge for this programme

To book a place contact David O'Grady, Ballyhoura Development, on tel. 063-20517 or email: dogrady@ballyhoura.org



SHEP
CAPACITY FOR CHANGE

This course is delivered by SHEP, The Social & Health Education Project. SHEP Tutors have extensive training and experience in creating a supportive atmosphere and in helping personal



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Rialtas na hÉireann
Government of Ireland



MID WEST REGIONAL
DRUGS & ALCOHOL FORUM
Clare - Limerick - N Tipperary

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Bord Oideachais & Oiliúna
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