

**COMMUNITY EDUCATION PROGRAMME**  
**SHORT 20 HOUR COURSES ON-LINE JAN/FEB 2021**



**SHEP's 8 week On-line 20-hour Courses JAN/early-FEB 2021**

<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>With tutor Una Good</li> <li>Monday nights 7pm to 9.30pm</li> <li>Commencing 25<sup>th</sup> Jan 2021 to 29<sup>th</sup> March 2021</li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships</i></p> <p><b>Course Ref Number CN003445</b> <b>No Charge*</b></p>
<p><b>Managing Stress in Our Daily Live</b></p> <ul style="list-style-type: none"> <li>With tutor Rebecca O' Mahony</li> <li>Thursday evenings 7pm to 9.30pm</li> <li>Commencing 4th Feb to 1st April 2021</li> </ul>	<p><i>Understanding the natural processes that give rise to stress, as well as how these can be damaging. Learning skills in the prevention of unnecessary stress and the management of unavoidable stress.</i></p> <p><b>Course Ref Number CN003444</b> <b>No Charge**</b></p>
<p><b>Supporting Parents – Responding to young children's anxieties</b></p> <ul style="list-style-type: none"> <li>With tutor Patsy Hannan</li> <li>Monday mornings 10am to 12.30pm</li> <li>Commencing 1<sup>st</sup> February to 5<sup>th</sup> May 2021</li> </ul>	<p>Amongst other topics the course will explore</p> <ul style="list-style-type: none"> <li>Supporting younger children with worries related to school and friends</li> <li>Exploring the 'Good Enough Parent'</li> <li>Communication and Listening</li> <li>Supporting yourself to benefit your children</li> </ul> <p><b>Course Ref Number CN003442</b> <b>No Charge**</b></p>
<p><b>Women's Health &amp; Meditation</b></p> <ul style="list-style-type: none"> <li>Tutor Sile O'Connor</li> <li>Wednesdays 10.30am to 1.00pm</li> <li>Commencing 24<sup>th</sup> February to 28<sup>th</sup> April 2020</li> </ul>	<p><i>The course is open to all Women interested in exploring together issues that are relevant to their lives and in particular their physical and emotional health.</i></p> <p><b>Course Ref Number CN003448</b> <b>No Charge*</b></p>
<p><b>Seasons for Growth – Living with Grief, Loss &amp; Change in our Daily Lives</b></p> <ul style="list-style-type: none"> <li>With tutors Kathleen Rohan</li> <li>Tuesday evenings 7.00pm to 9.30pm</li> <li>Commencing 26<sup>th</sup> Jan 2021 to 30<sup>th</sup> March 2021</li> </ul>	<p><i>This course provides adults with the opportunity to examine how loss, grief or change has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences</i></p> <p><b>Course Ref Number CN003441</b> <b>No Charge*</b></p>
<p><b>Effective Communication</b></p> <ul style="list-style-type: none"> <li>With tutor Lorna Rice Davis</li> <li>Thursday 10.30am-1.00pm</li> <li>Commencing 25<sup>th</sup> February to 29<sup>th</sup> April 2020</li> </ul>	<p><i>Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.</i></p> <p><b>Course Ref Number CN003449</b> <b>No Charge*</b></p>
<p><b>Caring for Our Wellbeing /Managing Stress</b></p> <ul style="list-style-type: none"> <li>With tutor Noreen Leahy</li> <li>Tuesday mornings 10am to 12.30pm</li> <li>Commencing 9<sup>th</sup> Feb 2021 to 27<sup>th</sup> April</li> </ul>	<p><i>For people who have an interest in their own health and well-being, people who experience emotional distress at times and who would like to work together with others to explore ways to enhance their well-being and ways to manage stress.</i></p> <p><b>Course Ref Number CN003446</b> <b>No Charge**</b></p>

\* Cork ETB

\*\*Tutor Hours Supported by Healthy Ireland (Limerick) delivered by SHEP, in collaboration with Hospital FRC, Croom FRC and Ballyhoura Development and funded through Healthy Ireland Limerick and SICAP.

**Application forms are available from**

SHEP on 021-4666180 or call

Lantern Community Project (Karina on 086 1746374 or Ger on 086 0236442)

Information and application form is also available online at

<https://www.socialandhealth.com/short-courses-in-the-community/>

Applications can be emailed to [info@socialandhealth.com](mailto:info@socialandhealth.com) or phoned to 021 4666180 (signed form to follow)