

# COMMUNITY EDUCATION PROGRAMME

## SHORT 20 HOUR COURSES ON-LINE

FEBRUARY to APRIL 2021



## Community Education for Health & Wellbeing

### 8-week On-line 20 hour Courses Facilitated by SHEP Trained Tutors

*Course organised collaborative by  
Lantern Community Project, SHEP and CETB*

#### **Introduction to Personal Development**

- With tutor Margaret Whelan
- Tuesday nights 6.30pm to 9.00pm
- Commencing 23<sup>rd</sup> Feb 2021 to 27<sup>th</sup> April 2021

*Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships*

**Course Ref Number CN003447**

**No Charge\***

#### **Women's Health & Meditation**

- Tutor Lorna Rice Davis
- Wednesdays 10.30am to 1.00pm
- Commencing 24<sup>th</sup> February to 28<sup>th</sup> April 2020

*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.*

**Course Ref Number CN003448**

**No Charge\***

#### **Seasons for Growth – Living with Change, Loss & Grief in our Daily Lives**

- With tutors Bernadette Nolan
- Thursday afternoons 2.00pm to 4.30pm
- Commencing 25<sup>th</sup> Feb 2021 to 29<sup>th</sup> April 2021

*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*

**Course Ref Number CN003450**

**No Charge\***

#### **Effective Communication**

- With tutor Lorna Rice Davis
- Thursday 10.30am-1.00pm
- Commencing 25<sup>th</sup> February to 29<sup>th</sup> April 2020

*Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.*

**Course Ref Number CN003449**

**No Charge\***

### *Other Courses organised by SHEP and CETB*

#### **Introduction to Personal Development**

- With tutor Nessa O'Reilly
- Monday nights 7pm to 9.30pm
- Commencing 8th Feb 2021 to 12<sup>th</sup> April 2021

*Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships*

**Course Ref Number CN003478**

**SHEP supported**

#### **Caring for Our Wellbeing /Managing Stress**

- With tutor Noreen Leahy
- Tuesday mornings 10am to 12.30pm
- Commencing 9<sup>th</sup> Feb 2021 to 27<sup>th</sup> April

*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.*

**Course Ref Number CN003446**

**No Charge\***

*\* Tutor Hours provided by Cork ETB*

### **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**

**For more courses currently on offer in Counties Limerick, Clare, Tipperary go to the relevant section on SHEP website on the link above**

***A further series of Courses in the Cork area will be offered in early March to commence in early April – Details will be on the SHEP Website above***