

**COMMUNITY EDUCATION PROGRAMME
8 WEEK, 20-HOUR COURSES
SEPTEMBER TO DECEMBER 2021
FACILITATED BY SHEP TRAINED TUTORS**



SHEP
CAPACITY FOR CHANGE

HE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



cetb
Boord Oideachais agus
Oiliúna Chéile
Cork Education and
Training Board

IN-PERSON SHEP Project Centre, Ardfoyle, Ballintemple, Cork City

Introduction to Personal Development

- **IN-PERSON** with tutor Barry Morley
- Thursday 7.30pm to 10.00pm
- Commencing 14th October to 9th Dec 2021

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

Course Ref Number CN003522

No Charge*

Seasons for Growth – Living with Change & Loss or Grief in our Daily Lives

- **IN-PERSON** with tutor Kathleen Rohan
- Mondays Tuesday 7.30pm to 10.00pm
- Commencing 11th October to 6th Dec 2021

This course provides adults with the opportunity to examine how loss, change or grief has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences.

Course Ref Number CN003523

No Charge*

ONLINE - ZOOM

Caring for Our Wellbeing-Managing Stress

- **ONLINE** with tutor Noreen Leahy & Geraldine Flanagan
- Tuesdays 10am to 12.30pm
- Commencing 21st Sept to 23rd Nov 2021

This course particularly welcomes people with caring responsibilities in the home that precludes them from a face-to-face course.

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 CN003524

No Charge*

Introduction to Personal Development

- **ONLINE** with tutor Una Good
- Tuesdays 10am to 12.30pm
- Commencing 14th Sept to 16th Nov 2021

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

Course Ref Number CN003525

No Charge*

Seasons for Growth – Living with Change & Loss or Grief in our Daily Lives

- **ONLINE** with tutor Dennis Taylor
- Wednesday 7.00pm to 9.30pm
- Commencing 15th Sept to 17th Nov 2021

This course provides adults with the opportunity to examine how loss, change or grief has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences.

Course Ref Number CN003526

No Charge*

Effective Communication

- **ONLINE** with tutor Geraldine Flanagan
- Mondays 7.00pm to 9.30pm
- Commencing 20th Sept to 22nd Nov 2021

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 CN003527

No Charge*

Managing Stress in Our Daily Lives

- **ONLINE** with tutor Chris Healy
- Wednesday 7pm to 9.30pm
- Commencing 22nd Sept to 24th Nov 2021

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.

Course Ref Number CN003528

No Charge *

* *Subject to Funding*

Application forms are available from SHEP on 021-4666180 or

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

Application can be made by

Online at <https://www.socialandhealth.com/course-application-buttons/>

Or Emailed to info@socialandhealth.com

Or Phoned in 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