

## What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 45 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

**Respect** will be shown to you, regardless of your situation or opinion.

## Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to Personal Development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Caring for Our Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Inter-Cultural Awareness
- Children and Bullying: A Course for Parents

These courses usually consists of twenty hours done over 8 or 10 weekly sessions.

Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

### For further information contact:

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## SHEP Community Education for Health & Well-being

## SEASONS FOR GROWTH LIVING WITH GRIEF LOSS & CHANGE IN LIFE!

A **short course** which uses an experiential group-work approach and will take your needs into account.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



## Why such a course?

It is not possible to be human and to avoid the normal and often valuable experience of loss and grief. Loss and grief are issues which affect all of us at some stage in our lives. Learning to deal with these issues is central to personal wellbeing and happiness. There are many different losses that occur in one's lifetime, the one that people automatically think of when grief is mentioned is death, but there are many others such as illness, disability, adoption, abuse, workplace change, unemployment, cultural dislocation, marriage separation and divorce. Experiences such as these bring about change, both for individuals and the family as a whole. A course like this provides adults with the opportunity to examine how loss and grief have impacted on their lives and can also provide knowledge, skills and attitudes to understand and manage their grief experiences.

### Rationale – key beliefs which underpin the Seasons for Growth programme are:

- That loss and grief are a normal and valuable part of life
- That many different losses occur in one's lifetime
- That people need to be provided with an opportunity to look at how loss and grief have impacted on their lives
- That we learn through knowledge, skills and attitudes to understand and manage our grief experiences



“Only people who avoid love avoid grief. The point is to learn from it and remain vulnerable to that love”

- The key to supporting others (e.g. family members) is to be ‘at home’ with one's own loss experiences
- Learning about loss and grief can, in itself, be quite liberating
- That as adults we best learn through experience
- That participating in a group with other caring people can normalise one's own experiences
- That sharing of stories allows us to connect with one another in ways that build understanding and decrease isolation

### The Course Structure

The course provides a safe and confidential space and will be facilitated by trained and experienced tutors. There are usually 8 to 12 participants in a group. It will look at the grief cycle, its meaning and its effects on our lives. It normally involves 8 weekly sessions with a ‘follow up’ session one month later. The length of sessions is tailored according to:

1. Ages 6-8 years (40 min. approx)
2. Ages 9-10 years (40 min. approx)
3. Ages 11 to 12 years (45 mins approx)
4. Ages 13 to 15 years (50 mins approx)
5. Ages 16 to 18 years (60 mins approx)
6. Adult (2 ½ hours)

## The Seasons for Growth

The metaphor of seasonal change is used as a backdrop to the course programme and each season of the year provides a rich symbolic framework in which to explore issues of change and loss. Seasons can represent a series of periods or stages within the lifecycle...and the grief cycle. Change goes on within each season and a transition is required for the shift from one season to the next as we do in our grief process. Each session is associated with a season using symbols, sharing, colour, music etc.

### Who will facilitate the group?

All SHEP Community Courses are delivered by the Project's registered Community Tutors. SHEP Tutors are fully trained to deliver the courses they provide. They are also supervised and supported in their work by senior training professionals, as well as by external supervisors. Each Tutor should be able to show a current registration certificate which confirms that the Project stands over their work.

### Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry & Mid-West Region and you can ring us to find out about these

If you are thinking of organising a group of eight to twelve people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.