

**COMMUNITY EDUCATION PROGRAMME**  
**8 WEEK, 20-HOUR COURSES**  
**SEPTEMBER TO DECEMBER 2021**



FACILITATED BY SHEP TRAINED TUTORS

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

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

- **IN-PERSON** with tutor Kathleen Rohan
- Mondays 7.30pm to 10.00pm
- Commencing 11<sup>th</sup> October to 6<sup>th</sup> 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 organised by SHEP**

**Introduction to Personal Development**

- **ONLINE** with Tutor Noreen Leahy
- Tuesdays 10am to 12.30pm
- Commencing 21<sup>st</sup> Sept to 23<sup>rd</sup> 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** - tutors Dennis Taylor & Norma O'Brien
- Wednesday 7.00pm to 9.30pm
- Commencing 22<sup>nd</sup> Sept to 24<sup>th</sup> 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\***

**Managing Stress in Our Daily Lives**

- **ONLINE** with tutor Chris Healy
- Wednesday 7pm to 9.30pm
- Commencing 6<sup>th</sup> October to 8<sup>th</sup> Dec 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 \***

**ONLINE – ZOOM organised by Lantern & SHEP**

**Introduction to Personal Development**

- **ONLINE** with Tutor Margaret Whelan
- Tuesdays 6.30pm to 9pm
- Commencing 12<sup>th</sup> October to 7<sup>th</sup> Dec 2021

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

**Course Ref Number CN003536**

**No Charge\***

**Women's Health & Meditation**

- Online with tutor Noreen Leahy
- Wednesdays 10.30am to 1.00pm
- Commencing 13<sup>th</sup> October to 8<sup>th</sup> Dec 2021

*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 CN003537**

**No Charge\***

**Effective Communication**

- **ONLINE** with tutor Nuala McDonnell
- Thursday mornings 10.30am to 1.00pm
- Commencing 14<sup>th</sup> October to 9<sup>th</sup> Dec 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 CN003538**

**No Charge\***

**Managing Stress in Our Daily Lives**

- **ONLINE** with tutor Ber Nolan
- Thursday afternoon 2pm to 4.30pm
- Commencing 14<sup>th</sup> October to 9<sup>th</sup> Dec 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 CN003539**

**No Charge \***

\* Tutor hours from Cork ETB

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](mailto:info@socialandhealth.com)

Or call SHEP on 021-4666180

Or Call Lantern Project (Karina on 086 1746374 or Ger on 086 0236442)

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