

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



FACILITATED BY SHEP TRAINED TUTORS

ONLINE – ZOOM organised by SHEP

Managing Stress in Our Daily Lives

- **ONLINE** with tutor Chris Healy
- Wednesday 7pm to 9.30pm
- 20th October to 15th Dec 2021
- **A FEW PLACES REMAINING**

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

Effective Communication

- **ONLINE** with tutor Nuala McDonnell
- Thursday mornings 10.30am to 1.00pm
- 21st October to 9th Dec 2021
- **A FEW PLACES REMAINING**

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
- 21st October to 9th Dec 2021
- **A FEW PLACES REMAINING**

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

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 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