

**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
- Commencing 13<sup>th</sup> October to 8<sup>th</sup> 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
- Commencing 14<sup>th</sup> October to 9<sup>th</sup> 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
- Commencing 14<sup>th</sup> October to 9<sup>th</sup> 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 \***

\* *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*