

**COMMUNITY EDUCATION PROGRAMME
JANUARY TO APRIL 2022
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 Dennis Taylor & tbc
- Mondays 7.30pm to 10pm
- Commencing 7th February to 4th April 2022

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 CN003597 **No Charge***

Effective Communication for Better Relationships

- **IN-PERSON** with tutor Nuala McDonnell & tbc
- Tuesdays 7.30pm to 10pm
- Commencing 8th February to 5th April 2022

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 CN003596 **No Charge***

Introduction to Personal Development

- **IN-PERSON** with Tutor Noreen Leahy & tbc
- Thursday 7.30pm to 10pm
- Commencing 3rd February to 31st March 2022

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

Course Ref Number CN003594 **No Charge***

IN-PERSON Lantern Community Project, Nano Nagle Place Cork City

Women's Health & Meditation

- **IN-PERSON** Tutor Nuala McDonnell
- Wednesdays 10.30am to 1.00pm
- Commencing 2nd March to 27th April 2022

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 CN003603 **No Charge***

Caring for Our Wellbeing

- **IN-PERSON** with tutor Noreen Leahy
- Thursdays 10.30am to 1pm
- Commencing 3rd March to 5th May 2022

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

Course Ref Number CN003604 **No Charge***

ONLINE Courses organised by SHEP and Lantern Community Project

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

- **ONLINE** with tutor Kathleen Rohan & tbc
- Mondays 7.00pm to 9.30pm
- Commencing 31st January to 4th April 2022

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 CN003600 **No Charge***

Introduction to Personal Development

- **ONLINE** with Tutor Margaret Whelan & tbc
- Tuesdays 6.30pm to 9pm
- Commencing 8th February to 12th April 2022

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

Course Ref Number CN003602 **No Charge***

Managing Stress in Our Daily Lives

- **ONLINE** with tutor Chris Healy & tbc
- Wednesday 10.30am-1pm
- Commencing 2nd February to 6th April 2022

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 CN003599 **No Charge***

Effective Communication for Better Relationships

- **ONLINE** with tutor Ber Nolan & tbc
- Wednesdays 7.00pm to 9.30pm
- Commencing 26th January 30th March 2022

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 CN003598 **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 made at Online at <https://www.socialandhealth.com/online-application-portal/>
Or Emailed to info@socialandhealth.com Or Phoned in to 021 4666180