

**COMMUNITY EDUCATION PROGRAMME
FEBRUARY 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*

ONLINE Courses organised by SHEP and Lantern Community Project

Introduction to Personal Development

- **ONLINE** with tutor tbc
- Tuesdays **7.00pm to 9.30pm**
- Commencing **15th February to 26th April 2022**

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

Course Ref Number CN003633

No Charge*

Managing Stress in Our Daily Lives

- **ONLINE** with tutor Bernadette Nolan
- Thursdays **2pm to 4.30pm**
- Commencing **10th February to 28th 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 CN003605

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**