

**COMMUNITY EDUCATION PROGRAMME
APRIL to JUNE 2022
FACILITATED BY SHEP TRAINED TUTORS**



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

Introduction to Personal Development

- **IN-PERSON** with tutor Margaret Whelan
- Tuesdays 7.30pm to 10.00pm
- Commencing 26th April to 14th June 2022

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

Course Ref Number CN003595

No Charge*

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

- **IN-PERSON** with tutor Noreen Leahy
- Thursdays 7.30pm to 10pm
- Commencing 28th April to 16th June 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 CN003646

No Charge*

ONLINE Courses organised by SHEP and Lantern Community Project

Introduction to Personal Development

- **ONLINE** with tutor Kathleen Rohan
- Tuesday 7.00pm to 9.30pm
- Commencing 26th April to 14th June 2022

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

Course Ref Number CN003601

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