

**COMMUNITY EDUCATION PROGRAMME  
SEPTEMBER TO DECEMBER 2022  
FACILITATED BY SHEP TRAINED TUTORS**



**IN-PERSON**

**SHEP Project Centre, Ardfoyle, Ballintemple, Cork City (Eir Code T12 XDH2)**

**Managing Stress in Our Daily Lives**

- **In-Person** with tutor **Chris Healy & Seamus O'Flynn**
- **Thursday morning 10.30am-1pm (Ballintemple, Cork) to 8<sup>th</sup> Dec 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 (CN003666)**

**No Charge \***

**IN-PERSON**

**Lantern Community Project, Nano Nagle Place, Cork City**

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

- **IN-PERSON** with tutor **Ber Nolan**
- **Thursday afternoons 2pm to 4.30pm (Lantern) to 8<sup>th</sup> December 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 (CN003672)**

**No Charge\***

**Caring for Our Wellbeing**

- **IN-PERSON** with tutor **Noreen Leahy**
- **Thursday afternoons 2pm to 4.30pm (Lantern) to 8<sup>th</sup> December 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 (CN003671)**

**No Charge\***

**ONLINE Courses organised by SHEP**

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

- **ONLINE** with tutor **Dennis Taylor and tbc**
- **Wednesday nights 7.00pm to 9.30pm**
- **Commencing Wednesday 9<sup>th</sup> Nov '22 to 25<sup>th</sup> Jan '23**

*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 (CN003709)**

**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/online-application-portal/>**

**Or Emailed to [info@socialandhealth.com](mailto:info@socialandhealth.com)**

**Or Phoned in to 021 4666180**