

COMMUNITY EDUCATION PROGRAMME
SHORT 20 HOUR COURSES ON-LINE
MARCH to JUNE 2021



SHEP
CAPACITY FOR CHANGE



Community Education for Health & Wellbeing
8-week On-line 20 hour Courses Facilitated by SHEP Trained Tutors

Introduction to Personal Development

- With tutor Barry Morley
- Wednesday 7pm to 9.30pm
- Commencing 14th April to 9th June 2021

Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.
Course Ref Number CN003495 **No Charge***

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

- With tutors Kathleen Rohan & Dennis Taylor
- Tuesday 7pm to 9.30pm
- Commencing 13th April to 8th June 2021

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 CN003494 **No Charge***

Women's Wellness

- Tutor Margaret Whelan
- Wednesdays 10.30am to 1.00pm
- Commencing 24th March to 2nd June 2021

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 CN003498 **No Charge***

Effective Communication

- With tutor Nuala Mc Donnell
- Thursday 10.30am-1.00pm
- Commencing 25th March to 3rd June 2021

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 CN003496 **No Charge***

Managing Stress in Our Daily Lives

- With tutors Geraldine Flanagan & Norma Roche
- Wednesday 7pm to 9.30pm
- 31st March to 2nd June 2021

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 CN003493 **No Charge**

* *Tutor Hours provided by Cork ETB*

Application forms are available from SHEP on 021-4666180
or online at <https://www.socialandhealth.com/short-courses-in-the-community/>

Applications can be emailed to info@socialandhealth.com
or phoned to 021 4666180

For more courses currently on offer in Counties Limerick, Clare, Tipperary go to the relevant section on SHEP website on the link above

A further series of Courses will be on offer in Autumn 2021 – Details will be on the SHEP Website in July/August – expression of interest also being taken