

**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)**

<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Margaret Whelan</li> <li>• <b>Monday morning 10.30am to 1pm</b> (Ballintemple, Cork)</li> <li>• <b>Commencing Monday 26<sup>th</sup> Sept to 21<sup>st</sup> Nov 2022</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p><b>Course Ref Number (CN003663) No Charge*</b></p>
<p><b>Caring for Our Wellbeing</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Noreen Leahy</li> <li>• <b>Monday nights 7.30pm to 10pm</b> (Ballintemple, Cork)</li> <li>• <b>Commencing Monday 10<sup>th</sup> Oct to 5<sup>th</sup> Dec 2022</b></li> </ul>	<p><i>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</i></p> <p><b>Course Ref Number (CN003665) No Charge*</b></p>
<p><b>Seasons for Growth – Living with Change &amp; Loss or Grief in our Daily Lives</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Dennis Taylor</li> <li>• <b>Tuesday nights 7.30pm to 10pm</b> (Ballintemple, Cork)</li> <li>• <b>Commencing Tuesday 4<sup>th</sup> October to 29<sup>th</sup> Nov 2022</b></li> </ul>	<p><i>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.</i></p> <p><b>Course Ref Number (CN003664) No Charge*</b></p>
<p><b>Managing Stress in Our Daily Lives</b></p> <ul style="list-style-type: none"> <li>• <b>In-Person</b> with tutor Chris Healy</li> <li>• <b>Thursday morning 10.30am-1pm</b> (Ballintemple, Cork)</li> <li>• <b>Commencing Thursday 13<sup>th</sup> Oct to 8<sup>th</sup> Dec 2022</b></li> </ul>	<p><i>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.</i></p> <p><b>Course Ref Number (CN003666) No Charge*</b></p>
<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Barry Morley</li> <li>• <b>Thursday nights 7.30 to 10pm</b> (Ballintemple, Cork)</li> <li>• <b>Commencing Thursday 6<sup>th</sup> Oct to 1<sup>st</sup> Dec 2022</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p><b>Course Ref Number (CN003667) No Charge*</b></p>

**ONLINE Courses organised by SHEP and Lantern Community Project**

<p><b>Effective Communication for Better Relationships</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with tutor Nuala McDonnell</li> <li>• <b>Monday nights 7.00pm to 9.30pm</b></li> <li>• <b>Commencing Monday 26<sup>th</sup> Sept to 28<sup>th</sup> Nov 2022</b></li> </ul>	<p><i>Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.</i></p> <p><b>Course Ref Number (CN003668) No Charge*</b></p>
<p><b>Introduction to Personal Development (with Lantern)</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with Tutor Margaret Whelan</li> <li>• <b>Tuesdays nights 6.30pm to 9pm</b></li> <li>• <b>Commencing Tuesday 4<sup>th</sup> Oct to 6<sup>th</sup> December 2022</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p><b>Course Ref Number (CN003669) No Charge*</b></p>
<p><b>Women's Health &amp; Meditation (with Lantern)</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> Tutor Nuala McDonnell</li> <li>• <b>Wednesdays mornings 10.30am to 1.00pm</b></li> <li>• <b>Commencing Wednesday 5<sup>th</sup> Oct to 7<sup>th</sup> December 2022</b></li> </ul>	<p><i>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.</i></p> <p><b>Course Ref Number (CN003670) No Charge*</b></p>
<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with Tutor Ber Nolan</li> <li>• <b>Wednesday nights 7pm to 9.30pm</b></li> <li>• <b>Commencing Wednesday 28<sup>th</sup> Sept to 30<sup>th</sup> Nov 2022</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p><b>Course Ref Number (CN003673) No Charge*</b></p>
<p><b>Covid 19 related Seasons for Growth – Grief, Loss, Change</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with tutor Kathleen Rohan &amp; Kay O'Mahony</li> <li>• <b>Thursday nights 7.00pm to 9.30pm</b></li> <li>• <b>Commencing Thursday 13<sup>th</sup> Oct to 15<sup>th</sup> Dec 2022</b></li> </ul>	<p><i>This course provides adults with the opportunity to examine how loss, change or grief due to Covid 19 has impacted on their lives. It will explore surviving, coping &amp; healing after the death of a loved one due to Covid through the pandemic, providing knowledge and skills to understand and manage these experiences.</i></p> <p><b>Course Ref Number (CN003674) No Charge*</b></p>

\* **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