

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

ONLINE Courses organised by SHEP and Lantern Community Project

<p>Effective Communication for Better Relationships</p> <ul style="list-style-type: none"> • ONLINE with tutor Nuala McDonnell • Monday nights 7.00pm to 9.30pm • Commencing Monday 26th Sept to 28th Nov 2022 	<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>Course Ref Number (CN003668) No Charge*</p>
<p>Introduction to Personal Development (with Lantern)</p> <ul style="list-style-type: none"> • ONLINE with Tutor Margaret Whelan • Tuesdays nights 6.30pm to 9pm • Commencing Tuesday 4th Oct to 6th December 2022 	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p>Course Ref Number (CN003669) No Charge*</p>
<p>Women's Health & Meditation (with Lantern)</p> <ul style="list-style-type: none"> • ONLINE Tutor Nuala McDonnell • Wednesdays mornings 10.30am to 1.00pm • Commencing Wednesday 5th Oct to 7th December 2022 	<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>Course Ref Number (CN003670) No Charge*</p>
<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • ONLINE with Tutor Ber Nolan • Wednesday nights 7pm to 9.30pm • Commencing Wednesday 28th Sept to 30th Nov 2022 	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i></p> <p>Course Ref Number (CN003673) No Charge*</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

Or Phoned in to 021 4666180