

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to personal development
- Effective Communication for Better Relationships
- Managing Stress in Our Daily Lives
- Women's Health
- Men's Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education
for Health & Well-being

Supporting Yourself
as a Parent
**FAMILY
COMMUNICATION &
SELF-ESTEEM**

A **short course**
which uses an experiential group-work
approach and will take your needs into
account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Supporting yourself as a parent Family Communication & Self-esteem

Growing up today

Children growing up today have many new opportunities but they also experience many new pressures. The culture coming at them through the media, social media and often through their friends and classmates also, seems to encourage ever earlier experimentation with alcohol, cannabis, ecstasy and other drugs. Earlier and earlier sexual involvement seems to be taken for granted as well.

It is all too easy for young people to make damaging choices. It is also easy for them to drift into a way of life that may have serious effects on their health and well-being all through their lives.

More than ever before young people need a **solid base at home**, a place where they will be respected and listened to and understood, but where at the same time they will feel there are clear and sensible limits and expectations about how they are to behave. This can help them to build the self-esteem they need if they are to be able to respect themselves and others.

This course supports and encourages parents in staying connected with their children, in helping their children to make good choices at a time when there are so many pressures and potential influences coming at them, and in inspiring their children with hope and guiding them towards a fulfilling adulthood.



Parents can often lose contact with what is going on for their children and they may often feel inadequate and unable to cope. So they often lose some of their own self-esteem and with it their ability to provide both love and limits for the children. These courses provide an opportunity for parents to look together at the joys and difficulties of parenthood and to support each other and learn from each other.

The goal is not to tell parents how to do their job, but to encourage them in what they are doing and help them to discover more adequate ways of communicating with their children. The courses also provide useful information on alcohol and other drugs, so that parents can be better informed about what is going on and about what can be done.

The course structure

The courses normally involve ten weekly two-hour sessions (or eight, two and a half hour sessions). There are usually about twelve to sixteen parents in the group, with one, or sometimes two, tutors. The atmosphere is informal, with lots of discussion and a few inputs from the tutor. The emphasis is on providing a place where parents can feel free to learn from other parents and to explore their strengths as parents and to see what they might usefully strengthen.

Course Content

The topics, titles of the sessions include

- *“Communication and Listening”*,
- *“Health, Stress and Drugs”*,
- *“Needs of Children”*,
- *“Self-Esteem - for All the Family”*,
- *“The Good Enough Parent”*,
- *“Love and Limits”*,
- *“Drugs and Peer Pressure”*,
- *“Resolving Conflict”*.

The course is run, not by an “expert” in parenting, but by a tutor whose training (in The Social and Health Education Project) is mainly in helping people learn for themselves and from each other.

Organising SHEP courses

Courses are organised locally by a range of community groups, including Community Development Projects, Family Resource Centres, Local Development Partnerships, community associations, parents’ associations and special interest groups. Courses are also arranged with the support of state agencies at the local level. Each term SHEP itself also offers a number of courses and these can be accessed by application form.

Tutors who have trained in group facilitation and community training with The Social and Health Education Project can be sourced to deliver community courses by contacting the Project office. If you have a group of twelve to sixteen people and access to a suitable venue, The Social and Health Education Project can help you find a tutor. Funding for the tutor can often be secured from the ETB or other agencies.