

**COMMUNITY EDUCATION PROGRAMME
APRIL TO JUNE 2023
FACILITATED BY SHEP TRAINED TUTORS**



IN-PERSON SHEP Project Centre, Ardfoyle, Ballintemple, Cork City (Eir Code T12 XDH2)

Caring for Our Wellbeing

- **IN-PERSON** - tutors Dennis Taylor
- **Tuesday evening 7.30pm to 10pm**
(Ballintemple, Cork, Ash Room)
- **Commencing 18th April to 6th June 2023**

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 (CN003771)

No Charge*

ONLINE Courses organised by SHEP

Introduction to Personal Development

- **ONLINE** with Tutor Ber Nolan
- **Wednesday nights 7.00 to 9.30pm**
- **Commencing 19th April to 7th June 2023**

Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.

Course Ref Number (CN003772)

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

Or Phoned in to 021 4666180