

**COMMUNITY EDUCATION PROGRAMME  
AUTUMN 2023  
FACILITATED BY SHEP TRAINED TUTORS**



**IN-PERSON SHEP Project Centre, Ardfoyle, Ballintemple, Cork City (Eir Code T12 Y304)**

<p><b>Managing Stress in Our Daily Lives</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Noreen Leahy</li> <li>• <b>Monday morning 10.30am-1pm (SHEP Oak Room)</b></li> <li>• <b>Commencing 9<sup>th</sup> October to 4<sup>th</sup> December 2023</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. <b>Course Ref Number (CN003793) No Charge *</b></i></p>
<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Francis Cooley</li> <li>• <b>Monday nights 7.30pm-10pm (SHEP Ash Room)</b></li> <li>• <b>Commencing 2<sup>nd</sup> October to 27<sup>th</sup> November 2023</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships. <b>Course Ref Number (CN003791) No Charge *</b></i></p>
<p><b>Seasons for Growth – Living with Grief, Loss &amp; Change</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Dennis Taylor</li> <li>• <b>Monday nights 7.30pm-10pm (SHEP Oak Room)</b></li> <li>• <b>Commencing 9<sup>th</sup> October to 4<sup>th</sup> December 2023</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. <b>Course Ref Number (CN003792) No Charge *</b></i></p>
<p><b>Effective Communication for Better Relationships</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Nuala McDonnell</li> <li>• <b>Wednesday morning 10.30am-1pm (SHEP Ash Room)</b></li> <li>• <b>Commencing 27<sup>th</sup> September to 22<sup>nd</sup> November 2023</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. <b>Course Ref Number (CN003790) No Charge *</b></i></p>
<p><b>Caring for Our Wellbeing</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> - tutors Mary O’Leary &amp; Liz McCarthy</li> <li>• <b>Thursday morning 10.30am-1pm (SHEP Oak Room)</b></li> <li>• <b>Commencing 28<sup>th</sup> September to 23<sup>rd</sup> November 2023</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. <b>Course Ref Number (CN003798) No Charge</b></i></p>
<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Ber Nolan</li> <li>• <b>Thursday nights 7.30pm-10pm (SHEP, Ash Room)</b></li> <li>• <b>Commencing 28<sup>th</sup> September to 23<sup>rd</sup> November 2023</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships. <b>Course Ref Number (CN003773) No Charge *</b></i></p>
<p><b>ONLINE Courses organised by SHEP</b></p>	
<p><b>Effective Communication for Better Relationships</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with tutor Geraldine Flanagan</li> <li>• <b>Monday nights 7pm - 9.30pm</b></li> <li>• <b>Commencing 9<sup>th</sup> October to 11<sup>th</sup> December 2023</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. <b>Course Ref Number (CN003801) No Charge *</b></i></p>
<p><b>Caring for Our Wellbeing</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> - tutors Colm Walsh &amp; Elaine Winters</li> <li>• <b>Tuesday nights 7pm - 9.30pm</b></li> <li>• <b>Commencing 26<sup>th</sup> September to 28<sup>th</sup> November 2023</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. <b>Course Ref Number (CN003802) No Charge *</b></i></p>
<p><b>Seasons for Growth – Living with Grief, Loss &amp; Change</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with tutor Kathleen Rohan</li> <li>• <b>Wednesday nights 7pm - 9.30pm</b></li> <li>• <b>Commencing 4<sup>th</sup> October to 6<sup>th</sup> December 2023</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. <b>Course Ref Number (CN003794) No Charge *</b></i></p>
<p><b>Introduction to Personal Development</b></p> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with Tutor Patsy Hannan</li> <li>• <b>Wednesday nights 7.00pm-9.30pm</b></li> <li>• <b>Commencing 4<sup>th</sup> October to 6<sup>th</sup> December 2023</b></li> </ul>	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships. <b>Course Ref Number (CN003800) No Charge *</b></i></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*