

**COMMUNITY EDUCATION PROGRAMME
OCTOBER TO DECEMBER 2023
FACILITATED BY SHEP TRAINED TUTORS**



IN-PERSON Bessboro, Blackrock, Cork City

Introduction to Personal Development

- **IN-PERSON** with Tutor Colm Walsh
- **Wednesday nights 7.30pm-10pm** (Bessboro, Blackrock)
- **Commencing 18th October to 13th December 2023**

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

Course Ref Number (CN003842)

No Charge*

ONLINE Courses organised by SHEP

Introduction to Personal Development

- **ONLINE** with tutor Kathleen Rohan
- **Wednesday nights 7pm - 9.30pm**
- **Commencing 18th October to 13th December 2023**

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

Course Ref Number (CN003843)

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