

**COMMUNITY EDUCATION PROGRAMME
SPRING 2024
FACILITATED BY SHEP TRAINED TUTORS**



IN-PERSON

SHEP Project Centre, Ardfoyle, Ballintemple, Cork City (Eir Code T12 Y304)

<p>Managing Stress in Our Daily Lives</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Colm Walsh • Monday morning 10.30am-1pm (SHEP Oak Room) • Commencing 19th February to 22nd April 2024 	<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 (CN003871) No Charge *</p>
<p>Seasons for Growth – Living with Grief, Loss & Change</p> <ul style="list-style-type: none"> • IN-PERSON with Tutor Dennis Taylor • Monday nights 7.30pm-10pm (SHEP Ash Room) • Commencing 19th February to 29th April 2024 	<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 (CN003872) No Charge*</p>
<p>Effective Communication for Better Relationships</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Siobhan O'Brien • Tuesday morning 10.30am-1pm (SHEP Ash Room) • Commencing 20th February to 23rd April 2024 	<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 (CN003874) No Charge *</p>
<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • IN-PERSON with Tutor Francis Cooley • Wednesday nights 7.30pm-10pm (SHEP Oak Room) • Commencing 21st February to 24th April 2024 	<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 (CN003873) No Charge*</p>
<p>Effective Communication for Better Relationships</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Elizabeth Shanahan • Thursday nights 7.30pm-10pm (SHEP Ash Room) • Commencing 1st February to 28th March 2024 	<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 (CN003875) No Charge *</p>

ONLINE

Courses organised by SHEP

<p>Managing Stress in Our Daily Lives</p> <ul style="list-style-type: none"> • ONLINE with tutor Patsy Hannan • Monday nights 7pm - 9.30pm • Commencing 19th February to 29th April 2024 	<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 (CN003877) No Charge *</p>
<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • ONLINE with Tutor Kathleen Rohan • Wednesday nights 7.00pm-9.30pm • Commencing 21st February to 1st May 2024 	<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 (CN003876) No Charge*</p>
<p>Seasons for Growth – Living with Grief, Loss & Change</p> <ul style="list-style-type: none"> • ONLINE with tutor Ber Nolan • Wednesday nights 7pm - 9.30pm • Commencing 21st February to 1st May 2024 	<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 (CN003878) 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