

**COMMUNITY EDUCATION PROGRAMME
MARCH-JUNE 2024
FACILITATED BY SHEP TRAINED TUTORS**



IN-PERSON

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

Introduction to Personal Development

- **IN-PERSON** with Tutor Nuala McDonnell
- **Friday morning 10.30am-1pm (SHEP Oak Room)**
- **Commencing 12th April 2024 to 31st May 2024**

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

Course Ref Number (CN003899)

No Charge*

Le Chéile, Mallow, Co.Cork

Introduction to Personal Development

- **IN-PERSON** with Tutor Patsy Hannan
- **Tuesday nights 7pm-9pm (Le Chéile) over 10wks**
- **Commencing 9th April 2024 to 11th June 2024**

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

Course Ref Number (CN003867)

No Charge*

2 Courses in County Kerry

Caring for our Wellbeing IN-PERSON (1)

- **KDYS, Killarney, Tuesday nights 7.30pm - 10pm**
- **Commencing 19th March to 14th May 2024**
- **NO CHARGE supported by SHEP.**
- **Contact Deirdre on 087-7728089 or 0214666180 for more information or to book a place.**
- **Course Ref Number CN003902**

The courses like all SHEP course, use an experiential group work approach and will take your needs in account, exploring What is well-being? How do I know when I'm well? What helps me stay well? What happens me when I'm feeling stressed and distressed? What can I do about it? The course will also involve fun, nourishing activities which support well-being.

Caring for our Wellbeing IN-PERSON (2)

- **Castleisland FRC, Wed nights 7.00pm to 9.30pm**
- **Commencing 10th April 2024 to 29th May 2024**
- **NO CHARGE supported by SHEP & Castleisland FRC.**
- **Contact Liz on 087-7553066 for more information or to book a place.**

ONLINE

Caring for Our Wellbeing

- **ONLINE** with tutors Joan Frawley and Trevor Jackson
- **Thursday nights 7pm to 9.30pm**
- **Commencing 11th April 2024 to 30th May 2024**

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 (CN003900)

No Charge

Seasons for Growth – Living with Grief, Loss & Change

- **ONLINE** with tutor Kathleen Rohan
- **Thursday nights 7pm - 9.30pm**
- **Commencing 11th April 2024 to 6th June 2024**

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.

Course Ref Number (CN003901)

No Charge*

* Tutor hours from Cork ETB

Application can be made by any of:

APPLYING ONLINE at <https://www.socialandhealth.com/online-application-portal/>

EMAILING to info@socialandhealth.com **PHONING** in to 021 4666180

POSTING to SHEP, Old National School, Ardfoyle Avenue, Ballintemple, Cork (T12 XDH2)

Application forms are available from <https://www.socialandhealth.com/short-courses-in-the-community/>

For Kerry Course in Killarney contact Deirdre on 087-7728089 and in Castleisland contact Liz on 087-7553066