

**COMMUNITY EDUCATION PROGRAMME
APRIL-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 Norma Roche
- **Friday morning 10.30am-1pm (SHEP Oak Room)**
- **Commencing 19th April 2024 to 7th June 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*

ONLINE

Caring for Our Wellbeing

- **ONLINE** with tutors Joan Frawley and Trevor Jackson
- **Thursday nights 7pm to 9.30pm**
- **Commencing 18th April 2024 to 6th June 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 18th 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/>