

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



**IN-PERSON**

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

**Managing Stress in Our Daily Lives**

- **IN-PERSON** with tutor Nuala Mc Donnell
- **Monday morning 10.30am-1pm (SHEP Oak Room)**
- **Commencing 30th Sept to 25<sup>th</sup> November 2024**

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 **Course Ref Number (CN003911) No Charge\***

**Introduction to Personal Development**

- **IN-PERSON** with tutor Kathleen Rohan
- **Monday nights 7.00pm-9.30pm (SHEP Oak Room)**
- **Commencing 16<sup>th</sup> September to 11<sup>th</sup> November 2024**

Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  
**Course Ref Number (CN003914) No Charge\***

**Effective Communication for Better Relationships**

- **IN-PERSON** with tutor Colm Walsh
- **Tuesday morning 10.30am-1pm (SHEP Ash Room)**
- **Commencing 3<sup>rd</sup> September to 22 October 2024**

Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.  
**Course Ref Number (CN003913) No Charge\***

**Introduction to Personal Development**

- **IN-PERSON** with Tutor Francis Cooley
- **Wednesday mornings 10.30am-1pm (Oak Room)**
- **Commencing 2<sup>nd</sup> October to 27<sup>th</sup> November 2024**

Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  
**Course Ref Number (CN003915) No Charge\***

**Seasons for Growth – Living with Grief, Loss & Change**

- **IN-PERSON** with Tutor Bernadette Nolan
- **Thursday mornings 10am to 12.30pm (Oak Room)**
- **Commencing 19<sup>th</sup> September to 14<sup>th</sup> November 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 (CN003912) No Charge\***

**Caring for Our Wellbeing**

- **IN-PERSON** with Elaine Winter & Brid Gould
- **Thursday nights 7.00pm-9.30pm (SHEP Oak Room)**
- **Commencing 26<sup>th</sup> September to 21<sup>st</sup> November 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 (CN003916) No Charge\***

**ONLINE Courses organised by SHEP (Zoom)**

**Effective Communication**

- **ONLINE** with Tutor Geraldine Flanagan
- **Monday nights 7pm-9.30pm**
- **Commencing 16<sup>th</sup> September to 18<sup>th</sup> November 2024**

Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.  
**Course Ref Number (CN003920) No Charge\***

**Managing Stress in Our Daily Lives**

- **ONLINE** with tutor Liz Mc Carthy
- **Tuesday nights 7pm - 9.30pm**
- **Commencing 17<sup>th</sup> September to 26<sup>th</sup> November 2024**

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 **Course Ref Number (CN003918) No Charge\***

**Introduction to Personal Development**

- **ONLINE** with Tutor Patsy Hannon
- **Tuesday nights 7pm-9.30pm**
- **Commencing 10<sup>th</sup> September to 12<sup>th</sup> November 2024**

Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  
**Course Ref Number (CN003919) No Charge\***

**Season for Growth Grief, Loss & Change**

- **ONLINE** With Dennis Taylor
- **Wednesday nights 7pm to 9.30pm**
- **Commencing 25<sup>th</sup> September to 27<sup>th</sup> November 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 (CN003921) 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](mailto:info@socialandhealth.com)

Or Phoned in to **021 4666180**