

IN-PERSON

SHEP Project Centre, Ardfoyle, Ballintemple, Cork City (Eir Code T12 XDH2)

<p>Managing Stress in Our Daily Lives</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Nuala Mc Donnell • Monday morning 10.30am-1pm (SHEP Oak Room) • Commencing 10th February to 7th April 2025 	<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> Course Ref Number (CN003955) No Charge*</p>
<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Kathleen Rohan • Monday nights 7.00pm-9.30pm (SHEP Oak Room) • Commencing 10th February to 7th April 2025 	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i> Course Ref Number (CN003956) No Charge*</p>

<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • IN-PERSON with Tutor Francis Cooley • Tuesday mornings 10.30am-1pm (Ash Room) • Commencing 18th Feb to 16th April 2025 	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i> Course Ref Number (CN003957) No Charge*</p>
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<p>Managing Stress in Our Daily Lives</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Liz Mc Carthy • Wed. mornings 10.30am to 1pm (SHEP Ash Room) • Commencing 19th February to 16th April 2025 	<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> Course Ref Number (CN003962) No Charge*</p>
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<p>Effective Communication for Better Relationships</p> <ul style="list-style-type: none"> • IN-PERSON with tutor Patsy Hannon • Thurs morning 10.30am-1pm (SHEP Ash Room) • Commencing 6th March to 24th April 2025 	<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> Course Ref Number (CN003960) No Charge*</p>
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<p>Seasons for Growth – Living with Grief, Loss & Change</p> <ul style="list-style-type: none"> • IN-PERSON with Tutor Kay O’Mahony • Thurs Morning- 10pm to 12.30pm (SHEP Oak Room) • Commencing 13th February to 10th April 2025 	<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> Course Ref Number (CN003964) No Charge*</p>
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<p>Caring for Our Wellbeing</p> <ul style="list-style-type: none"> • IN-PERSON with Dennis Taylor • Thurs nights 7.00pm-9.30pm (SHEP Ash Room) • Commencing 13th of February to 10th April 2025 	<p><i>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.</i> Course Ref Number (CN003958) No Charge*</p>
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Venue Parish Centre Wilton

<p>Seasons for Growth – Living with Grief, Loss & Change</p> <ul style="list-style-type: none"> • IN-PERSON with Tutor Bernadette Nolan • VENUE In the SMA Centre Wilton • Wed Evening 7pm to 9.30pm • Commencing 12th February to 9th April 2025 	<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> Course Ref Number (CN003959) No Charge*</p>
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ONLINE Courses organised by SHEP (Zoom)

<p>Effective Communication</p> <ul style="list-style-type: none"> • ONLINE with Tutor Ger Flanagan • Monday nights 7pm-9.30pm • Commencing 10th February to 14th April 2025 	<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> Course Ref Number (CN003961) No Charge*</p>
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<p>Introduction to Personal Development</p> <ul style="list-style-type: none"> • ONLINE with Tutor Mary O’Connor • Tuesday nights 7pm-9.30pm • Commencing 11th February to 8th April 2025 	<p><i>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.</i> Course Ref Number (CN003963) No Charge*</p>
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*** 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