

COMMUNITY EDUCATION PROGRAMME
Spring 2025
FACILITATED BY SHEP TRAINED TUTORS



IN-PERSON

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

Introduction to Personal Development

- **IN-PERSON** with Tutor Francis Cooley
- **Tuesday mornings 10.30am-1pm (Ash Room)**
- **Commencing 4th March to 6th May 2025**

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

Course Ref Number (CN003957) No Charge*

Managing Stress in Our Daily Lives

- **IN-PERSON** with tutor Liz Mc Carthy
- **Wed. mornings 10.30am to 1pm (SHEP Ash Room)**
- **Commencing 19th March to 14th May 2025**

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 (CN003962) No Charge*

Effective Communication for Better Relationships

- **IN-PERSON** with tutor Patsy Hannon
- **Thurs morning 10.30am-1pm (SHEP Ash Room)**
- **Commencing 6th March to 24th April 2025**

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 (CN003960) No Charge*

Seasons for Growth – Living with Grief, Loss & Change

- **IN-PERSON** with Tutor Kay O'Mahony
- **Thurs Morning- 10pm to 12.30pm (SHEP Oak Room)**
- **Commencing 13th March to 8th May 2025**

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 (CN003964) No Charge*

Venue SMA Wilton

Seasons for Growth – Living with Grief, Loss & Change

- **IN-PERSON** with Tutor Bernadette Nolan
- **VENUE** In the SMA Centre Wilton
- **Wed Evening 7pm to 9.30pm**
- **Commencing 26th February to 30th April 2025**

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 (CN003959) No Charge*

ONLINE Courses organised by SHEP (Zoom)

*** 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**