

**COMMUNITY EDUCATION PROGRAMME**  
**Spring 2026**  
**FACILITATED BY SHEP TRAINED TUTORS**



**IN-PERSON**

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

<b>Managing Stress in Our Daily Lives</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Nuala Mc Donnell</li> <li>• <b>Monday morning 10.am-12.30pm (Ash Room)</b></li> <li>• <b>Commencing 23<sup>rd</sup> Feb to 27<sup>th</sup> April 2026</b></li> </ul>	<p>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 <b>Course Ref Number (CN004034) No Charge*</b></p>
<b>Introduction to Personal Development</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Francis Cooley</li> <li>• <b>Monday mornings 10.am-12.30pm (Oak Room)</b></li> <li>• <b>Commencing 23<sup>rd</sup> of Feb to 27<sup>th</sup> April 2026</b></li> </ul>	<p>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  <b>Course Ref Number (CN004035) No Charge*</b></p>
<b>Introduction to Personal Development</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with tutor Kathleen Rohan</li> <li>• <b>Monday nights 7.00pm-9.30pm (Ash Room)</b></li> <li>• <b>Commencing 23<sup>rd</sup> of Feb to 27<sup>th</sup> April 2026</b></li> </ul>	<p>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  <b>Course Ref Number (CN004036) No Charge*</b></p>
<b>Seasons for Growth – Living with Grief, Loss &amp; Change</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Bernadette Nolan</li> <li>• <b>Tuesday morning 10am to 12.30pm (Ash Room)</b></li> <li>• <b>Commencing 3<sup>rd</sup> Feb-21<sup>st</sup> April 2026</b></li> </ul>	<p>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. <b>Course Ref Number (CN004037) No Charge*</b></p>
<b>Caring for Our Wellbeing</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Dennis Taylor</li> <li>• <b>Wednesday Morning 10am -12.30pm(Ash Room)</b></li> <li>• <b>Commencing 28<sup>th</sup> Jan -25<sup>th</sup> March 2026</b></li> </ul>	<p>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.  <b>Course Ref Number (CN004039) No Charge*</b></p>
<b>Effective Communication for Better Relationships</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with Tutor Colm Walsh</li> <li>• <b>Thursday Morning 10am- 12.30pm (Ash Room)</b></li> <li>• <b>Commencing 16<sup>th</sup> April to 11<sup>th</sup> June 2026</b></li> </ul>	<p>Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.  <b>Course Ref Number (CN004040) No Charge*</b></p>
<b>Women's Well-being</b> <ul style="list-style-type: none"> <li>• <b>IN-PERSON</b> with TBC</li> <li>• <b>Thursday Morning 10am-12.30pm (Ash Room)</b></li> <li>• <b>Commencing 16<sup>th</sup> April to 4<sup>th</sup> June 2026</b></li> </ul>	<p>For Women who have an interest in their own 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.  <b>Course Ref Number (CN004038) No Charge*</b></p>

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

<ul style="list-style-type: none"> <li>• <b>Effective Communication for Better Relationships</b></li> <li>• <b>ONLINE</b> with Tutor TBC</li> <li>• <b>Monday Evening 7pm -9.30pm</b></li> <li>• <b>Commencing 13<sup>th</sup> April to 22<sup>th</sup> June 2026</b></li> </ul>	<p>Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.  <b>Course Ref Number (CN004041) No Charge*</b></p>
<b>Managing Stress in Our Daily Lives</b> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with tutor Norma Roache</li> <li>• <b>Tuesday Evening 7pm-9.30pm</b></li> <li>• <b>Commencing 14<sup>th</sup> April -9<sup>th</sup> June 2026</b></li> </ul>	<p>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 <b>Course Ref Number (CN004042) No Charge*</b></p>
<b>Introduction to Personal Development</b> <ul style="list-style-type: none"> <li>• <b>ONLINE</b> with Tutor Patsy Hannon</li> <li>• <b>Wednesday nights 7pm-9.30pm</b></li> <li>• <b>Commencing 22<sup>nd</sup> April- 17<sup>th</sup> June 2026</b></li> </ul>	<p>Explore issues affecting emotional well-being and growth, including the management of feelings, stress, listening, communication and relationships.  <b>Course Ref Number (CN004043) No Charge*</b></p>

**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 [geraldine.flanagan@socialandhealth.com](mailto:geraldine.flanagan@socialandhealth.com) Or Phone in to 021 4666180**

