

## COMMUNITY EDUCATION PROGRAMME

### 2 Additional SHORT COURSES

CORK AUTUMN 2019



**VENUES – SHEP Project Centre, Ardfoyle Avenue, Ballintemple  
& SHINE Resource Centre, Washington Street**

#### Introduction to Personal Development

- Tuesday mornings 10.0am-1.00pm
- 6 weekly session of 3 hours
- 12<sup>th</sup> November to 17<sup>th</sup> December 2019
- Shine, 14A West, Washington Street, Cork

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

**No Charge\*  
(CETB & SHINE supported)**

#### Effective Communication for Better Relationships

- Thursdays mornings 10.00am to 1.00pm
- 6 weekly session of 3 hours
- 14<sup>th</sup> November to 19<sup>th</sup> December 2019
- SHEP Project Centre, Ardfoyle Avenue, Ballintemple, Cork (T12 XDH2)

*Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.*

**No Charge  
(SHEP supported)**

(\*Tutor Hours support provided by CETB) Application forms available from SHEP on 021-4666180. Also online at [www.socialandhealth.com](http://www.socialandhealth.com).