

Places Remaining on a few of SHEP's On-line Course

Seasons for Growth – Living with Grief, Loss & Change in our Daily Lives

- On-line 8 week course
- With tutors Bernadette Nolan & Eleanor Kenneally
- Monday mornings 10.00am-12.30pm
- Commencing 2nd November – 21st December 2020

This course provides adults with the opportunity to examine how loss, grief or change has impacted on their lives and provides knowledge, skills, and attitudes to understand and manage these experiences

No Charge*

Caring for Our Wellbeing /Managing Stress

- On-line 8 week course
- With tutors Geraldine O'Connell & Noreen Leahy
- Tuesday mornings 10.00am to 12.30pm
- Commencing 3rd November to 22nd December 2020

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 and ways to manage stress.

No Charge*

Supporting Parents – Responding to young children's anxieties due to Covid-19

- On-line 7 week course online (17.5 hours)
- With tutors Lorna Rice Davis & Noreen Leahy
- Wednesdays mornings 10am to 12.30pm
- Commencing 4th November to 16th December 2020

The public health situation over the last 6 months has been very challenging for everyone. For families, with all the anxieties, uncertainties and upheavals, there have been additional demands on parents, challenges to usual routines and stretched coping skills. How is Covid-19 affecting you and your Family?

Topics

Amongst other topics the course will explore

- Supporting younger children with worries related to school and friends
- Exploring the 'Good Enough Parent'
- Communication and Listening
- Noticing and attending to Stress
- Supporting yourself to benefit your children

No Charge

To apply on-line follow the link below

<https://www.facebook.com/364369736990778/posts/3387333111361077/>

This course is delivered by SHEP, in collaboration with Hospital FRC, Croom FRC and Ballyhoura Development and funded through Healthy Ireland Limerick and SICAP.

**Tutor Hours provided by CETB*

**Application forms are available from
SHEP on 021-4666180**

Information and application form is also available online at

<https://www.socialandhealth.com/short-courses-in-the-community/>

Applications can be emailed to info@socialandhealth.com or phoned to 021 4666180 (signed form to follow)