



Greetings from Community Education

Just like everyone else we have been trying to adjust to the current reality.

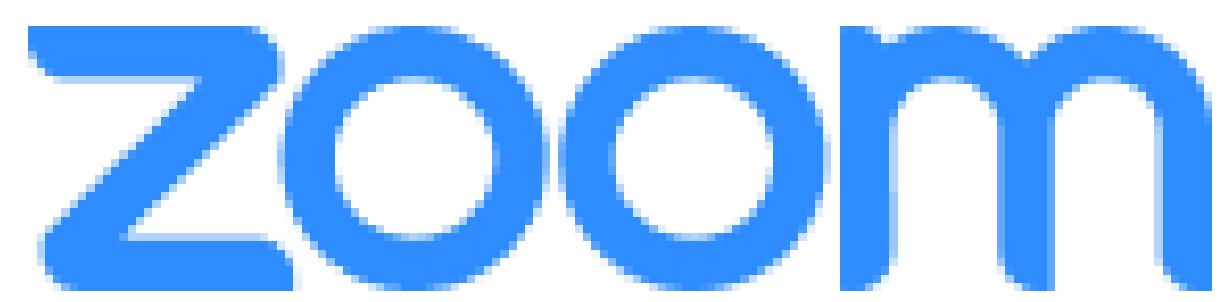
We are working hard to bring meaningful education to our community groups. Please have a look at the selection of the workshops you can join in July.

All workshops are free and will be facilitated using Zoom application. To help our participants we will offer Zoom workshops first.



etb

Bord Oideachais agus Oiliúnaíochtaí
Chill Dara agus Chill Mhickil
*Kildare and Wicklow
Education and Training Board*



[Join a Meeting](#)

Learn to Zoom

We offer two stand alone workshops with a possible one-to-one follow up for those participating in our courses.

When Workshop 1: Mon 29th June 10-12 am

 Workshop 2: Wed 1st July 2- 4 pm

Where Online Zoom application

As we all moved to communicating online, we found Zoom to be the simplest applicatoin for our classes. We are inviting you to learn how to use Zoom for communication with your families, friends and community group members as well as for participating in online courses with Community Education.

Time for You

A Breathing Space

Our world has changed. These are challenging times. We need to pay extra attention to our self-care and to take time out for ourselves. The workshop will create a listening space for participants to share, learn and to support one another. The facilitators will draw on the use of creative tools such as art, poetry, story making and gentle movement. The workshop will incorporate the use of mindfulness techniques that can improve day to day coping and help with the management of stress.

When

Day 1: Wed 8th July 7-9 pm

Day 2: Wed 15th July 7-9 pm

Where

Online Zoom application



Coping with Stress while Stuck at Home

When Day 1: Mon 13th July 10-12 am
 Day 2: Mon 27th July 10-12 am

Where Online Zoom application

During this workshop you will learn to identify what triggers stress and how stress in relationships can develop when we are not clear about what our needs are. You will learn simple techniques on how to deal with conflict in ways that respect both your own needs and those of others. Each session will include time for a short mindfulness practice designed to lower stress and increase kindness towards yourself and others and will create a listening space for participants.

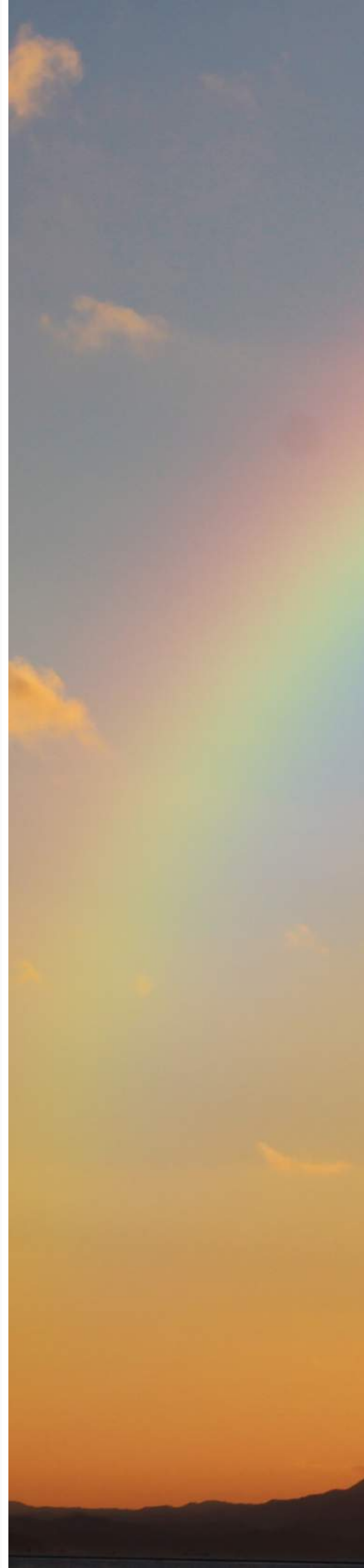
Finding Rainbows Through Darkness

When Day 1: Tues 14th July 10-12
Day 2: Tues 21st July 10-12

Where Online Zoom application

The workshop will be based on the spiral of The Work That Reconnects (Joanna Macy). We will move through all the emotions we might be experiencing in our lives right now and will explore a way to accept them and see them in a new light, so they become valuable tools for our resilience. We will bring art, creativity and imagination together to promote wellness and healing, and to explore different ways of seeing, feeling and experiencing our lives. We will work creatively to help restore your spirit of resilience, hope in the future and imagine how things can be different.

For these workshops, you will need paper (A4 & several A3); paints or chalk or oil pastels, 1 black marker, paintbrush, q-tips and old sponge.



**To enrol for the workshops please
contact us**

email: communityedkildare@kwetb.ie

call: 087 958 6455

enrol online:

<https://communityeducationkwetb.ie/course-enrolment/>

Subscribe to our news:

www.communityeducationkwetb.com

<https://www.facebook.com/communityeducation-service>

