

# STRESS CONTROL

WOULD YOU LIKE TO CONTROL YOUR STRESS?

## WHAT?

A **FREE** 6 WEEK COURSE TO TEACH YOU THE SKILLS TO DEAL WITH STRESS.

You will not be asked to talk about your problems or asked any personal questions. Free relaxation CD and course materials provided with the course.

## WHERE?

The Knocknaheeny Youth Project, Hollyhill Shopping Centre, Harbour View Road, Knocknaheeny, Cork City.

**OR**

Carrigaline Family Support Centre, Carrigaline Lions Youth Centre, Church Road, Carrigaline, Co. Cork.

**OR**

St. Finbarrs National Hurling and Football Club, Neean Park, Togher, Cork City.

## WHO?

Anyone who would like to learn how to deal with Stress over the age of 18 years is welcome.

## WHEN?

**KNOCKNAHEENY:** **Thursday:** 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> September & 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> October, **11.30am - 1.00pm**

**CARRIGALINE:** **Thursday:** 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> September & 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> October, **10.00am - 11.30am**

**ST. FINBARRS NATIONAL HURLING & FOOTBALL CLUB:**  
**Wednesday:** 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> October & 2<sup>nd</sup>, 9<sup>th</sup> November, **10.30am - 12 noon**

FOR FURTHER INFORMATION OR TO BOOK A PLACE please email your name, contact number & choice of venue to:  
**CorkBeatsStress@hse.ie or call 086 7871016**

EARLY  
BOOKING  
ADVISED!



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

