

# New beginnings in Autumn



## Painting like the Masters - Monet

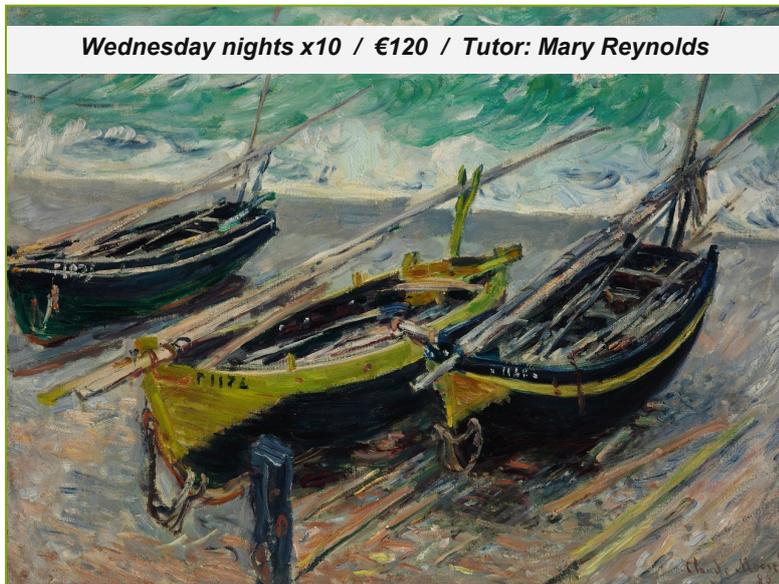
Learn how to paint, by copying Monet's art.

Monet was a masterful colourist, and a painter of light and reflection.

Over 10 weeks, each student will make copies of Monet's art, capturing the essence of his style. The goal is not to make flawless copies, but to learn how to paint and develop your own style of painting.

The tutor will choose paintings (or parts of paintings) for the course.

As a bonus, each week you will hear about Monet's life, the places the artist painted, and the culture of the time.



Wednesday nights x10 / €120 / Tutor: Mary Reynolds



## The Game of Life - and how to play it!

This five week course will teach you tools and techniques to:

- Manage stress
- Boost confidence
- Get balance in all areas including relationships
- Determine what you actually want in life

*Change the way you look at things and the things you look at change!*

Wednesday nights x 5 / €70 / Tutor: Grainne Tyndall



Salsa!  
Cha-Cha!

Bachata!

Wednesday nights x 10 / €80 / Tutor: South East Salsa

Adult Education Department, Gorey Community School,  
Esmonde Street, Gorey, Co Wexford T: 053 942 1167  
E: info@goreyadulthood.ie W: www.goreyadulthood.ie



An Roinn Coimríce Sóisialaí  
Department of Social Protection  
Helping you build a better life

SOLAS

An tSeirbhís Oideachais Leanúnaigh agus Sciteanna  
Further Education and Training Authority



naced.ie



QQI

Quality and Qualifications Ireland  
Dearbhú Cáilíochta agus Cáilíochtaí Éireann



Association of Community and Comprehensive Schools  
Cumann na Scoilanna Pobail agus Gúinstitheacha

# New beginnings in Autumn



## Understanding & Managing Childhood Anxiety

These two courses - Understanding Childhood Anxiety and Managing Childhood Anxiety - are designed as a source of knowledge to help parents and adults dealing with anxious children.

They will also help you to gain an essential understanding of the basics of child psychology, which any parent should be aware of in order to rear resilient secure children in today's society.

You will learn techniques to help reduce children's anxiety levels. The techniques are taught in an age-appropriate and child-centred way with the aim of the child being able to carry out the techniques themselves. With time and practice, the dominance anxiety holds over the child's life may reduce significantly.



Monday nights x 5 / €70 / Tutor: Carina McEvoy



### A Day of Mindfulness



**Book Now**  
Oct Sat 20th / Nov Sat 24th  
€90 (Includes Lunch) 10am-4pm

#### Slow Down, Take a Breath and De-stress

Experience the joy of Mindfulness & learn skills, to help you become more present in your daily life.

Fully Guided throughout the day by MBSR Mindfulness Stress Reduction Instructor Una Keeley

### Leaving Cert Irish For Mature Students

Monday and Wednesday

For 30 weeks

€250  
per term

Information and  
Registration Evening,  
Wednesday, Sept. 19,  
7pm - 8pm

### NUTRITION - HEALTHY BODY, HEALTHY MIND

Feeling confused about what to eat and what not to eat? Want to equip yourself with the knowledge and skills to improve your own health and the health of your family?

Learn how to gain a healthy body and healthy mind on our Nutrition course. Discover more about stress and diet, food labels, fad diets, healthy meals on a budget, food composition and more!

Monday nights x 5 / €70

Tutor: Mari Gregan

Adult Education Department, Gorey Community School,  
Esmonde Street, Gorey, Co Wexford T: 053 942 1167  
E: info@goreyadulsted.ie W: www.goreyadulsted.ie



An Roinn Coimircíe Sóisialaí  
Department of Social Protection  
Helping you build a better life



An tSeirbhís Oideachais Leanúnaigh agus Scileanna  
Further Education and Training Authority



naced.ie



QQI

Quality and Qualifications Ireland  
Dearbhú Cáilíochta agus Cáilíochtaí Éireann



Association of Community and Comprehensive Schools  
Cumann na Scoilanna Pobail agus Gaisitheacha