

**ABI Ireland is delighted to announce that it will host
a free Stress Management Workshop for Carers on 15th June 2010**

To mark 2010 Carers Week (June 14th to 20th) ABI Ireland is hosting a Stress Management Workshop for family carers who are caring for a family member with an Acquired Brain Injury (ABI).

The workshop will take place on Tuesday, 15th June (10.00am-2.00pm) at The Sanctuary, Stanhope Street, Dublin 7. There is no charge for this workshop.

The workshop will involve examining the stress in our lives and learning key skills to manage that stress effectively, including relaxation/meditation exercises. The stress of caring for others will be examined with a view to building resilience within the carer and developing strategies to support the carer's wellbeing.

Practice of key skills can lead to reduced stress and anxiety, improved memory and concentration, enhanced sense of well-being, and increased vitality. It will be an opportunity for carers to meet each other in the relaxing environment of The Sanctuary, an oasis of tranquillity in the heart of the city centre with a meditation room, library, garden and conservatory.

The workshop will be facilitated by Ray McKiernan M.A. who is a director and specialist skills trainer with the Stress Management Institute of Ireland. He is a certified Stress & Wellness Consultant with the internationally renowned Hans Selye Foundation in Canada and has completed his clinical training in Mind-Body Medicine in the Harvard Medical School in Boston.

The morning will start at 10.00am, followed by a mid-morning tea/coffee break and a light lunch will be provided at 1.00pm. If you would like to attend, please contact Una Kinane by call, text or email: Una Kinane, Project Co-ordinator Tel. (01) 2804164 Ext. 207 Mob: (087) 257 8235 or Email: ukinane@abiireland.ie

Places at this free workshop are limited and will be provided on a first come first served basis so please book early to avoid disappointment.