

ST MICHAEL'S HOUSE

CELEBRATES

CARERS WEEK 2022

St. Michael's House are delighted to celebrate Carers Week 2022 and recognise the great work of Carers across the organisation and nationally

St. Michael's House are hosting events and have developed specific resources to support family carers this June



SELF-CARE WEBINAR:

FINDING MEANING & POSITIVITY IN YOUR CARING ROLE

HOSTED BY ST. MICHAEL'S HOUSE PSYCHOLOGY TEAM

Wednesday 15 June 2022

12:00pm - 1:00pm

Register [here](#) for webinar



FAMILY CHAIR AEROBICS

HOSTED BY ST MICHAEL'S HOUSE ACTIVITY HUB

Friday 17 June 2022

10:00am to 10:40am

Register for this event in advance activityhub@smh.ie



CARERS SELF-CARE RESOURCE CARD

AVAILABLE [HERE](#)

St. Michael's House have created a virtual Self-Care Resource Card designed to promote personal wellbeing for carers

**For More Information on
Carers Week 2022 Events:**
www.carersweek.ie