

Bereavement Programme

What is Anam Cara?

Anam Cara is a national voluntary organisation set up by bereaved parents to provide the relevant services, support and understanding to families who have experienced the tragic death of a son or daughter.

Anam Cara offers a range of services around Ireland. These include parent-to-parent meetings, website with online message forum, bereavement talks given by professionals, and family social and remembrance events.

At Anam Cara we don't identify ourselves by the age of our child, how they died or when they died. We identify ourselves as parents trying to find a way to cope through and survive our grief and pain.

All Anam Cara services are provided at no charge to bereaved parents.

Who is this Bereavement Programme for?

Anam Cara is facilitating a series of 6 bereavement workshops specifically for parents who have experienced the sudden, unexpected death of their son or daughter. These workshops will be facilitated locally by a bereavement professional over a 3 month period.

What are the workshops about?

These group workshops give parents a safe place to talk about the things that people who have not lost a child struggle to understand and relate to. Attending parents will not feel so alone and will be able to identify and share coping mechanisms that will help them deal with the day to day realities after the death of their child.

If you feel, as a bereaved parent, you would like to avail of this bereavement support, the content of the workshops will include:

- The journey through grief after the death of your child
- The everyday challenges
- Coping as a bereaved parent
- Supporting other family members through grief and loss
- Self Care

As places will be limited you will need to register for this programme beforehand.

The details for these sessions are:

Venue: Mornington Centre, Artane Roundabout, Artane, D

Dates: Thursday 14th & 28th September 2011

Thursday 12 & 26th October 2011

Thursday 9th & 23rd November 2011

Time: 10.30am - 12.30pm

Anam Cara, HCL House, Second Avenue, Cookstown Industrial Estate, Tallaght, Dublin 24.

Anam Cara Parental & Sibling Bereavement Support Limited, trading as Anam Cara, is a company limited by guarantee not having a share capital, registered in Dublin Ireland with registered company number 452644.

Anam Cara Parental & Sibling Bereavement Support Limited is a charity with CHY Number 18073.

Directors: J. Mullins (Chairman), G. Quinn (Secretary), S. Vard (CEO), M. McEnery, P. Hanlon, E. Delany, J. Hynes

Peter Hanlon Workshop Facilitator



Peter is a clinical nurse specialist in mental health working as a Bereavement Therapist in the Northern Area of the Health Service Executive. He has developed the bereavement support service in the H.S.E. and continues to work with bereaved individuals and families. He facilitates the family bereavement camps at Barretstown.

Peter's work also includes training of volunteers and supervision of the support team for I.S.A.N.D.S. and Anam Cara. He currently runs a bereavement support training programme for staff in the H.S.E.

Peter has worked alongside Anam Cara for the last 5 years, both supporting our front-line volunteers and those who have availed of our services. His ability to connect with all family members will be one of the key factors of these workshops.

**For more information or to book your place on the Anam Cara Workshop. Please contact Sharon at
info@anamcara.ie or call 01 404 5378.**