

Milford Care Centre Social Work Department

How to Access the Service

The Social Work Department at Milford can be contacted for information on the Bereavement Support Service.

When a referral is made to the service, a first appointment will be offered to assess the support needed.

When to Access the Service

The full impact of the bereavement may occur at any time, even years after a death. Contact can be made with the service as and when the need arises.

The Cost of the Bereavement Support Service

There is no charge for any of the services offered by the Bereavement Support Service.

Donations are gratefully received.

The services outlined are offered at:
**Milford Care Centre, Plassey Park Road,
Castletroy, Limerick.**

For further information call:
**Social Work Department,
Milford Care Centre.**

Tel: 061 485800
Fax: 061 331181
Web: www.milfordcarecentre.ie
E-mail: info@milfordcarecentre.ie



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Summary of the Bereavement Support Services available



Bereavement Support Service

Grief and loss are a normal part of life. Many people do not require support or counselling to help them deal with grief. Others, though, do benefit from professional bereavement support. For those people the following services are available:

Adult Support Groups

Bereaved Partners Group

- once a week for 7 weeks

Bereaved Parents Group

- once a week for 7 weeks

Adults grieving the death of their Parent

- once a week for 6 weeks

Monthly Drop In Group

- ongoing support for people who have attended a Bereaved Spouses Support group

Information / Education

Bereavement Information Evenings, held 4 times per year, on the fourth Tuesday of February, May, August & November providing information on normal grief and our support services. It is on from 7.00 to 8.30 in the Education Department at Milford Care Centre.

Bereavement Support Education Programme. (12 week programme).

Other **Workshops** and educational inputs on bereavement are available on request.

Family Programme

At Milford, we recognise how important it is to support the whole family. We offer the following services to grieving families:

Support Groups for Children

Bereavement groups for children and young people are organised according to age i.e.

Children's Group (Primary School Age)

Teenage Group (Secondary School Age)

The groups are run over 6 weeks, one evening per week.

Support for Parents of Grieving Children

Parenting Bereaved Children - an 8 week programme which supports parents in responding to their children's needs when they are bereaved.

Parenting Bereaved Pre-School Children

A specially designed programme showing parents how to support and heal young children in their grief through; play, laughter, tears and tantrums.

Annual Family Day

For parents and children who have already attended a programme to meet and have fun together.

Bereavement Counselling

Individual bereavement counselling is available to children and adults who are grieving the death of someone close.

Telephone Support is available for people who are unable to travel to Milford Care Centre.