

Bereavement Information Evening

Venue: Milford Care Centre, Castletroy, Limerick
Date: Thursday, February 28th 2019
Time: 7.00pm – 9.00pm (Registration from 6:45pm)

Milford Care Centre and Anam Cara, the national organisation that provides support services to bereaved parents and families, are hosting a Bereavement Information Evening in Limerick. This event gives parents an opportunity to hear an **experienced bereavement professional** talk about the many challenges their family may face after the death of a son or daughter.

Please note this event is open **to all bereaved parents**, regardless of the age of their child or the circumstances of their death.

If you have attended a previous Bereavement Information Evening, we would encourage you to come again because **each time you will hear something** that will help you along the difficult and challenging journey of grief. There will also be time after the talk to interact with other bereaved parents.

Details for the upcoming Bereavement Talk on Thursday 28th February:

Guest Speaker: Dr. Norma Jean Murphy

Dr. Norma Jean Murphy is a Clinical and Counselling Psychologist with experience of working with families across a variety of settings. Her clinical work has included supporting those who have been bereaved. She has a long-standing interest in psychological aspects of physical health and illness, and has also completed an M.Sc. in Health Psychology.

Her talk will cover:

- The complex issues grieving parents must face when they have experienced the death of their child, highlighting what is normal in this process.
- The gender differences in facing such a loss will be explored to give an understanding for both parents of their differing worldviews.
- It will highlight the milestones on the journey through this unique grief and the small supports that can make the journey a little easier.
- Various types of loss, whether expected or sudden, will also be discussed to understand their impact on grieving parents, their families and the deceased child's siblings.

Anam Cara provides a range of support services which include website, private message forums for parents and adult siblings, Professional Bereavement talks and family, social and remembrance events. Milford Care Centre provides a range of bereavement support services for adults and children in the Mid-West region.

There will be time on the evening for questions and to talk with other bereaved parents.

This information evening is provided free of charge to parents.

Milford Care Centre and Anam Cara will need to confirm numbers for this event. We would appreciate if you could RSVP to info@anamcara.ie before Wednesday 27th February 2019 or contact us on 01 4045378 – 085 2888 888.