

Bereavement Information Evening

Venue: Milford Care Centre, Castletroy, Limerick
Date: Thursday, June 20th 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 one of the founders of Anam Cara talk about the challenges and milestones her family had to face after the death of her son.

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 20th June 2019:

Guest Speaker: **Kate Burke**

Kate's Son Kieran died in 2004 and there was no dedicated organisation in Ireland to support her or her family through the intense grief and devastation that followed. The only people who actually 'got it' were other bereaved parents. In 2008 Kate was part of the group of bereaved parents who founded Anam Cara to ensure newly bereaved parents had access to information and support after the death of their son or daughter. Kate went on to study the Children and Loss course with the Irish Hospice Foundation. Kate is currently a volunteer parent at the Anam Cara South Dublin group.

Topics covered in this talk will include:

- The intense grief and sense of loss parents face into after 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 how every family member grieves in their own unique way.
- Highlight the milestones and challenges through our grief and loss and the small supports that can make the journey a more bearable.
- Facing into a future without our son or daughter sharing what helps and what did not.

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 19th June 2019 or contact us on 01 4045378 – 085 2888 888.