



Bereavement Information Evening



Venue: Milford Care Centre, Castletroy, Limerick
Date: Thursday, September 26th 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 26th September 2019:

Guest Speaker: **Brid Carroll**

Brid is a qualified Psychotherapist and Counselling Supervisor who has worked with a special interest in loss and bereavement issues for over twenty years. She has extensive experience in parental bereavement working with organisations throughout the Island of Ireland. Brid is at present counselling children, young people and parents dealing with loss and change through death, separation and illness. This talk is for bereaved parents and 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.
- Highlight the milestones on the journey through this special 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 and resources services for parents which include a website and information packs. Our events include 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 including a bereaved parent's support group.

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 25th September 2019 or contact us on 01 4045378 – 085 2888 888.