



Bereavement Information Evening

Venue: The Horse & Jockey Hotel, Thurles, Co. Tipperary
Date: Monday, January 16th 2017
Time: 7.30pm – 9.30pm (Registration from 7:15pm)

Anam Cara, the all-Ireland organisation providing support services to bereaved parents and families, is hosting a Bereavement Information Evening in Tipperary. 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 Monday 16th January:

Guest Speaker: **Peter McCartan**

Peter is a Professional qualified Senior Medical Social Worker and Registered Systemic Family Therapist.

This 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 for bereaved parents which include a comprehensive website with links to resources including videos and information booklets compiled by bereaved parents. See anamcara.ie or contact us at info@anamcara.ie or our information line on 085 2888 888.

Along with bereavement information evenings, Anam Cara runs monthly parent evenings which give parents an opportunity to meet with other parents in a safe and comfortable place over a cup of tea or coffee. Throughout the year Anam Cara also hosts a variety of social and remembrance helping to bring families together

Recognising that some parents may prefer not to talk openly about their loss. Anam Cara would like to reassure parents there is no pressure for them to contribute and they are welcome to listen to how other Mums and Dads have coped through the intense grief and sense of loss.

This information evening, like all Anam Cara events, is provided free of charge to parents.

Anam Cara will need to confirm numbers for this event. We would appreciate if you could RSVP to info@anamcara.ie before Friday 13th January 2017 or contact us on 01 4045378 – 087 9637790