

Anam Cara Group Information 2021

Please note Anam Cara groups meet between September and June each year. They are open to all bereaved parents and start at 7.15pm. For more information, contact Anam Cara on 085 2888 888

<p><u>Anam Cara Cork</u> Day: 1st Wednesday of each Month Venue: The Clayton Hotel (Formally Silver Springs) Tivoli, Co. Cork Professional Facilitator: Helen Murphy Online Date: 3rd Monday of each Month</p>	<p><u>Anam Cara West Cork</u> Day: 3rd Tuesday of each Month Venue: The Munster Arms, Bandon, West Cork Professional Facilitator: Brian Mc Donagh Online Date: 4th Tuesday of each Month (5th Tues in Nov)</p>
<p><u>Anam Cara South Dublin</u> Day: 2nd Monday of each Month Venue: The Maldron Hotel, Whitestown Way, Tallaght, Dublin 24 Professional Facilitator: Dorothy Ingram Online Date: 4th Wednesday of each Month</p>	<p><u>Anam Cara North Dublin</u> Day: 3rd Wednesday of each Month Venue: The Carnegie Court Hotel, Swords, Co. Dublin, Professional Facilitator: Bernadette Matthews Online Date: 1st Thursday of each Month</p>
<p><u>Anam Cara Galway</u> Day: 1st Wednesday of each Month Venue: The Clayton Hotel, Briarhill, Galway Professional Facilitator: Kathy Kearney Online Date: 3rd Monday of each Month</p>	<p><u>Anam Cara Mayo</u> Day: 4th Tuesday of each Month Venue: T. F Royal Hotel, Castlebar, Co. Mayo Professional Facilitator: Jannah Walshe Online Date: 3rd Monday of each Month</p>
<p><u>Anam Cara Belfast</u> Day: 2nd Monday of each Month Venue: The Crowne Plaza, Belfast, BT8 7XP Professional Facilitator: Kate Doran Online Date: 3rd Monday of each Month</p>	<p><u>Anam Cara Armagh</u> Day: Last Wednesday of each Month Venue: The Armagh City Hotel, Armagh, BT601EN Professional Facilitator: Nuala Gorman Online Date: 3rd Monday of each Month</p>
<p><u>Anam Cara Donegal</u> Day: 2nd Thursday of each Month Venue: The Radisson Blu Hotel, Letterkenny, Co. Donegal Professional Facilitator: Brid McGettigan Online Date: 3rd Monday of each Month</p>	<p><u>Anam Cara Wicklow</u> Day: 3rd Monday of each Month Venue: The Parkview Hotel, Newtownmountkennedy, Co. Wicklow Professional Facilitator: Shirley Brennan Online Date: 4th Wednesday of each Month</p>
<p><u>Anam Cara Kerry</u> Day: 2nd Tuesday of each Month Venue: Meadowlands Hotel Tralee Professional Facilitator: Cora O'Brien Online Date: 4th Tuesday of each Month (5th Tues in Nov)</p>	<p><u>Anam Cara Tipperary</u> Day: 3rd Monday of each Month Venue: The Horse and Jockey Hotel, Thurles, Co. Tipperary Professional Facilitator: Margaret Bowen Online Date: 1st Wednesday of each Month</p>

Additional Anam Cara Events for November and December 2022

Bereavement Information and Support Evenings Thursday 18th November and Thursday 9th December @ 7pm. Please contact us for more information about these events.

Anam Cara Webinars begin on Wednesday 3rd November, each Wednesday for 6 weeks at 7.30pm; Click on this link on Wednesdays at 7.25pm to join us [Reflections in Grief](#)

Anam Cara Online Support Group for Parents living with no surviving children

<p><u>Anam Cara Ulster</u> Online Date: 1st Monday of each Month</p>	<p><u>Anam Cara Munster</u> Online Date: 4th Thursday of each Month / 5th Thursday in Dec 2021</p>	<p><u>Anam Cara Leinster</u> Online Date: 3rd Tuesday of each Month</p>	<p><u>Anam Cara Connaught</u> Online Date: 2nd Wednesday of each Month</p>
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Please note that dates and venues may change, contact us on 085 2888 888 or info@anamcara.ie to confirm if you are attending one of the groups or Anam Cara events.