



Anam Cara Webinars (Series 2)

November – December 2021

Dates: Every Wednesday - 3rd November, 10th November, 17th November, 24th November, 1st December and 8th December 2021.

Presented by Brid Carroll



Brid, as a bereaved mother, really understands and can relate to families who have experienced the death of their child. Brid is also a qualified Psychotherapist who has worked extensively with bereaved mothers, fathers and siblings throughout her career. Anam Cara is delighted to have Brid host this second series of webinars, which we know will be of some help to parents throughout the dark November and December evenings.

Topics

Session 1: Is there a road-map to this grief?: Holding on and Letting go.

Session 2: Who am I now? Am I still a parent?

Session 3: It's not like any other loss: The unique meaning of having lost one's child

Session 4: Joy beyond the pain: taking time to 're-member'

Session 5: Key influences on my grief: why do we grieve so differently?

Session 6: How are you coping today?: What has been difficult this week?

You are so welcome to join us, all you need do is click on the link below every Wednesday' on the above dates' to join us

Anam Cara ['Reflections In Grief'](#)