

Bereavement Information and Support Evening For Parents



Venue: Online (via Zoom)

Date: Wednesday, 9th February 2022

Time: 7.00pm – 8.30pm

Recognising that every parent has different needs when it comes to support after the death of their child, Anam Cara is hosting a collaborative online bereavement information and support evening with the following bereavement support organisations, Féileacáin, Firstlight and HUGG.

For the first part of this online event, parents will have the opportunity to hear an experienced bereaved professional talk about the grief journey parents embark on after the death of their child, including the challenges and milestones have to be faced.

The second part of the evening parents can choose a breakout room, to give them an opportunity to find out more about other bereavement support services available in Ireland.

Our Guest Speaker for 9th February: Brid Carroll – Chairperson of Irish Child Bereavement Network

Brid is a qualified Psychotherapist and Counselling Supervisor who works with a special interest in supporting bereaved Families after the death of child. Brid has worked extensively with bereaved parents and siblings and along with her own personal experience understands the complexity of parental grief after the sudden or expected death of a baby, son or daughter.

Brid's 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.
- 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.
- 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.

To register your interest in attending and this Bereavement Support Evening on Wednesday 9th February 2022 click this Link: [Support Evening](#)

About Anam Cara – <https://anamcara.ie>

Anam Cara is a national organisation, founded by bereaved parents, to provide information, support and resources for families in Ireland, after the death of their child. Our online and face to face facilitated groups provide a safe and comfortable forum for parents to connect to other bereaved parents, who understand the intensity of the grief and loss, that follow the death of a child of any age and through all circumstances.

About Feileacain - <https://feileacain.ie>

Féileacáin is a national organisation formed by a group of bereaved parents to offer support to parents affected by the death of a baby during or after pregnancy. They provide Remembrance Boxes to all of the maternity units and children hospital's across the country. They also facilitate online or face to face support meetings for parents, along with a befriending service and telephone support.

About Firstlight - <https://firstlight.ie>

FirstLight offers free professional support and provides information to families in Ireland that have experienced the sudden, unexpected death of their child if aged from 0 to 18 years. FirstLight is a trauma-informed organisation, offering a National 24-hour Helpline service, Crisis Intervention and a Psychotherapy service. Our services are provided nationwide by our team of professionally accredited, fully insured and Garda vetted psychotherapists and counsellors.

About HUGG – <https://www.HUGG.ie>

HUGG is a national suicide bereavement charity. We provide information, HUGG support groups and signposting to services for any adult who has lost a loved one to suicide. Each HUGG support group is run by 2 trained volunteers who themselves have a lived experience of suicide. The groups provide a safe, confidential environment in which those bereaved by suicide can share their experiences and feelings, so giving and gaining support from each other.

Please note this online support evening is open **to all bereaved parents**, regardless of the age of their child or the circumstances of their death. If you are a **frontline professional** supporting bereaved parents or families, we would be grateful if you could let them know about this upcoming event.