

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

### Additional Anam Cara Events for November and December 2022

Bereavement Information and Support Evenings Thursday 18<sup>th</sup> November and Monday 6<sup>th</sup> December @ 7pm. Please contact us for more information about these events.

Anam Cara Webinars begin on Wednesday 3<sup>rd</sup> 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><b><u>Anam Cara Ulster</u></b> <b>Online Date:</b> 1<sup>st</sup> Monday of each Month</p>	<p><b><u>Anam Cara Munster</u></b> <b>Online Date:</b> 4<sup>th</sup> Thursday of each Month / 5<sup>th</sup> Thursday in Dec 2021</p>	<p><b><u>Anam Cara Leinster</u></b> <b>Online Date:</b> 3<sup>rd</sup> Tuesday of each Month</p>	<p><b><u>Anam Cara Connaught</u></b> <b>Online Date:</b> 2<sup>nd</sup> 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](mailto:info@anamcara.ie) to confirm if you are attending one of the groups or Anam Cara events.