

A brief update on support evenings for January/February 2023. In addition to our monthly group online and face-to-face parent evenings. Anam Cara will also be facilitating additional online bereavement support evenings. These evenings feature an input from a bereavement specialist and is followed by a interactive questions and answers with them.

If you have not attended an Anam Cara event before, these online evenings are a gentle introduction to our services and connect you to other bereaved mothers and fathers throughout Ireland

## Bereavement Information Evening

On

**Tuesday, 17<sup>th</sup> January 2023 @ 7.00pm**

**Topic: 'Grieving the sudden traumatic death of my child'**

*Guest Speaker: David Trickey*



To register for this event  
click [Here](#)

## Bereavement Information Evening

On

**Tuesday, 7<sup>th</sup> February 2023 @ 7.00pm**

**Topic: 'Our Journey through grief and loss after the death of a child'**

*Guest Speaker: Carmel Battigan*



To register for this event  
click [Here](#)

PLEASE NOMINATE



Supporting Parents After Bereavement

TO BE YOUR COMPANY'S

CHARITY OF THE YEAR

For more details, please contact Jamie Conway -  
[j.conway@anamcara.ie](mailto:j.conway@anamcara.ie) or phone 085 8690328

CHV: 18073 CRA: 20068592

To raise much needed funds Anam Cara would love if we were part of the conversation when it comes to charity partnerships in your area.

Operating across the island of Ireland, Anam Cara wants to reach out and support as many bereaved parents as we can through our online and face-to-face events and resources.

If you, or an extended family member or friend can support us in finding charity partnerships at a national or locally level we would be delighted:

Please contact Jamie, if you have any ideas on [j.conway@anamcara.ie](mailto:j.conway@anamcara.ie) or you can call us **01 4045378** or **085 2888 888** or from Northern Ireland **028 95213120**

Thank you from all at Anam Cara