

Anam Cara Support Service Calendar

Parent Face to Face Support Evenings	Times: 7.20 – 9.00pm
<u>Anam Cara Cork</u> Day: 1 st Wednesday of each Month Venue: The Clayton Hotel (Formally Silver Springs) Tivoli, Co. Cork Professional Facilitator: Helen Murphy	<u>Anam Cara West Cork</u> Day: 3 rd Tuesday of each Month Venue: Mill Court, Mill Place, Bandon, West Cork Professional Facilitator: Brian McDonagh
<u>Anam Cara South Dublin</u> Day: 2 nd Monday of each Month Venue: The Maldron Hotel, Whitestown Way, Tallaght, Dublin 24 Professional Facilitator: Dorothy Ingram	<u>Anam Cara North Dublin</u> Day: 3 rd Wednesday of each Month Venue: SC Day Centre, Chapel Lane, Swords Demesne, Swords, Co. Dublin, Professional Facilitator: Bernadette Matthews
<u>Anam Cara Galway</u> Day: 1 st Wednesday of each Month Venue: The Clayton Hotel, Briarhill, Galway Professional Facilitator: Kathy Kearney	<u>Anam Cara Mayo</u> Day: 4 th Tuesday of each Month Venue: T. F Royal Hotel, Castlebar, Co. Mayo Professional Facilitator: Jannah Walshe
<u>Anam Cara Belfast</u> Day: 2 nd Monday of each Month Venue: The Crowne Plaza, Belfast, BT8 7XP Professional Facilitator: Kate Doran	<u>Anam Cara Armagh</u> Day: Last Wednesday of each Month Venue: The Armagh City Hotel, Armagh, BT601EN Professional Facilitator: Nuala Gorman
<u>Anam Cara Donegal</u> Day: 2 nd Thursday of each Month Venue: The Radisson Blu Hotel, Letterkenny, Co. Donegal Professional Facilitator: Brid Mc Gettigan	<u>Anam Cara Wicklow</u> Day: 3 rd Monday of each Month Venue: The Parkview Hotel, Newtownmountkennedy, Co. Wicklow Professional Facilitator: Shirley Brennan
<u>Anam Cara Kerry</u> Day: 2 nd Tuesday of each Month Venue: Meadowlands Hotel Tralee Professional Facilitator: Cora O Brien	<u>Anam Cara Tipperary</u> Day: 3 rd Monday of each Month Venue: The Horse and Jockey Hotel, Thurles, Co. Tipperary Professional Facilitator: Paul Donnelly
<u>Anam Cara Southeast</u> Day: 2 nd Tuesday of each Month Venue: Brandon House Hotel, New Ross, Wexford Professional Facilitator: Annette Comiskey	<u>Anam Cara Midlands</u> Day: 2 nd Wednesday of each month Venue: Mullingar Park Hotel, Mullingar, Co. Westmeath Professional Facilitator: Phil Gormley

Please note that dates & venues may change due to circumstances outside of our control. If you are attending an Anam Cara online or face to face event support group for the first time, please contact us on **085 2888 888**. We can organise for one of our volunteer parents to meet with you at the venue.

Parent Online Support Evenings	Times: 7pm - 8.45pm
Connaught/Midlands	2 nd Monday of each month
Munster / South East	3 rd Thursday of each month
Northern Ireland & border counties	3 rd Monday of each month
Leinster	4 th Monday of each month
Parents Living with No Surviving Children	3 rd Tuesday of each month

Additional Anam Cara Resources and Support Services

Anam Cara also facilitates online Bereavement Information Events, featuring a bereavement specialist giving a talk about the impact of grief on the family after the death of a child. If you are a recently bereaved parent, or a parent who has not availed of Anam Cara services in the past, this is a gentle introduction to our organisation and what we do.

Our Resources include Anam Cara Podcasts, Videos and Webinars. These can be accessed from our website or drop us an email to info@anamcara.ie