

What does Anam Cara mean?

Anam Cara is the Irish phrase for Soul Friend - the person who truly understands you.

Anam Cara means that bereaved parents and families have access to the necessary support services & resources they may need after the tragic death of their child.

There is comfort in knowing that you are not alone, that other families are dealing with the same tragedy, someone does understand.

If you or someone you know is affected by the death of a son, daughter or sibling, Anam Cara is here to provide support and information.

Visit www.anamcara.ie


Email us at info@anamcara.ie
information line: 01-4045378
087-963 7790



Supporting Parents after Bereavement

HCL House, Second Avenue, Cookstown
Industrial Estate, Tallaght, Dublin 24.

 Anam Cara Parental & Sibling Bereavement Support

 @anamcarasupport

Charity No: 18073

Our Core Values

To respect each other's grief

No one's grief is greater than another's,
no one's loss less than another's

Not to judge

Don't judge others by their actions or words

To listen and be listened to

All of us in this group need support,
be there for each other

No recommendations or "shoulds"

Everyone copes/survives in different ways

To show consideration for each other's beliefs

Both religious and spiritual

Inclusivity

Our common thread is that our children have
died, rather than how or when they died

To journey on

Opportunities to remember and talk about
our children in a safe and comfortable setting



www.anamcara.ie
info@anamcara.ie

What is Anam Cara?

In Ireland each year about 2,100 families experience the death of a son or daughter. For some families the death may have been expected through illness or a life limiting condition. For others, it was unexpected through stillbirth, an accident, suicide or substance abuse.

Anam Cara is a national organisation founded by bereaved parents. We provide a range of bereavement support services throughout the 32 counties. More importantly we offer peer support and understanding to families who have experienced the death of a child.

Anam Cara's online and face to face services are available to all parents regardless of age or circumstances of their child's death and are available for as long as they are needed.

At Anam Cara we focus on the similarities of our loss rather than the differences and have found a level of support and understanding that others cannot offer. What unites us all is that we are all bereaved parents

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What does Anam Cara offer?



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How can Anam Cara help?

The devastation families experience after the death of their child often leads to feelings of isolation, despair and loneliness.

Anam Cara provides a range of online and face to face bereavement services. By bringing together bereaved families to support and comfort each other, Anam Cara plays a valuable role in helping parents and siblings 'journey on' after the death of their child.

Anam Cara support groups are situated throughout Ireland and provide parents a safe, comfortable environment where they have the opportunity to connect with other bereaved parents. Meeting with parents a little further on in their journey gives newly bereaved parents some hope that in time, they too will find ways to cope with the intense grief and sense of loss.

Although Anam Cara does not provide one to one bereavement counselling, parents do have access to bereavement professionals through all our online and face to face services.

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