

Our core values

We respect each other's grief

Nobody's grief is greater than another's, nobody's loss is less than another's.

We are non-judgemental

We do not judge others by their actions or words.

We listen and are listened to

All of us need support of some kind. We want to be there for each other.

We do not recommend solutions

Everyone copes and survives in their own way.

We will continue our journey

We remember and talk about our children and what they mean to us as we continue our journey.

We are inclusive

Our common thread is that our children have died. We don't identify ourselves by the age of our child or the circumstances of their death.

We emphasise the importance of confidentiality

All conversations and interactions are in confidence, within the law.

We show consideration and respect for each other's beliefs

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, that 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. Please contact us to find out about Anam Cara events and other bereavement supports in your area.

Anam Cara's videos and information booklets cover different aspects of parental grief such as A Dad's Grief or Coping with Sudden Death. They can be viewed on our website or ordered by contacting Anam Cara.

We would like to thank the parents from Anam Cara Tipperary for updating this leaflet.



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Anam Cara Parental & Sibling Bereavement Support Limited.
Registered Charity CHY No. 18073. Registered in Ireland. Reg No. 452644

AnamCara
Supporting parents
after bereavement

Supporting parents after bereavement





What is Anam Cara?

In Ireland each year about 2,000 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, SADS or road traffic collision.

Anam Cara is an all-Ireland 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 AnamCara 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 is that we are all bereaved parents.

What does Anam Cara offer?

Parent evenings

We offer monthly parent evenings around the country for mums and dads. These give you a chance to meet other bereaved parents in a safe and comfortable environment.

Information from professionals

Our Bereavement Information talks give you a chance to access relevant information about the grief and challenges parents face after the death of a child.

Remembering your child

We hold remembrance events so that your family can commemorate your child's life in a special way.

Our online support includes our:

- website,
- online forums; and
- links to other support agencies and professional organisations.

Family events

Our family events allow all members of your family time out to meet others who are on a similar journey.

Videos and booklets

We have videos and information booklets developed for bereaved parents by bereaved parents.

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 parents to support and comfort each other, Anam Cara plays a valuable role in helping parents '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 face-to-face services.

