**Bereavement Supports**

**The Beginning Experience:**  
The loss of a spousal partner can be a traumatic experience, causing feelings of loneliness and grief. Beginning Experience Dublin is a non-denominational and voluntary peer support group, led by a team of trained facilitators. Support is provided through the sharing and discussion of personal experiences. Based in Whitefriar Street Community Centre, the two [structured programmes](http://www.beginningexperience.ie/programmes/) help you get closure on the past and create new beginnings in the present.   
More information at <http://www.beginningexperience.ie>

**Rainbow Ireland**The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce. The service is available in local communities throughout Ireland. The service is grant aided by Tusla.  
More information at <https://www.rainbowsireland.ie/>  
  
**Anamcara**Supporting Parents after Bereavement - Anam Cara Parent Bereavement understands we don’t live in an ideal world, we live in a world after our precious children have died before their time. Bereaved parents have set up this organisation to help themselves and all bereaved parents cope with their grief and loss and journey on.  
More information at <https://anamcara.ie/>