



**Irish  
Hospice  
Foundation**

# Living with Loss

Our free bereavement information evening

Irish Hospice Foundation's annual bereavement information evening is being held online this year on Wednesday 9 December, 7pm.

We know 2020 has been a difficult and isolating year. We hope Living with Loss will provide some connection and solace. In this online space, we will share some reflections on bereavement and help people find out about the supports that are available.

This free event is for all; you may have experienced a bereavement this year or at an earlier time, or you may be concerned about a child or friend who is grieving and wish to help.

**Please join us on Wednesday 9 December, 7pm-8.30pm**

## How to register and access Living with Loss:

- You need to register through [Eventbrite here](#).  
Or via the following link: <https://hospicefoundation.ie/livingwithloss/>
- When you register, you'll receive an email to say you've registered. The zoom link will then be emailed to you before the event. Use this link to access the event. It will be open from 6.45pm.
- You can access Living with Loss on a computer or your mobile phone.
- Age Action have published [easy to use guidelines](#) on how to use zoom on your smartphone or computer.
- You will not be able to see or hear other attendees nor will they be able to see or hear you. You will only be able to see and hear the speakers. You can type in questions for the speaker using the 'chat function' at the bottom of your computer/phone screen.

Please offer to help friends and family who have difficulty using technology and would like to join us. Attendees do not need to have an email account but will need access to one to receive the link.

Please email [bereavementsupport@hospicefoundation.ie](mailto:bereavementsupport@hospicefoundation.ie) with any questions or call 01 679 3188.

## Further Support

Our freephone Irish Hospice Foundation Bereavement Support Line is 1800 80 70 77 and is open from 10am – 1pm from Monday to Friday (excluding bank holidays). If the line is busy when you call, we can call you back if you leave your contact details.

*This event is kindly sponsored by*



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For more information: [hospicefoundation.ie](https://hospicefoundation.ie)

Registered Number 20013554