



‘A.F.I.A.’ (Away From It All) HOLIDAYS

from Mothers’ Union All-Ireland

Mothers’ Union in several dioceses across Ireland offer short breaks or holidays to families who just need to get away for a break. The service is confidential and discreet with referrals coming from Clergy or other Professionals. If you know someone who could benefit from this service, please contact [mailto: office@mothersunion.ie](mailto:office@mothersunion.ie) to find out if AFIA is offered in your diocese or contact your Diocesan President.

(Please note: referrals must come through Clergy or other Professionals)

What is AFIA:

Away From It All (AFIA) is a Mothers’ Union holiday scheme, primarily funded by our members, to give the opportunity of a break to those who are experiencing stress in their family life. Families are able to spend time together away from their stressful situations at home, engage in activities together and have fun. They often experience healing in their relationships by spending this quality time with each other.

Mothers’ Union’s involved with AFIA will:

- Help fund part of the cost of a holiday
- Cover a family’s travel expenses,
- Pay for a whole holiday or day trip
- Organise family weeks for groups of families to have a break with activities and outings.