



WOMENHOOD
COUNSELLING | GROUPS | WELLBEING
for women who are childless not by choice

WOMENHOOD CONNECTIONS Online Group

WomenHood Connections Group is a four week, facilitated peer support program for women who are childless not by choice, or childless by circumstance.

The group is limited to eight women and we meet using online video, once a week for an hour*. In this program you will be supported to share your story in a safe space, and you'll be provided with evidence-based information and strategies that will help you gain skills to deal with issues of childlessness. We'll draw on the strengths and wisdom of each other as we address the weekly focus topics and activities.



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| DATES | 3 September 2020 | Creating connections. Sharing your story in a safe space. |
| | 10 September 2020 | Breaking the silence. Disenfranchised grief and the losses of childlessness. |
| | 17 September 2020 | Have you got kids? Dealing with those dreaded questions and finding our strengths. |
| | 24 September 2020 | Shifting your perspective. Making meaning and exploring possibilities. |
| TIME | 6.30pm to 7.30pm* | * week 1 is an hour and a half 6.30pm to 8.00pm |
| VENUE | Online video conference | You'll receive email confirmation with Zoom link and tips for participating online when you complete your registration. |
| COST | \$ 180 | \$45 deposit required to secure registration. Balance due one week prior to commencement. |
| RSVP BY | 20 August, 2020 | <u>Register your interest</u> via the website Contact Form or email me directly at Judy@womenhood.com.au |

This group is for women who do not have children and are coming to terms with that. The material is not designed for women who are trying to conceive or undecided about having children.

Creating connection to others... Enhancing connection to self