

# The End of the Line

## Tending the Grief of Childlessness

A series of online events providing space for those who feel the loss of their dreams of parenthood

### Experiential Evening Thursday 17<sup>th</sup> September, 7-9 pm BST

Pay what you can, suggested donation £5-£10

To book, complete [this booking form](#)

With [Sophy Banks](#), [Dita Vizoso](#), [Alison Heatherington](#)

An online introductory exploration of the grief of childlessness. We will offer some simple, powerful practices, talk of the transformative nature of grieving together, and share a little of our journeys with childlessness with each other.

If this speaks to you, we are also offering two half-day and one deep-dive weekend online grief tending workshops:

#### Half-day workshops

24<sup>th</sup> September 3pm-7pm UK time

17<sup>th</sup> October 9.30am-1.30pm UK time

Online workshop. Cost: £35-£60 (bursary places available)

#### Deep Dive - a weekend of Tending grief for childlessness

Starts Saturday 7<sup>th</sup> November at 10am, ends Sunday 8<sup>th</sup> 4pm UK time

Online workshop. Cost: £95-£175 (bursary places available)

***“The heart that breaks open can contain the whole universe.”***

*—Joanna Macy*

Full details of the workshops and how to book are [here](#) or on our [Facebook page](#)

For questions or further information contact **Alison** on +44 7415057988 or at [alisonheatherington@yahoo.co.uk](mailto:alisonheatherington@yahoo.co.uk)

## **More about Grief Tending in Community**

Creating a space where we can be heard and supported in our grief – and feel the support that comes from sharing grief with others – is rare in our modern world where grief is often hidden behind closed doors, or expressed in private settings with therapists or close friends. Yet human cultures around the world have included shared grieving as a normal, even necessary part of staying in connected and loving community.

Such a process is not about resolving our grief or the sources of it, rather tending to and honouring it. And we may find that our grief is blocked and takes time to find its way to flow.

Grieving is a natural process, allowing the expression of sadness, loneliness, anger, despair and other feelings. These workshops are specifically for anyone who is grieving the fact that they were not able to have children. Together we will create a safe space in which to share what grief tending is, and to give you a taster of this beautiful work.

It doesn't matter if you have complicated or ambivalent feelings about parenthood; we recognise that grief can be present within the complexity of your story. You may have experienced pregnancy loss or infertility, or you may have never found the right partner or circumstances. Or maybe you cannot bear to bring children into this world, at this time – it doesn't matter why you're here, but everyone who feels a sense of loss or grief around their childlessness is welcome.

This session is open to anybody, regardless of gender; we wish to be as inclusive as possible and we recognise that anyone can be affected by a loss of this kind.

**Find more information about Grief Tending, our workshops and events on our website: <https://griegtending.org>**