

TAKING THE ROAD LESS TRAVELLED: EMBRACING YOUR CHILDFREE LIFE

A personal development writing workshop



Saturday 26 June 2021 on Zoom

**Co-facilitated by Margaret O'Connor (of *Are Kids for Me?*)
& Simon Forsyth (of *Nozomi Counselling & Psychotherapy*)**

Combining reflective writing, personal development and shared discussion, this unique one-day workshop is for anyone that has made the choice to be childfree and would like to deepen their awareness of what this means for them.

It aims to provide you with:

- A space to **connect** with others that have also chosen the childfree road in life
- A space to **reflect** on your experiences and feelings in a supportive environment
- A space to **embrace** your identity, values and opportunities related to being childfree

- **No previous experience** of creative or reflective writing is needed
- Sharing of words written will be **encouraged but always optional**
- **Emphasis is on process and exploration**, not the production of polished work

Date & Time: Sat 26 June, 10:00–16:00 Irish Standard Time **Cost:** €90

Book: https://www.eventbrite.com/e/taking-the-road-less-travelled-embracing-your-childfree-life-tickets-154438492689?aff=ebdssbeac&keep_tld=1

The workshop is delivered on Zoom and is open to participants both inside and outside of Ireland, but please note that due to insurance limitations we are unable to include applicants based in the USA.

Your Facilitators: Margaret O'Connor (MA Gender, Culture & Society) and Simon Forsyth (Practitioner Cert Creative Writing for Therapeutic Purposes) are IACP-accredited therapists and lecturers at PCI College. They are both passionate about the normalisation of the childfree choice in society.

