

# EXPLORING YOUR CHILDFREE IDENTITY: DISCOVERING CONNECTIONS

*A personal development workshop*



**Saturday 1 October 2022 on Zoom**

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

Combining personal development, reflective writing and shared discussion, this unique one-day workshop is for anyone who identifies as childfree or is questioning this for themselves.

It aims to provide you with:

- ⇨ A space to **connect** with likeminded people in a supportive environment
- ⇨ A space to **reflect** on your experiences and feelings
- ⇨ A space to **explore** ideas of identity, legacy, and connection as a childfree person

**Date & Time:** Sat 1 October 2022, 10:00–16:00 Irish Standard Time

**Cost:** €90

**Book:** <https://www.eventbrite.ie/e/exploring-your-childfree-identity-discovering-connections-tickets-391346938227>

**Your Facilitators:** Margaret O'Connor and Simon Forsyth are IACP-accredited psychotherapists and lecturers at PCI College. They are both passionate about lifelong learning and the normalisation of the childfree choice in society.



Are Kids For Me?