

Grief Gathering

A safe place to be seen, heard and held in your grief.

"Thank you for facilitating a safe space for all of us to be vulnerable. Sometimes I feel alone with my heartbreak and grief."

"Today I feel relieved, like I'm lighter - It's a pretty nice feeling. Thank you for creating this space for us."

Nothing about your grief needs to be explained, justified, or fixed – just witnessed, in a small circle of women who get it.

What happens inside

01 Arrive

Get a beverage and settle into the room.

02 Be witnessed

Sharing is always optional. Speak if you want to, camera off if you want.

03 Go deep together

Hear how other women are carrying their grief.

04 Notice how you cope

Gently explore the ways you've been surviving instead of feeling.

05 Leave feeling less alone

This is guaranteed.

What you'll leave knowing

- You're not alone in grief.
- Your grief makes sense.
- You're not broken – nothing to fix.
- You don't have to keep hiding yourself and your feelings.
- All the ways you've been bypassing your own feelings.

*Grief is a normal and natural response to a loss of any kind. **Loss is not only death and divorce** - a breakup, a diagnosis, miscarriage, infertility, life transitions, career and financial loss, shifts in personal identity, moving, pet loss, loss of safety and stability, loss of a planned future, or an unrecognisable life. **If it changed you, it belongs here.***

Free
TO ATTEND

2 hrs
TOGETHER

12
WOMEN MAX

Virtual +
In-person
YOUR CHOICE