

Empty nest syndrome

Preparing and going through the transition



My children are leaving the family home. Apprehension? relief? A mixture of both? During the day, we will allow time to give thanks to the time of nurturing and to consider new opportunities in life and faith.

A workshop day with input, sharing and personal times.

With Sister Marie-Christine

Saturday 21st October 2023

10am arrivals, 10.30am start, 4.00pm end.

Please bring a packed lunch.

Suggested donation: £15 - £30

[Contact](#) and [Booking](#)

Picture sr mc: Rochester cathedral: Mary with the young Jesus

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