

Open Post-Abortion Weekend FAQs



Overview

Open offers post-abortion healing weekends as an integral part of the ministry. These weekends provide a safe, nurturing environment where women can have space to process emotions and reflect on their journey. We are intentional about hosting these retreats in peaceful, beautiful settings – spaces that offer a meaningful break from the demands of daily life and create room for rest and restoration. Post-abortion healing weekends usually begin on Friday afternoon and run to Sunday lunchtime. These weekends take place in a small group of usually a maximum of 4 women.

What can I expect on a post-abortion weekend?

We follow a carefully developed programme of exercises and guided discussions. Beginning with the abortion decision, we support participants in exploring the wide range of emotions that many women experience, helping them to process these feelings in a healthy and supportive way. There is ample time and space throughout the retreat to reflect on these emotions at your own pace and to acknowledge your loss.

Each retreat is thoughtfully designed to remind participants of their inherent worth, God's character and the depth of his love for them. For many women, this experience becomes a meaningful turning point in their healing journey, offering comfort, connection, and renewed hope.

Throughout the weekend, there is the opportunity to navigate the complex emotions often associated with abortion. Participants are gently invited to share their story, as much or as little as they feel comfortable, engage with scripture, and move towards a sense of healing and restoration.

Where do they take place?

Retreats are all over the UK and Northern Ireland in neutral venues depending on demand. We make sure our venues are pleasant and peaceful and create a relaxed and informal environment where women feel safe.

When do they happen?

We typically organise two or three planned retreat weekends each year across different parts of the UK and Northern Ireland. We also remain responsive to local demand—if a group of women from the same area express interest, we will do our best to arrange an additional retreat to meet that need.

Who will be there?

Our post-abortion weekends are run in a small group, usually a maximum of 4 women who share the experience of a past abortion, supported by two facilitators with training and experience in post-abortion care.

We suggest waiting at least one year after an abortion before attending a retreat, although there is no upper time limit – often women seek support many years later.

What is the cost of the weekend and what should I bring?

Costs vary depending on the venue, but participants are only asked to contribute towards food and accommodation, which we aim to keep as affordable as possible. We never want financial concerns to prevent anyone from attending, so please do get in touch if cost is an issue. Where a church is able to host a retreat, expenses can be kept to a minimum.

All materials will be provided however you may want to bring a journal, should journalling be something you practise. Please wear comfortable clothes to allow you to feel at ease throughout the day.

Do women need to be Christians to attend?

While the retreats are rooted in a Christian faith perspective, they are open to all women, regardless of background or belief. Everyone is welcome to come, reflect, and find support in a compassionate environment.

We are a Christian organisation and believe that what the Bible says about who we are, and who God is, is key to recovery, and so will often refer to the Bible in the sessions. Most of the women who come have found us through church connections, but anyone is welcome to attend, whatever their background or beliefs.

How do I book a place?

To book a place on one of our retreats, please get in touch with our team using the contact details provided on our website. We will respond to your enquiry and guide you through the next steps and answer any questions you may have. Once you are ready to proceed, we will confirm your place and share all the practical information you need, including dates, location, what to expect. We are also happy to discuss any specific needs or concerns you may have to ensure you feel fully supported from the start.

*All upcoming retreat dates will be advertised on our social media channels and website.

**If you are a church leader and would like us to facilitate a retreat in your area, please do get in touch.

Get in touch

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