

# Open Baby Loss Healing Retreats FAQs



## Overview

Open offers baby loss healing retreats as an integral part of the ministry. Our retreat days provide a safe, nurturing environment where women can have space to process their grief and reflect on their journey. We are intentional about hosting these days in peaceful, beautiful settings – spaces that offer a meaningful break from the demands of daily life and create room for rest and restoration. Baby loss retreat days usually take place on a Saturday from 9am-4pm and are run in small groups of approximately 4-5 women.

## Who are these retreat days for?

Our baby loss retreat days are designed for women who have experienced the grief and heartache of baby loss, through miscarriage, stillbirth or neo-natal death – whether this loss occurred recently or many years ago. 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 healing, 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.

## What can I expect on a retreat day?

Each retreat is designed to gently remind participants of their inherent worth, the depth of God's love for them, and the significance of their story. For many women, these days become an important turning point in their healing journey, and can be deeply transformative moments that bring comfort, connection, and renewed hope.

Throughout the day there will be the opportunity to navigate some of the complex emotions often associated with baby loss. Participants are offered the space to share their story (to the extent to which they feel comfortable), meditate on scripture, and ultimately journey towards restoration.

## Will I be required to share my story?

During the day there will be the opportunity to share your story in a safe and confidential space. You are free to share as much or as little as you feel comfortable with. We always respect each individual's comfort level.

## What if my grief feels different to others'?

It's completely okay if your grief feels different to others. There is no "right" way to grieve, and no two experiences of baby loss are the same, even if some share similarities. Some people feel very emotional, others feel numb or quiet. Some want to talk; others may prefer to listen or reflect. All responses are welcome. Our retreats are about giving you space to be exactly where you are, without judgement or expectation.

## Can partners or family members attend too?

At present, we are unable offer retreat days with partners or other family members attending. However, if this is preventing you from seeking further support, please do get in touch and we will do our best to help you access the support you need.

## What is the cost of the day and what should I bring?

The cost of our retreat days varies depending on location. We do try however to keep fees to a minimum and usually the price is approximately £30 to include meals and refreshments. Finance should never be a barrier to attending one of our retreats so please get in touch if this would be an issue.

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.

## How do I book a place?

To book a place, 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 and 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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