

## WHAT IS MOTHERS JOURNEYING TOGETHER?

A retreat for mothers of daughters.

Come home to yourself.  
Reconnect with what matters.  
Choose what to pass on.

Mothers Journeying Together is a residential retreat created for mothers, by women who understand the joys and challenges of the mothering journey. It's for those who want to parent with more awareness, ease and connection - not just with our daughters, but with ourselves. This is not a wellness weekend or a parenting how-to.



## MOTHERS JOURNEYING TOGETHER

It is a pause. A chance to reflect on your own experience of being mothered, how that shaped you, and how it continues to influence the way you parent your daughter.

We are not offering quick fixes or perfect answers. We are offering something more meaningful: time, space and support to gently turn inward, in the safe company of other mothers who understand.

This retreat is an invitation to:

- Pause
- Listen to yourself more deeply
- Consider how you want to move forward from here
- Shape how we love, lead, and raise our daughters
- There is no need to arrive with clarity, just a willingness to explore the story you are still writing with your daughter

## WHO IS THIS FOR?

This space is for mothers of daughters, wherever they are in their journey. Your daughter might be four, fourteen or forty. All mothers are welcome. Some of us come feeling stuck in patterns that do not feel like ours. Some feel disconnected from their daughters or from themselves. Some feel a quiet pull that says, "It is time to tend to this."

You might feel at home here if:

- You dearly want to mother your own daughter safely into young womanhood
- You are navigating tension or distance with your daughter
- You want to understand how your upbringing is shaping your parenting
- You want to guide your daughter well, but are unsure exactly how
- You are tired of giving from empty and are ready to come back to yourself

There is no need for previous retreat or group experience. This is a place where all mothers are welcome, just as you are.

We aim to create a supportive space where every woman feels seen and can benefit from the retreat. We understand that personal challenges may arise, and we'll hold space with care, while trusting everyone to look after their own needs so the group is supportive for all.

## YOUR FACILITATORS

### Kim McCabe

Founder of Rites for Girls, mother, and author of *From Daughter to Woman*, parenting girls safely through their teens, Kim has spent four decades supporting girls and their mothers. Her approach is grounded, honest and always rooted in kindness.

### Helena Løvendal

Psychotherapist and founder of the Centre for Gender Psychology, Helena brings deep presence and clarity to her work. She specialises in relationships, women's work and intergenerational healing.

Together, Kim and Helena create a space that is steady, supportive and gently transformational.



Kim McCabe



Helena Løvendal

## WHAT TO EXPECT

You will be part of a circle of mothers, held over three days, with space for:

- Group conversations that are real and supportive
- Reflective practices to help you explore your own story
- Moments of quiet, rest and time in nature
- Nourishing meals and warm connection
- Listening to others and being truly listened to yourself

You will be guided by two experienced facilitators:

Kim McCabe, founder of Rites for Girls, and author of *From Daughter to Woman*  
Helena Løvendal, psychotherapist and founder of the Centre for Gender Psychology.

Their approach is dynamic, and their presence is calm, wise and grounded in deep respect for every mother's path.

There is nothing to prepare. You do not need to bring anything except your willingness to show up as you are.

## WHAT MIGHT YOU TAKE AWAY FROM THIS RETREAT?

Each of us brings a different story, but many of us leave with:

- A renewed sense of what's needed to parent your daughter well
- Practical ways to reflect, listen and parent with greater steadiness
- Clarity about what we carry from the past and what we would like to let go of
- A softer relationship with ourselves and with our mothers
- Practical ways to reflect, listen and parent with greater steadiness
- Less pressure to be perfect
- More trust in our own presence and wisdom

This retreat is not about doing more. It is about creating space to feel more grounded in who you already are.

## RETREAT DETAILS

### Dates

2pm Friday 17th to 5pm Sunday 19th April 2026

### Location

Nutley Edge Cottages, Sussex

A peaceful, country retreat where nature offers quiet comfort and restoration

### Cost

£750 per person, including:

- Full facilitation with Kim and Helena
- Two nights of shared accommodation
- All meals from Friday supper to Sunday lunch  
(Nourishing, homemade and organic as possible, prepared with loving care)

Early bird rate @ £675 for booking before 17<sup>th</sup> March 2026

Bring a friend and get £50 discount each

Single room upgrades may be available for an additional fee. Please enquire when booking.

## BOOKING

We limit numbers to create a space that feels safe, personal and genuinely supportive.

To book, watch our video, read our FAQs, or ask any questions:

 Visit [www.ritesforgirls.com/mothers-journeying-together](http://www.ritesforgirls.com/mothers-journeying-together)

 Email [info@ritesforgirls.com](mailto:info@ritesforgirls.com)





Trainee GJT facilitators

## WHAT MOTHERS SAY

"I came here thinking about how to help my daughter grow. I left remembering how I'm still growing too."

"My daughter does not need a perfect mother. She needs a present one. A real one. A becoming one."

"To mother well, I first needed to mother myself. Gently. Honestly. With love."

"Some of what I needed, I did not get. Some of what I got I did not need. Now I get to choose what I pass on."

Also from Rites for Girls

- Girls Journeying Together: A year-long group for preteen girls
- Rooted and Rising: A six-week online course for women
- Facilitator Training: Learn to guide girls groups online or in person