

# Donor Conception Network

## Telling and Talking Workshops



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The DC Network is running Telling and Talking workshops around the UK for parents of donor conceived children.

### Who are they for?

The workshops are for parents of donor conceived children. Experience has shown us that people benefit more from these sessions once they have become parents rather than during pregnancy. There are separate workshops for those with children aged 0-7yrs and children aged 8-14yrs. The workshops will only be relevant for parents with children in each age group. They are aimed at those who have not yet started to tell their children about how they came into the family as well as those who have begun the story and would like further guidance and support.

Issues faced by single women and lesbians are different from those encountered by heterosexual couples and as part of the Network's philosophy of trying to meet the needs of all parents of donor conceived children, we are now offering separate workshops for these two groups of parents. Single women and lesbians remain welcome to sign up for mixed workshops but need to be aware that they may be the only person(s) in their particular situation.

If you are part of a couple we strongly recommend that you both attend. If single, you can attend alone or you could bring a family member or friend. We will be booking no more than 18 people onto each workshop.

### What are they about?

The workshops will explore all the issues around telling children about their conception, including practical help with timing and language. There will be time to share personal experiences, as well as get information and guidance. Sharing information with family, friends and others who may need to know will also be discussed.

### How much do they cost and what's included?

The workshops are subsidised by a grant from the Department of Health but we will be making a nominal charge of £60 per person (or £40 if booked at least 4 weeks in advance) with a concessionary rate of £10 each. We want the workshops to be accessible to all and are not seeking to make a profit from them whilst we have DoH funding. The price includes refreshments, lunch and a pack of materials. We are not able to provide childcare. A full refund is offered for cancellations with over 2 weeks notice. After this date we cannot offer any refund.

### What are the locations, dates and times of the workshops?

The workshops are held on Saturdays to make them accessible to working parents. They run from 10am to 3:45pm. For dates and locations see the web site or phone. Exact locations and details will be provided on booking.

### What next? How do I book?

Go to our website. Choose a workshop from the schedule and check whether there are spaces. Print a PDF of the correct Booking Form and send it back to us with a cheque. If you are not able to access the internet or do not have a printer, please email or phone us with your address and we can give more details and send a booking form by post.

### What about after the workshops?

Many workshop participants choose to share their email addresses or 'phone numbers with each other following the workshop and to remain in touch this way or via our Members Only web Forum. Continued contact with workshop facilitators is also possible.

### What if we haven't conceived yet?

If you are thinking about starting a family using a donor we are also running **Preparing Yourself for DC Parenthood** workshops. See website for further details.

### More questions?

Just contact us and we will be happy to help.