



THE EMPTY CRADLE

What We Believe

All of the women we work with have this in common: they are resilient, courageous, wise and compassionate.

AND POWERFUL.

And when we say powerful, we don't mean in a Pollyanna, 'wash your tears away for another day' kind of power.

We are powerful because of our pain, loss and suffering: it gives us empathy, strength, depth and a unique perspective on the human condition.

We are honoured to work with amazingly strong women every day, helping them find their groove beyond their family plans and discover a fertile life beyond motherhood.

Here's a bit about what we believe in:

HONESTY AND AUTHENTICITY

We believe that women are a powerful force for humanity's future - not despite our pain but because of it. We believe that if we walk together through our loss, our strength, resilience and wisdom can be a gift to the world. We are the 'scar clan' - we don't shy away from grief. We live authentically and we share our love with the world.

"An authentic life reflects our true essence, our whole selves, including our vulnerability and shame."
Sarah Roberts

SELF-COMPASSION AND SELF-CARE

We believe you can lean into the grief, losing yourself to the wound leading to your wholeness. We believe in creating hope but not painting over the sad bits. We are here to give you the tools of empowerment to nurture yourself, no matter what happens. We're here to give you the support and knowledge you need to build a bright future filled with self-love.

FINDING YOUR PLACE IN THE WORLD

When the dream of motherhood and children slips away, we often lose our identity. We believe that, as women, we can find our sense of place and belonging in the world, whether we have children or not. We can find our tribe, our joy, our mojo. We believe in agency - together, we can take back your power and help you find your place in the world around you.

GIVING BACK

We support initiatives that educate and empower young women around sexuality and fertility.