



The Mindful Fertility Program

A 6-week Mindfulness Based Stress Reduction Group for those dealing with infertility.

- Learn “letting go” coping and other stress reduction techniques to ease the emotional impact of infertility.
- Cultivate a better attitude and perspective, as you persevere through fertility treatment.
- Learn how to nourish your Mind, Body and Soul.
- Meet others who are also going through a similar journey.

Space is limited to 13 participants. \$350 for the full six weeks.

(Check with your insurance benefits as many plans cover social work services.)

The group will be held at **822 Richmond Street West, Suite #102.**

The group will begin on **(TBA)**

This group is facilitated by ***Amira Posner, MSW, RSW.***

Contact

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Amira is a fertility counsellor in Toronto, Ontario. She works with individuals and couples who are struggling with infertility. Amira facilitates the [Mind-Body Fertility Group](#) at Mt. Sinai Hospital. She is also a mother of three miracles. For more information, visit www.healinginfertility.ca