A 6 Week Mind-Body Fertility Support Group

- **When:** TBA
- **Location:** In person, when the world goes back to normal.
- **Inquiry and registration:** Amira Posner: amira@healinginfertility.ca

The desire to have a child may be a physically and emotionally challenging journey for those who are experiencing fertility issues. This 6-week Mind-Body Fertility Program is specifically designed to complement and support fertility treatment for those who are trying to conceive.

The program will focus on mindfulness-based stress reduction techniques and emotional coping strategies to optimize physiological and mental well-being of participants. Emphasis will be placed on learning mindfulness-based techniques as well as mutual support within the group through shared experiences in a safe environment. The group is co-facilitated by Amira Posner, MSW, RSW from Healing Infertility (www.healinginfertility.ca)

Feedback from a Few of Our “Mind-Body Fertility Group” Graduates

"I now have a toolbox of coping strategies."  
Jennifer

"This course is useful for so much more than fertility stress." Dana

"My whole experience has changed and I feel so much more alive and present." Selma

"The mind body connection is so cool when you learn how it works. This course has been so helpful in helping me understand the relationship." Dylan

"I wanted to "cope" better when I started the program, but I have actually gotten a better understanding of myself and have surpassed coping." Mindy

"I started my first treatment during this group, and unfortunately it didn’t work. This course allowed me to cope in a way that I didn't think was possible." Marina

"It is incredible being in a group of women all facing the same stress and are committed to finding strategies for coping." Ali

_Pseudonyms are used to protect participants’ confidentiality_

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

Inquiry and registration: amira@healinginfertility.ca
Maximum capacity: 12 participants

https://healinginfertility.ca