

## **Fertility Support Group:**

Support groups are made up of people with common interests and experiences. People who have been through, or are going through, a similar circumstance can do more than sympathize with you — they can relate to what you are going through and keep you from feeling like you are alone. They are not therapy groups and do not function in the place of therapy.

### **Who is this for?**

Women experiencing infertility

If you are struggling with the difficult process and emotions surrounding:

- Inability to conceive naturally
- Pregnancy loss
- Undergoing fertility treatments

This group will offer support for you as you wrestle with emotions, pains, spiritual questions, and experiences unique to the fertility struggle.

\*This is not a therapy group but a group of peers coming together for support and encouragement.

### **Date/Time/Place:**

Date: First Monday of every month

Time: 6:30-8pm

Place: DCC conference room.

### **Topics:**

The group will discuss issues that are relevant to fertility such as loss, marital challenges, feelings of insecurity/inadequacy, adoption, and ART, to name a few. The group will work to meet each woman where they are at. It will be a safe place to offer and receive support for wherever you are on the journey.

### **Facilitator information:**

For more info or if you have any questions contact Cheri at [cheris4@msn.com](mailto:cheris4@msn.com)

Cheri is a mother of 4, grandmother of 1. She was a nurse for over 30 years specializing in Labor & Delivery and Infertility. She is married and both she and her husband are passionate about families and helping women who are experiencing infertility.