

Some form of infertility affects 1 out of every 6 couples trying to conceive. Couples who have an infertility problem often experience anxiety, depression, frustration, anger, guilt, & emotional isolation. Infertile women are twice as likely as fertile women to experience depressive symptoms.

Mind / Body Program for Infertility



Come discuss these issues in a warm, supportive, and confidential environment with other women who are struggling with infertility.

The Mind/Body Program for infertility is based on the application of the relaxation response... a physical state of deep rest that changes the physical & emotional responses to stress (e.g. decrease in heart rate, blood pressure, & muscle tension)

- Learn to increase your sense of control & well-being
- Reduce/manage physical symptoms such as insomnia, fatigue, headache or abdominal pain
- Develop further understanding of treatment cycles
- Develop skills to ease the treatment process

The Mind / Body group program will be led by an experienced, licensed counselor who specializes in infertility & women's health issues.

The program runs for 6-8 weeks & is offered to women having difficulty conceiving... including those presently enrolled in IVF (in vitro fertilization) programs.

Because infertility affects both members of a couple the participants partners are invited to attend some of the sessions!

***Facilitator:** Elana Klemm, Licensed Professional Counselor
www.ElanaKlemm.com
Location: Marietta/ Roswell Office

Time: (6) 1.5 hour sessions
(Time to be arranged)
Fee: \$40.00 per session