

BREATHE: A MIND/BODY SUPPORT GROUP FOR INFERTILITY

1 in 8 couples have trouble getting pregnant or sustaining a pregnancy. Yet the psychological burden of infertility does not receive sufficient recognition in our mainstream cultural discourse. The impact of infertility on all aspects of individual and couple wellbeing can be enormous, confusing, and very, very painful. For this reason, we are holding a support group for people facing infertility.

This eight week virtual support group will meet for an hour once per week for an hour. This group is about authenticity, belonging, and mind/body strategies to help one cope on their journey to parenthood.

**ACCEPTING NEW
MEMBERS**

**FRIDAYS @ 12P CST
JANUARY 10TH-FEBRUARY 21ST**

Video-based
\$40 per group

For more info or to register contact us at:
312.809.0298 OR mrenzi@wildflowerllc.com



Facilitator
GABBY PENDLEY
LCSW, PMH-C (She/Her)