

# Woman's Infertility Therapy & Support Group

*Facilitated by Paula Acker, LCSW*

- Meet other women who are on the same fertility journey, build friendships and support networks. *You are not alone!*
- Learn stress management strategies — how to cope with frustration, fear, anxiety, anger, sadness.
- Learn about all family building options — IUI, IVF, egg/sperm donation, adoption, surrogacy, childfree living.
- Learn mind/body techniques for well-being.
- Improve your coping and decision making skills.

8 weekly sessions, starting in April

Wednesdays, 5:30 pm – 7:30 pm

at OHSU's Center for Health & Healing

Fee is \$500



Paula Acker has been the clinic counselor for OHSU, *University Fertility Consultants* for 14 years and is a member of the *American Society of Reproductive Medicine Mental Health Professional Group*. She has lead infertility therapy groups since 1990 and is in private practice counseling those with infertility.  
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for more information or to register