

Navigating Infertility Together



The group is offered virtually via MyChart. Participants are requested to have a secure connection and private space to attend.

Who Should Attend

Infertility is a medically and emotionally complex experience that often involves uncertainty, loss, and isolation. This group is meant to provide evidence-based support for individuals experiencing infertility.

Schedule

This recurring group begins the first week of each month and consists of four sessions held every other Thursday from 4–5 p.m., running for approximately two months. Please call for specific details.

Session Topics

- Understanding infertility as a chronic medical stressor
- Identifying common emotional responses to infertility
- Increasing awareness of thoughts, feelings and behaviors
- Developing healthy thinking styles and coping mechanisms
- Strengthening support system and communication skills
- Reconnecting with personal values

This is an educational and skills-based closed group. It is not intended to assess or diagnose individual mental health conditions. If you do not start at the beginning of the month, you will be asked to wait until the next group begins.

Registration

Call **262-253-9220** to register. Individuals do not need to be established patients with the Froedtert & Medical College of Wisconsin Reproductive Medicine Center to participate.

Times:

4-5 p.m. Thursdays
Four sessions,
held every other week

Location:

Offered virtually via
MyChart Zoom

Cost:

Billed to insurance

The Froedtert & the Medical College of Wisconsin health network complies with applicable federal civil rights laws and does not discriminate, exclude or treat people differently on the basis of race, color, national origin, age, disability, sex (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)), or any other group protected by law. Attention: If you speak another language, assistance services, free of charge, are available to you. Call: 414-805-3000 (TTY: 1-800-947-3529) Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: 414-805-3000 (TTY: 1-800-947-3529) Hmoob (Hmong): LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau: 414-805-3000 (TTY: 1-800-947-3529)