

A Group for Women: **Coping with the Emotional Aspects of** **Infertility and Pregnancy Loss**

WHEN:

Every other Thursday, 7:00-8:30 p.m.

COST:

\$55 per session

LOCATION:

603 West 18th Street
(between Rio Grand & Nueces)

Couples share dreams. Many dream of conceiving, delivering and nurturing a healthy child. Sometimes, however, pregnancy loss and infertility complicate the journey. Partners who experience these unique life circumstances are confronted with a range of emotions including intense feelings of disillusionment, sadness, loss, fear, confusion and anger.

A Group for Women is designed specifically for women coping with the emotional aspects of primary infertility and pregnancy loss. Participants find comfort through sharing, in a confidential setting, losses of the past, frustrations of the present and the anxieties that accompany hope for the future. Women will gain important coping skills and a strong support network to help with the impact this intense life experience has on interpersonal relationships, pregnancy & fertility decision-making, and dealing with the cycle of hope and hopelessness.

This is an on-going group. Participants may join at any time following a brief face-to-face consultation. Periodically, sessions will be dedicated to couples' issues and invitations to husbands/partners will be extended.



Valerie Granoff, LCSW

Valerie Granoff has been in general psychotherapy practice for over 15 years. Having personally experienced issues of pregnancy loss and infertility, she devotes much of her private practice to helping clients with these issues and lecturing on the psychological aspects of infertility to physician groups and their staff. Valerie also works with individuals and couples in areas of anxiety, depression, relationships, marriage and family and life transitions.

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