

## about our support groups

### WHAT HAPPENS AT A HOPEFUL MAMA SUPPORT GROUP?

Support groups are led by peers. We have identified strategies to ensure that our support groups offer a space for connection, provide emotional safety and confidentiality while offering support one to another.

#### GROUP MEMBERS CAN CHOOSE TO PARTICIPATE IN:

- Sharing feelings about triumphs or challenges
- Offering support and understanding
- Learning strategies for coping
- Setting intentions and identifying personal goals
- Personal reflection

### WHAT WILL BE DISCUSSED AT THE SUPPORT GROUPS?

Support groups will be open to all things infertility. Whether you are just starting on this journey or you've been walking for some time, our support groups are a safe place for you.

#### TOPICS MAY INCLUDE, BUT NOT LIMITED TO:

- General infertility | Unexplained infertility
- Medical diagnosis leading to infertility
- Emotional strain on self, relationships, family
- Financial stressors
- IUI | IVF | Donor Needs | Surrogacy | Adoption

### WHY CHOOSE TO ATTEND A HOPEFUL MAMA SUPPORT GROUP.

Something powerful happens when a group of women come together with shared life experiences and choose to support one another. A community is born; one that is motivational and safe.

#### FROM GROUP YOU CAN EXPECT TO HAVE:

- Understanding from your peers
- Safety in sharing your story
- Support where you are
- Encouragement to grow
- Personal connections

### OPTIONS FOR ATTENDING A HOPEFUL MAMA SUPPORT GROUP.

Support groups will be in-person and virtually. In-person groups will meet the 3rd Wednesday of every month at the Marion Public Library. Virtual groups will meet the 3rd Monday of every month via Zoom.

#### HOW TO SIGN UP TO ATTEND ONE OF OUR GROUPS:

- [Register here](#)
- For in-person, feel free to drop in
- Virtual will need a registration for Zoom link
- Come when you can.
- No charge

IF YOU STILL HAVE QUESTIONS, CLICK BELOW TO HAVE HOPEFUL MAMA FOUNDATION CONTACT YOU.

[PLEASE CONTACT ME](#)

