

FERTILITY COUNSELING

Individuals and couples struggling with infertility often feel alone in their journey. While they pass by others undergoing similar procedures within a clinic setting, during the course of their daily lives there are few who really understand their experience. Many times, family and friends want to be helpful but are unsure of what to say or may minimize concerns.

Individual therapy, as well as support groups can offer individuals and couples resources, support, techniques to manage stress, and validation. Research has shown that, in some cases, women who sought therapeutic support had higher conception rates.

It is a personal decision whether to seek individual or couples therapy, or alternatively a support group.

If you would like more information about any of these services, please contact Deborah Anderson, Psy.D, LP at 612-374-2400.

FERTILITY SUPPORT GROUP

An opportunity to receive information and resources in a supportive environment with other individuals who share your experience.

6-WEEK SUPPORT GROUPS FOR WOMEN

Dates:

January 20, 2010

May 12, 2010

Time: 5:00 to 6:30 PM

Cost: \$300 per series

Contact:

Deborah Anderson, Psy.D, LP
Anderson Psychological Services, LLC
15 Groveland Terrace, Suite 302
Minneapolis, MN 55403

Call:

612-374-2400

or email via Contact Page at:

*Pre-registration required. Insurance reimbursement may apply.
Additional groups may be added as necessary. Please call to inquire*