

# INFERTILITY & ADOPTION COUNSELING CENTER



## NEW Infertility Support Groups

*There is no reason to go it alone.*

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**New IAC Center Infertility support groups forming in Pennington NJ** for women and couples pursuing infertility treatment. Our professionally led groups address the emotional and social issues; as well as offering education about coping and communication skills that will help you to survive the infertility journey. Members of these groups seem to enjoy creating connections with like-minded individuals facing similar issues.

**Our plan is for Groups to meet the first and third Thursday of each month.**

**Registration Required**

**Time:** 7:00 p.m. to 8:30 p.m.

**Location:** IAC Center, 2 Tree Farm Road, Suite A200, Pennington, NJ 08534

**Fee:** \$50 per individual/\$75 per couple per session which is usually partially insurance reimbursable. Limited Scholarship funding available if fees are an issue.

Topics for discussion might include but are not limited to the following:

- Ways to relieve stress: The Mind/Body Connection
  - Dealing with friends and family who may not know how to be supportive
  - Handling other social and work situations
  - Effective communicating and decision making with your partner
  - Maintaining self-esteem
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**Groups will be led by IAC Center Counselors who have extensive experience running infertility support groups at IAC Center and for RESOLVE or AFA.** All IAC Center groups are under the supervision of Joni S. Mantell, LCSW Director of IAC Center and a psychotherapist and recognized expert in the area of infertility and adoption, who has developed short-term counseling modalities to deal with these issues. IAC Center offers assistance to individuals and couples in negotiating the family building crises, decision-making and planning for resolution.

For more information or to sign up for the group, please contact:

Joni S. Mantell, LCSW, Director, at [JMantellMSW@iaccenter.com](mailto:JMantellMSW@iaccenter.com) or 609-737-8750

Please check our website for regular workshops and events:

[www.iaccenter.com](http://www.iaccenter.com)