Fertility Support Groups

We understand the emotional challenges that accompany infertility, which is why we offer a variety of support groups to help educate and support our patients. Learn more about which support group may be right for you.

Women’s Infertility Support Group

Meets the first Tuesday of each month
February 7, March 7, April 4, May 2, June 6 (no group in January)
6:00 – 7:30 p.m.

The group offers patients an opportunity to connect with others who are undergoing fertility treatments while working through the emotions that accompany infertility. This group can help patients learn coping strategies, solve problems and manage stress while receiving support from fellow group members.

Topics include:
• Stress of infertility treatment
• Repeat miscarriage
• Grief
• Deciding between alternative treatment options
• Exploring family building possibilities
• Using third-party assistance

Pregnancy after Infertility Support Group

Meets the third Friday of each month
January 20, February 17, March 17, April 21, May 19, June 16
12:00 – 1:15 p.m.

The group offers patients an opportunity to connect with other women who are pregnant following fertility treatment. While feelings of joy often accompany pregnancy, women who have undergone fertility treatment sometimes find that they feel anxious, worried or unsure. This group can help patients understand the emotional changes of pregnancy after infertility and provide an opportunity for them to connect with others who are at the same stage in their family-building process.

Topics include:
• Ambivalent feelings regarding pregnancy
• Coping with the worries and stress of pregnancy
• Communicating effectively with your support system
• Enhancing the mother–baby attachment
• Strategies to increase confidence in your new identity

All support groups are held at:
1195 West Fremont Ave
Sunnyvale, CA 94087

In partnership with

Stanford Children’s Health

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Third-Party Reproduction Support Group

Meets the fourth Wednesday of each month
January 25, March 29, April 26, May 24, June 28 (no group in February)
6:00 – 7:30 p.m.

The group offers patients an opportunity to connect with other couples who are considering or are in process of building their families through third-party assistance, including using donor eggs, donor sperm or a gestational carrier. The group explores the many educational, emotional, ethical and logistical considerations of third-party reproduction.

Topics include:

- Deciding if third-party reproduction is right for you
- Choosing a donor
- How to talk to your child and others about your child’s unique beginnings
- Grief and loss of a genetic connection
- Impact of past experiences with failed treatment or pregnancy losses

For more information, or to register please contact Maria at (408) 426-5497