

*Avenues of Counseling and Mediation, LLC Partnering  
with Nancy Lowrie and Associates presents*

## **Coping With Infertility: Healing Along Your Journey**

*A group specially designed for women who are  
confronting the challenges, frustrations,  
and disappointments that infertility brings  
to their quest for parenthood.*

Among the topics discussed are --

- Grieving the loss of the "perfect pregnancy"
- Decision making on your journey—How far will you go?
- Staying centered and connected with others
- Living in a "fertile" world
- Nurturing your relationship with your partner
- Journaling, relaxation, positive visualization

This group is facilitated by **Kristine Nickel Gayle, MSSA, LISW**. Kristine is a Professional Member of RESOLVE: The National Fertility Association and has been exploring the emotional issues associated with infertility for over 12 years. The group will be held in our **Hudson Office on Saturdays from 10:00-11:30: February 9, 16, 23, and March 1, 8, and 15**. The cost of the group is \$30 per session. Due to the sensitive nature of the group, participants are required to attend at least 5 of the 6 sessions. **Please phone 330-650-4423 or 330-723-7977 to register by January 30.**