



# Breathe.

## A mind/body workshop for women facing infertility

No woman feels prepared to confront her infertility diagnosis and treatment. It is impossible to anticipate the shock, grief, isolation, and exhausting cycle of hope and fear that characterize the experience of infertility. In response, you might try to hold your breath and power through. Don't. You will exhaust yourself, and you need your strength – the journey to and through parenthood is rewarding but arduous. In this mind/body workshop presented by Wildflower Center for Emotional Health, we will uncover what **you** need in order to feel you can breathe while facing this tremendous stressor. You will learn and practice proven stress-reduction techniques and connect with other brave women who are in this fight with you.



### Location

Wildflower Center for Emotional Health  
820 N. Orleans St  
Suite 350  
Chicago, IL 60610



### Date & Time

Sunday, April 28th, 2019  
10AM to 2PM



### Price

\$185 (cost includes lunch and take-home materials)



### How to Register

Please contact facilitators Katie Hibey, LCPC, CYT or Jessica Coors, LCPC at (312) 809 0298 or [khibey@wildflowerllc.com](mailto:khibey@wildflowerllc.com) to register. A brief phone intake is required.

*Every woman's experience is unique. This workshop invites all women confronting infertility, regardless of their diagnosis and treatment status.*