

## DO YOU FEEL ALONE? LOOKING FOR SOMEONE TO TALK TO?

Check out RESOLVE Support Groups!

### What Are RESOLVE Support Groups?

#### Peer-led Support Groups

- A RESOLVE volunteer hosts peer-led support groups, but is not necessary the facilitator.
- Peer-led support groups are composed of a varying number of people.
- Groups are often "drop in" in nature.
- Generally a peer-led group meets once per month and the meeting lasts one-to-two hours.
- There is no cost to participate in a RESOLVE peer-led support group.



Looking for a peer-led support group in your area? Visit [www.resolve.org](http://www.resolve.org) and click on Support.

Don't see a group in your area? Start your own! For information on starting a peer-led group in your area, send an email to [info@resolve.org](mailto:info@resolve.org).

#### Professionally-led Support Groups

- Professionally-led support groups are facilitated by a mental health professional who specializes in treating women and men with infertility.
- The support group leader will provide a safe place where individuals can process feeling relating to infertility or their family building efforts.
- Professionally-led support groups are often composed of 8 to 10 individuals or 4 to 5 couples.
- Sessions are scheduled weekly for 10-12 weeks. Support group leaders often have an intake appointment with each participant prior to the start of the group.
- The fees associated with RESOLVE professionally-led support groups vary by professional and are paid directly to the mental health professional facilitating the group. RESOLVE does not receive any portion of those fees.
- Each week the support group leader will bring up specific topics for discussion and will ensure that no one person dominates the group.

Looking for a professionally-led support group in your area? Visit [www.resolve.org](http://www.resolve.org) and click on Support.

(over)



## Is a Support Group Right For Me?

A support group can be most beneficial at certain points of the infertility experience:

- When faced with making a difficult decision
- When embarking on new parenting options
- When dealing with a major loss

If any of the following statements apply to you, consider joining a RESOLVE support group:

- I'm feeling lonely and isolated
- I have very few people to talk with about my infertility. No one understands
- Everyone I know is pregnant or has children
- My partner is the only one I have who provides emotional support
- Infertility is affecting my work and career
- I feel that my life plan is out of control. I'm having trouble navigating through my medical treatment options
- I can't decide when "enough is enough"
- Holidays and coping with family and friends is becoming more and more difficult.

## Myths and Facts

You may hesitate to join a support group because of some assumptions about what happens in a support group. Consider these myths and facts:

**Myth:** Being in a RESOLVE peer-led support group is like going to therapy.

**Fact:** A RESOLVE peer-led support group is not designed to offer professional counseling or psychological therapy. It is, however, therapeutic to talk with others about an intense experience like infertility. RESOLVE professionally-led support group is facilitated by a mental health professional that specializes in meeting the unique needs and challenges faced by women and men diagnosed with infertility.

**Myth:** I'll have to bare my soul and talk about the most private areas of my life.

**Fact:** It is up to you to decide how much information and emotion to share with the group. You remain in control.

**Myth:** Joining a support group of infertile women or couples will just make me feel worse.

**Fact:** You will receive support for your pain and disappointment and will also learn new methods of coping that can help you move forward.