



# ***The Harvard Vanguard Mind/Body Program for Fertility***

*Helping women cope with the infertility treatment  
process and regain a sense of balance.*

## **Who is this program for?**

Women who go through the diagnosis and treatment for infertility often find their lives transformed in painful ways.

- ◆ *Is your stress level higher?*
- ◆ *Is your relationship feeling the tension?*
- ◆ *Would you like your life back?*
- ◆ *Are you feeling isolated, jealous, depressed and/or anxious?*
- ◆ *Do you feel like stopping treatment?*

If you can answer yes to any of these questions, our program can help. Our Mind/Body program helps women to regain a sense of perspective, to face major decisions, and to feel better.

## **This program will offer you the opportunity:**

- ◆ *To meet and talk with others experiencing similar difficulties.*
- ◆ *To learn techniques to reduce stress.*
- ◆ *To manage troubling physical and emotional symptoms.*
- ◆ *To feel a greater peace of mind and a sense of control.*
- ◆ *To enhance your chances of conception.*

## **Comments from recent participants:**

*"I'm gaining strength and will use the tools and methods I learned in the program to get me through this difficult hurdle."*

*“I feel more positive, less anxious, and less baffled by the fertility process.”*

*“This program helped me connect with other women going through treatment...the support has been crucial.”*

### **Program details:**

- ◆ *The program is led by a mental health clinical nurse specialist with years of experience helping patients undertaking fertility treatment.*
- ◆ *There are 6 weekly evening meetings, held at Harvard Vanguard, Kenmore Square, Boston.*
- ◆ *Partners are invited to one session.*
- ◆ *A meditation tape and homestudy guidebook are included.*
- ◆ *Cost is \$175 including materials.*

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*For program registration and details call:*

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