New Offering: Journey to Conceive

Therapeutic support program for those trying to conceive

The group meets virtually: Mondays from 1:30 – 3 p.m.  
Sessions begin in spring 2023.

Participant criteria:
- Actively trying to conceive with or without medical intervention
- Need emotional support during this journey
- Struggling with:
  - Loneliness
  - Isolation
  - Guilt/shame
  - Family pressures
  - Mood/anxiety disorder

Inova Women’s Behavioral Health offers a seven-week therapeutic curriculum facilitated by mental health therapists with advanced training in infertility counseling. This process group is interwoven with infertility topics and evidence-based coping skills. Throughout, we will integrate mindfulness, yoga and other nonconventional ways of coping and self-care.

Session topics:
- Orientation and sharing your story
- Expectations of self, family, social media and the world
- Grief symptoms and the recovery process
- Intimacy and partnership
- Interpersonal relationships
- Stress management
- Navigating the healthcare system

Call for more information or to register: 571.623.3542