

Mind Body Lecture Series

As part of our commitment to our patient's emotional well-being we are offering a Mind Body lecture series. The purpose is to educate and support our patients as well as to provide tools to minimize the stress associated with infertility and treatments.

Below is a sampling of some of our upcoming topics and lecturers.

- **Principles of a Strong Marriage** (and how to make them work for you as you go through infertility) – Penny Donnelly RN, LMFT will speak about the research that John Gottman has done on his work about what makes marriages work. Learn about the principles that foster a happy and sustainable marriage and the mistakes to avoid. (date to be announced)
- **Communicating as a Couple** – Penny Donnelly RN, LMFT will speak about the many ways couples can remain close and connected as they embark on the complexities of treatment options. Focus will be on how the sexes cope differently, and how to support your partner through the journey. (date to be announced)
- **Options for Creating Families** – A special evening dedicated to the stories of others that have created their families in less conventional ways. Couples have the opportunity to listen to the journeys others have taken before them. Those that have built their families through adoption, donor egg, donor sperm, embryo adoption, and/ or the use of a gestational carrier will present. (date to be announced)

Please visit our web site at stanfordivf.com for more information and confirmation of dates
lectures held at 900 Welch Rd, suite 200 6-7:30 pm
Charge is \$26 per couple or \$16 per person –
For more information call Penny Donnelly or email pdonnelly@stanfordmed.org
To register – call 650-498-7911 option 1

