

About Us:

This peer-led support group is for women and couples living in or near Nelson, BC who are facing infertility, secondary infertility, assisted conception, and/or recurrent pregnancy loss. Meetings serve to provide a safe and caring environment for people who are struggling with infertility to connect with and receive support from others who are having similar experiences.

Our Story:

The Nelson peer-led infertility support group was founded in 2013 by Nelson resident, Misha Graves. After struggling for 7 years with infertility, Misha was inspired to start this peer support group in an effort to create a community of support for those who too have felt alone, misunderstood, and unsure of where to turn for help.

“ My ability to cope with my own infertility is in large part due to the women who have had the courage to speak out about theirs, and my wish is to help other women and men feel empowered to find strength, not shame, in their own stories of infertility.

-Misha Graves

Contact Us:

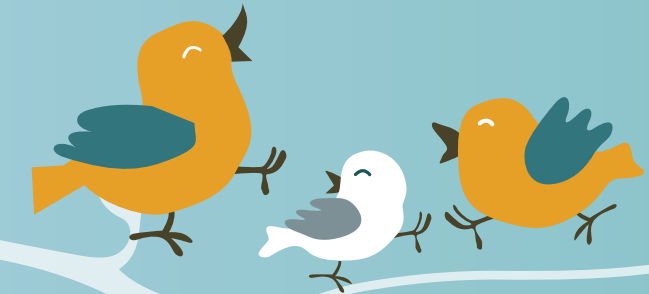
Meeting Location:
402 West Richards Street
Nelson, BC V1L 3K3
Chapel Room



Host/Facilitator: Misha Graves
Email: ifsupport.nelson@outlook.com

www.infertilitynelson.com

Sponsored by
the Infertility Awareness
Association of Canada

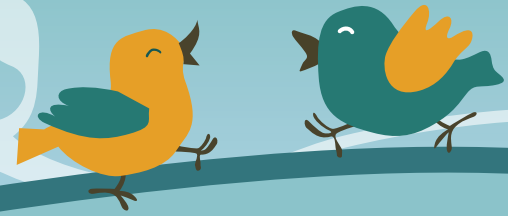


Nelson IF Support Group

www.infertilitynelson.com

"The obstacles of your past can become the gateways to new beginnings"

-Ralph Blum



Benefits of Peer-Led Support Groups

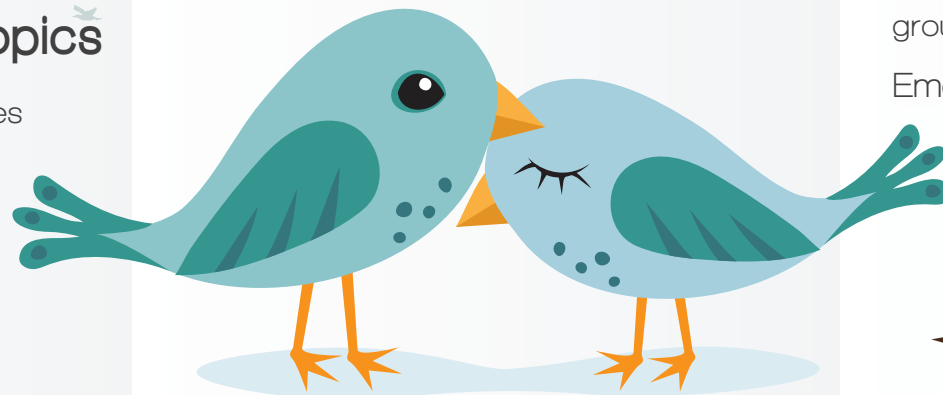
- Express intensely personal experiences and feelings without judgment
- Receive support from those who understand your struggle
- Develop effective coping skills
- Obtain insight into new options
- Decrease your sense of isolation
- Enhance your self esteem
- Form deep bonds and lasting friendships

Possible Discussion Topics

- Coping with conception difficulties
- Dealing with family and friends
- Reproductive treatment options
- Alternative therapies
- Options for family building
- Secondary Infertility

How Do I join?

Meetings are free and open to all women and couples experiencing infertility. Meetings operate on an ongoing basis. If you would like to join the group, you can either email the facilitator or just drop-in during meeting times.



Meeting Information

Meetings are held on the last Wednesday of every month

When 7:00-9:00pm

Where Kalein Hospice Centre, Chapel Room 402 West Richards Street, Nelson, BC

For more information, please email the group facilitator or visit our website.

Email: ifsupport.nelson@outlook.com