

Having difficulty conceiving a baby and going through infertility treatment can have a tremendous impact on so many areas of your life. Few people understand the depth of the emotions that can surround the struggle to have a baby when you have tried so hard and have sought medical intervention to help your dream to come true. There are very few places where you can talk openly about how you are feeling, the difficulties involved in undergoing infertility treatment, and how this issue affects so many areas of your life. It is a common experience to feel “left out” of the lives of others who have children, or to feel misunderstood by family, friends, and coworkers. Now, there is a place where your experience and feelings will be heard and honoured The infertility support group is a place where you can talk about these things in a supportive environment with others who are able to support you and share their similar experiences with

you. Many peoples' lives are affected by the diagnosis of infertility and its' subsequent treatment. We therefore invite and encourage the participation of all those who have been impacted by these very stressful difficulties. The emphasis of the group is mutual support. Information about infertility resources and materials is also often shared. The purpose of the group is to provide a place to allow individuals and couples that are experiencing difficulty conceiving to be able to share as they would like without expectations from others or constraints about how they “should” be feeling. There is no ongoing commitment required (come as you would like), and the format is open with time allotted for interaction and discussion of concerns and timely topics.

Please understand that our group is not intended as a forum to criticize individual clinics, physicians or support staff.

The group is offered free of charge.

Time and Place

*Lois Ostolosky,
facilitator and founder of BabyWish.*

Lois was an in-vitro patient for 6 years and did her infertility treatment at Foothills in Calgary. She has been blessed with three miracle children after a long infertility journey. Lois founded and facilitated the IVF Coffee Club in Calgary, an infertility support organization which ran several groups including: IVF treatment, Secondary Infertility, and Repeat Loss. She ran these groups before moving to London and starting BabyWish in December of 2007.

Lois is committed to helping infertility patients find adequate emotional support at every stage of their journey. She believes that everyone should live successfully and purposefully during their infertility journeys, and not just survive them. She believes that group support helps people feel less isolated, gives them great coping strategies, and helps them know that others really do understand how they feel.

When:

BabyWish runs two groups:

- 1) London Coffee Club for women meets every second Sunday night from 6 - 9pm*
- 2) Partners to Parents for couples meets once a month. Nights vary.*

*Babywish requires an initial telephone contact, so please call 519-200-9592.
Please contact Lois for upcoming seminars and specialty groups. babywish@rogers.com*

Address:

*555 Southdale Road, East.
London, ON, N6E 1A2*

Directions:

From Highway 401

- Go North on Wellington Road*
- 5 sets of lights bring you to Southdale*
- Turn East (left) on Southdale Road*
- Drive through 3 sets of lights*
- 555 Southdale Rd. is on the left and is just past the "Fitness Forum"*
- 555 Southdale Road is the Western-most of the two identical building which just says "Energy Place".*
- Take the stairs to the second floor, follow the corridor to the end and turn Right. The group meets in the conference room at the end of the hall.*

Contact information:

*BabyWish - Lois 519-200-9592
babywish@rogers.com*

*For more information visit:
www.soft-infertility.com/support.php*

Infertility Support Group

*Finding Support
When you Need it*

Come out and join us!