

FertilityWeek2019

THE **missing kiwis**

**FREE
event!**

23-29 September
www.fertilityweek.org.nz

Many of us are longing for a child

As many as one in four Kiwis experience infertility during their lifetimes. Infertility isn't just medical – it challenges hopes and dreams, and often causes grief and stress.

During Fertility Week, join us for information, support and guidance. There's also advice for how people can support whānau or friends who are experiencing infertility.

Find out what's on offer at
www.fertilityweek.org.nz



Fertility Week is organised by
Fertility New Zealand
0800 333 306
www.fertilitynz.org.nz

fertility
NEW ZEALAND

Fertility NZ is a registered Charity dedicated to providing fertility information, support and advocacy to New Zealanders.

HAMILTON

Saturday 21 September | 10am-11.30am
Community room, St Andrews Library
Braid Rd, St Andrews, Hamilton

How to cope with the rollercoaster of a fertility journey



It may have come as a surprise to you on your fertility journey that there can be extreme highs – or moments of hope and optimism – which can quite quickly swing to feelings of depression, despair and lack of control. Join us for a session which looks at the whole experience of infertility. Fertility counsellor **Caren August** will share strategies on how to build resilience, maintain a sense of control, protect relationships and help make one of life's biggest challenges more bearable.

Sign up on the Facebook event page, or by emailing (in confidence):
hamiltonsupport@fertilitynz.org.nz