

# FertilityWeek2019

THE **missing kiwis**

**FREE  
event!**

23-29 September  
[www.fertilityweek.org.nz](http://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](http://www.fertilityweek.org.nz)

### **AUCKLAND**

Wednesday 25 September | 7pm-8.30pm  
Mt Eden Village Centre  
449 Mount Eden Rd, Auckland

## ***How to survive – and thrive – during infertility***

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-person impact of fertility challenges. Komal and John will share their harrowing journey through infertility. Fertility counsellor **Helen Nicholson** will highlight strategies on how to build resilience, maintain a sense of control, protect relationships and help make one of life's biggest challenges more bearable.



Fertility Week is organised by  
Fertility New Zealand  
**0800 333 306**  
[www.fertilitynz.org.nz](http://www.fertilitynz.org.nz)

**fertility**  
NEW ZEALAND

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

*Sign up on the Facebook event page, or by emailing (in confidence):*  
[aucklandsupport@fertilitynz.org.nz](mailto:aucklandsupport@fertilitynz.org.nz)