

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 lectures.

- **Communicating as a Couple** – Penny Donnelly RN MFT 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. **5/11/10**
- **How to be “Happy” as you go through infertility:** Penny Donnelly RN MFT has adapted and modified the teachings of Sonja Lyubomirsky's book “The How of Happiness.” Evidence based approaches to getting the life you want. **6/15/10**
- **Principles of a Strong Marriage** (and how to make them work for you as you go through infertility): Penny Donnelly RN MFT will speak about John Gottman's research about what makes marriage work. Learn about the principles that foster a happy, sustainable marriage and the mistakes to avoid. **7/20/10**
- **The Disclosure Decision:** Penny Donnelly RN MFT-Couples opting to pursue third party reproduction have important decisions to make about what they will share with others, most importantly their intended child. Third party reproduction includes ovum donation, sperm donation, or the use of a gestational carrier. **8/17/10**
- **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. **9/8/10**

Please visit our web site at www.stanfordivf.com for more information and confirmation of dates

Lectures held at 900 Welch Rd, Suite 200 6:00-7:30 pm

Charge is \$25 per couple or \$15 per person

For more information call Penny Donnelly RN MFT or email pdonnelly@stanfordmed.org

To register – call 650-498-7911 option 1

