



Schedule of Events

All events are free unless otherwise noted.
 For location addresses, please see reverse.
 Some events require registration.

#MaintainMomentum

With our daily “to do” lists that seem neverending, it can be challenging to stay focused on fertility treatment. RMA of Connecticut encourages you to maintain momentum this month by being mindful about where you currently are in treatment and where you want to go. As long as you stay in treatment, design achievable goals, and keep the positivity flowing, a successful family building journey can be in your near future. We are here for you, cheering you on as you maintain momentum throughout treatment. Stay up to date on our social media for encouragement and tips on how to do so this month.

NOVEMBER 2018

Learn

f FACEBOOK LIVE
Find Your Holiday Zen
 Thursday, November 15 at 11:30 am

Grow

Fertile Yoga
 Danbury: Tuesday, November 6 at 5:45pm
 Trumbull: Wednesday, November 7 at 5:45pm
 Norwalk: Thursday, November 8 at 5:45pm
 Stamford: Monday, November 12 at 5:45pm

Support

**Third Party:
 Drop-In Support Group**
 Norwalk: Friday, November 2 at 7:30am

Fertility: Drop-In Support Group
 (RMACT Patients)
 Norwalk: Friday, November 9 at 7:30am
 Stamford: Monday, November 19 at 5:30pm

Ladies Night In
 Danbury: Tuesday, November 6 at 6:30pm
 Trumbull: Wednesday, November 7 at 6:30pm
 Norwalk: Thursday, November 8 at 6:30pm
 Stamford: Monday, November 12 at 6:30pm



Cynthia Murdock MD, Mark Leondires MD, Spencer Richlin MD, Joshua Hurwitz MD, Ilana Ressler MD, Shaun Williams MD

All RMA of Connecticut physicians are board certified in Obstetrics and Gynecology and Reproductive Endocrinology and Fertility.



To help support patients' physical, emotional and mental well being while undergoing infertility treatment, RMACT offers its Integrated Fertility & Wellness Program (IFW). Our services can

help both men and women improve their coping skills, decrease stress, and achieve an overall improved sense of well being.

Support

Third Party Reproduction: A Drop-In Support Group

This group welcomes people in all stages of their family building process – from thinking about moving forward using an egg and/or sperm donor to choosing a donor, to beginning your cycle and finally, to parenting. Facilitated by Lisa Schuman, LCSW. For information & questions, please call 203-750-7407.

Norwalk: RMACT Office 761 Main Avenue Suite 200

Fertility: A Drop-In Support Group (RMACT Patients)

If you are a patient at RMACT, we invite you to join us for this drop-in support group, facilitated by Lisa Schuman, LCSW. For information & questions, please call 203-750-7407.

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Ladies Night In

This peer support group is free of charge and open to the public. It is facilitated by Lisa Rosenthal, a former fertility patient, and fosters support, conversation and comradery amongst many infertility patients. Please RSVP for this group to Lisa by emailing lrosenthal@rmact.com. Dinner is provided.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200

Learn

SAVE THE DATE

National Nurse Practitioner Week: November 11–17

Follow us on Instagram (@fertility_rmact) for some behind the scenes photos!

FACEBOOK LIVE:

Find Your Holiday Zen

Going through fertility treatment can be stressful and adding the holidays into the mix can amplify what you may be feeling – especially when your friends and family are constantly asking you when you are going to build your family. We are here to help guide you in finding some peace and zen during the holidays this year. Join us for a Facebook Live with **Melissa Kelleher, LCSW** and **Elaine Malin, MTCM, L.Ac.** for a mind/body perspective on how to handle the holidays, making sure you have as much peace as possible throughout the season.

Thursday, November 15 at 11:30 am

Grow

All yoga classes will be led by Lisa Rosenthal RYT (Registered Yoga Teacher). Lisa is a former fertility patient with a long history of serving as a national patient advocate for couples experiencing challenges with fertility.

Fertile Yoga

Yoga, meditation and deep relaxation can help you make more satisfying decisions, communicate more clearly with your partner & doctor, and sustain treatment with a more positive perspective. Please wear comfortable clothing and bring a yoga mat and bottle of water. Please register: fertileyoga@gmail.com.

Danbury: RMACT Office 103 Newtown Road Suite 1A

Norwalk: RMACT Office 761 Main Avenue Suite 200

Stamford: RMACT Office 260 Long Ridge Road Suite A

Trumbull: RMACT Office 115 Technology Drive Suite C 200