Psychotherapy & Healing Associates, Ltd.

(612) 296-3800 • Multiple Twin Cities Locations and Greater Minnesota
www.phawellness.com



ONLINE MISCARRIAGE & RECURRENT MISCARRIAGE GROUP

Group counseling after miscarriage, ectopic or early pregnancy loss

THIS GROUP IS FOR:

Anyone who, in the last two years, has had a miscarriage, more than one miscarriage, an ectopic pregnancy or a first-trimester loss, and who is trying to conceive again.

One loss or several, it takes a lot out of you, in your body and in the rest of your life. First there's shock. Then sadness, anger and longing, sometimes in the same afternoon. Trying again comes with its own worry, and the search for answers can take over.

It's common to feel like something is wrong with you. It's also common to feel jealous or hopeless when friends announce pregnancies and their lives move ahead.

THIS IS MORE THAN A SUPPORT GROUP. WE WILL:

- Learn skills to help you cope more comfortably
- Learn how to handle time with pregnant friends and new parents in your life
- Make decisions about what's next
- Talk with others who "get it"
- Regain your hope of becoming a parent

Call, Email or Scan the QR code to register:

info@phawellness.com (612) 296-3800

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