

# Sharing Parents

- Helping Bereaved Families for 27 Years

**Sharing Parents** is a Sacramento based non-profit organization devoted to supporting parents who have experienced the loss of a baby from the time of conception through early infancy.

**Our Purpose** is to provide a safe environment where grieving parents with similar experiences can come together and share their feelings about the loss and the love of their babies. Our meetings are also a place where parents express the love they had for their baby in their compassion for others, where they can give and receive emotional support by sharing common experiences and learn about the natural grief process while working through and resolving their loss.

**We Offer** a variety of meetings and support services that are designed to help parents throughout the different stages of their grief. There is never a fee to attend our meetings.

Our Meeting Place

Mercy Women's Center  
650 Howe Ave, Ste #530  
Sacramento, CA 95825

Our Mailing Address and  
Phone Number

Sharing Parents  
P.O. Box 19538  
Sacramento, CA 95819-  
0538  
(916) 424-5150

## Upcoming Meetings

February 7, 2010 Grieving as a Couple  
March 14, 2010 Exploring Grief/Father's Discussion  
Group  
April 11, 2010 "Footprints on Our Hearts"

## Subsequent Pregnancy Meetings:

February 22, 2010 7-9pm  
March 22, 2010 7-9pm  
April 26, 2010 7-9pm

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**For more information, visit [www.sharingparents.org](http://www.sharingparents.org)**

# Message from the President

As we enter this New Year, I know that some of you are glad to have the pain and hurt of 2009 behind you and that some of you are looking forward to new life and peace in 2010. The change of seasons tends to bring a wave of emotions to those of us who have lost a child. It is our desire for you that this is a year that brings healing and hopes to you and your families.

This is an exciting time for Sharing Parents as we have about 10 new volunteers coming on board to work towards improving our programs and furthering our mission. Personally I am excited for new energy and opportunities that this new team will generate. I hope that as we discover the gifts and talents of each new volunteer that our services can grow and strengthen.

In the next few months we will be putting much energy and time into fundraising. Throughout this newsletter you will note several opportunities of how you can partner with us in raising funds to help with continued programming. Please consider participating in one of our upcoming fundraisers. We have a Jewelry Show and Bunko Tournament scheduled for March as well as a Golf Tournament scheduled for May 1<sup>st</sup>. We are also looking for donations from the community for raffle and auction prizes at the tournaments. If you own a business or know someone that might be able to contribute it would be greatly appreciated.

On behalf of the entire Sharing Parents Volunteer Team, we wish you a healthy and healing 2010!

Sincerely,

Kelly Joppa

"Madison's Mommy"

2010 Sharing Parents President

## March of Dimes

The annual March of Dimes walk is scheduled for the morning of April 24th. Sharing Parents has walked as a team in support of the works of March of Dimes for the past 2 year. For information regarding walking with the Sharing Parents team and purchasing a team shirt please visit our website in early March for the order form.

## 2010 Sharing Parents Volunteers

**President**

Kelly Joppa

**Vice President**

Kristi Avila

**Secretary**

Joanna Hurtt

**Treasurer**

Daryle Lozano

**Oct. Memorial Coordinator**

Noel Lehman & Stacey Hisey

**Community Outreach**

Open

**Pregnancy Int**

Amy Bourke

**Fundraiser Coordinator**

Heidi Lozano

**Librarian**

Rebecca Erickson

**Short Term Grief Coordinator**

Molly Lawrence

**Database Manager**

Mia Omega

**Listening Line Volunteers**

Krist Avila & Joanna Hurtt

**Listening Line**

Molly Lawrence

**Newsletter Editor**

Heidi Lozano

**Webmaster**

Ken Hisey

**Volunteer Parents**

Eric Joppa

Noel Lehman

Deanna Lockhart

## Sharing Parents Golf Tournament

The **1<sup>st</sup> Annual Drive for Babies Golf Tournament**, is to be held **May 1, 2010 at Lincoln Hills Golf Course in Lincoln CA**. This is our first golf tournament organized by our volunteers from Sharing Parents of Sacramento, and will be the organizations largest fundraiser ever.

The proceeds from this event are used to supplement the capital and grief program for Sharing Parents of Sacramento. Sharing Parents is a 501(c)(3) entity; your prize donation is tax deductible to the extent allowed by law. If you are interested in participating in the **1<sup>st</sup> Annual Drive for Babies Golf Tournament** please fill out the entry form included in the newsletter.

You can return your entry form and payment by mailing us your entry form and check to:

**Sharing Parents  
PO Box 19538  
Sacramento, CA 95819**

Once we receive your entry form and payment we will send you a confirmation letter via email. Full payment must be received by **April 16, 2010** or your reservation will be forfeited.

We thank you in advance for your support.

## My Subsequent Pregnancy Experience

By Rebecca Erickson

There seems to be a common misperception in our society that a subsequent pregnancy after a loss can erase the pain and grief associated with the loss. A bereaved parent might hope that this is true. While everyone's experience is different, I found subsequent pregnancy not to be a panacea but rather another phase of my grief journey. Due to medical issues and knowing I needed to further explore my grief, I waited two years before attempting a subsequent pregnancy. As each year passed, I felt left behind. It seemed as if others were living their lives, and I was stuck in the same place. All my Short Term Grief cohorts had subsequent babies. Annual events like birthday parties were the worst to attend, because I would compare each year to the last: the year I was pregnant, to the year of my loss, to successive empty-handed years. I knew my grief exploration was important, but that didn't erase my feelings of stagnancy.

During this time, I oscillated between desperately wanting another child and the fear of a consecutive loss. My first daughter, Emma Margaret, died at 37 ½ weeks' gestation due to a hyper-coiled umbilical cord. I read research articles about hyper-coiled umbilical cords in hopes of finding a preventable cause. It didn't matter that the doctor said the chance of this type of loss happening again to me was extremely low. Once I had become a statistic by losing Emma, statistics lost meaning to me.

A "bad thing" had happened to me, and I realized I was not immune to this or any other potential pregnancy problem. I knew that getting pregnant would start me on an irreversible nine month long journey, and I wanted to be as emotionally prepared as possible. I knew deep inside, however, that I could never be entirely prepared. I had to take a chance and have faith that everything would turn out.

Once the decision to get pregnant was made, it was devastating when I didn't get pregnant right away. I found the Sharing Parents Subsequent Pregnancy meetings helpful as many others were in a similar situation at that time. We shared information of infertility options. Seeing the already pregnant couples and following their progress gave me hope. At the same time, hearing each person's story of loss made me more aware of how numerous the ways that a baby could be lost. With Emma's stillbirth came a loss of innocence. Before Emma's death, I naively thought miscarriage didn't occur beyond the first trimester except in extremely rare occasions. I certainly didn't realize that, according to the CDC, one in every 115 American pregnancies ends in stillbirth when defined as naturally occurring fetal death after 20 weeks' gestation.

Even though I wanted to get pregnant, I remember crying after finding out the pregnancy test was positive. I felt the need to reassure my stillborn daughter that this baby would not replace her. Maybe we wouldn't have gotten pregnant again had she not died, but in no way would she be ever be forgotten or displaced. Even though the pregnancy was physically and emotionally taxing, I tried to cherish the time being pregnant in case this pregnancy also ended in loss. Having another daughter arrive safely did not lessen my grief or my love for Emma. In one way, having a subsequent child keeps me busy with day to day activities so it might seem that I have less time think about Emma. In actuality, my safe arrival frequently reminds me of Emma. After my second daughter was born, I couldn't bear to look at her sleeping. With her eyes closed, she looked just like her stillborn sister. Even at 18 months, when she's asleep, her pursed lips remind me of the daughter whose lips I will never touch again.

Especially toward the end of my subsequent pregnancy, I bounced between doubting my body's ability to bring a live child into this world and believing in my maternal instinct. I suppose it's natural to lose faith in my body's ability to carry and deliver a healthy baby after a pregnancy loss. One lesson I felt I needed to learn from Emma's loss was to trust my inner wisdom and act on it even if others (i.e. medical staff) thought me crazy. I knew I had to be my own health advocate and the advocate for my unborn child. While my doctor was very supportive and wanted a successful outcome, ultimately I was the one who would live with the result day in and day out for the rest of my life.

I have shared my current perception of my subsequent pregnancy experience with you in hopes that it might be of comfort or use. If you are contemplating a subsequent pregnancy, trying to conceive, or currently pregnant, I hope you can trust in your body and follow your inner wisdom. For fathers, I hope that you can support the mother in following her maternal instinct. Although we may share commonalities, each person's experience is unique and evolving. I feel that we are all connected through the grief of our babies, and I wish you luck in your grief journey.

**For more resources on this subject, please see the bottom of page 8**

# *Remembering Our Babies With Love*

Anniversaries, birthdays, and holidays are difficult times for us.  
We remember with love....

## February

Faith Annalyse Alvarez  
MaKena Anderson  
Meagan Rene Barstone  
William Evan Beebe  
Baby Berger  
Ryan Bridges  
Joshua David Cardoza  
Annabelle Olivia Castaldo  
Weston Cruz  
Baby Dressen  
Baby Espinoza  
Baby Espinoza  
Baby Feuerstraeter  
Andrew Gallagher  
Claire Gibson  
Baby Herkins  
Zachary Herkins  
Saffi Hernandez-  
Christensen  
Jolie Marie Hurtt  
Brennan Jacks  
Ericson Kelley  
Sean Latham  
Baby Legrand  
Kaylee Ann Lindberg  
Marissa Marina Lopez  
Pedro Jose Lopez  
Baby Lowell  
Sophia Mamola  
Zachary Orbus  
Chancellor Aris Patton  
Baby Pethel  
Isabella Lopez Rye  
Madison Nicole Souza  
Emily Diane Stiltz  
Sophia Tolin  
Joaquin Victor Torrence

## March

Elizabeth Adame  
Amelia Aitchison-Cooksy  
Kyle Benjamin Avila  
Lisa Jeline Benson  
Joy Kathleen Bik  
Kellan Alexander Bik  
Steven Kent Brown  
Gracie Cahill  
Jordan William Davidson  
Lindsay Rose Denier  
Baby Feuerstraeter  
Baby Fraser  
Avery Graham  
Baby Hall  
Ayiah Cherie Ricelle Harris  
Brennan Jacks  
Madison Kristine Joppa  
Baby Kaplan  
Matthew Love  
Emily Loreen Meyer  
Megan Oliva  
Dylan Pena  
Elijah James Dominique Rankin  
Kaylee Rubitski  
Morgan Joan Shaw-Hoshovsky  
Baby Belle Simmons  
Baby Szillinsky  
Kylee Valle  
Tyler Vassion  
Arbor Warzecha  
Aria Wermund  
Baby Winings  
Rose Zeier

## April

Mia Faith Avery  
Adam Joseph Bik  
Hayley Maureen Bik  
Margaret Bressler  
Midori Anne Briel  
Mark Brittian, Jr.  
Elizabeth Ann Collie  
Baby Davis  
Baby Denny  
Colin Frederick Foley  
Baby Fosco  
Kaitlyn Nicole Hart  
Christopher Imbriano  
Hannah Lawrence  
Tessa Elizabeth Lockhart Ralston  
Samuel James McCoy  
Baby Ocel  
Alejanda Sepulveda  
Parys Gavin S. Stokes  
Evan Vargas  
Richard Warzecha  
Reagan Ellis Westrup  
Grace Woodman  
Rose Zeier



## Sharing Parents Fundraiser

Support Sharing Parents while shopping for beautiful jewelry that you can purchase easily online.

Cookie Lee Jewelry offers a fun and fashionable way to raise money! We provide beautiful, fashion-forward jewelry at affordable prices, which makes it the perfect opportunity to give women a fabulous product while raising money to support your organization or charity!

**This catalog party runs now through March 18th, 2010.**

***20% of the total sales from this fundraising effort will be donated to Sharing Parents.***

*For every \$100 sold, an extra \$15 will be added to the funds raised.*

We will also have a raffle! ***Sharing Parents will receive 100% of the sales of the tickets.***

Raffle tickets are ***\$2 each.*** *The raffle prize is a pre-pack of jewelry valued at at least \$50!*

***If a minimum of \$1000 in retail sales is achieved, the donation increases to 25% of total sales PLUS a \$100 bonus will be added to every \$1000 sold! Catalog orders taken prior to March 18th. Please visit my website [www.cookielee.biz/emilyoates](http://www.cookielee.biz/emilyoates) to view the catalog online and email me with your order indicating that the sale is to go towards Sharing Parents. All types of payment are accepted.***

Emily Oates  
Independent Jewelry Consultant  
916.365.6894  
[emilykoates@gmail.com](mailto:emilykoates@gmail.com)  
[www.cookielee.biz/emilyoates](http://www.cookielee.biz/emilyoates)

***“Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this”***  
**Henry Ford**

# Grieving Together

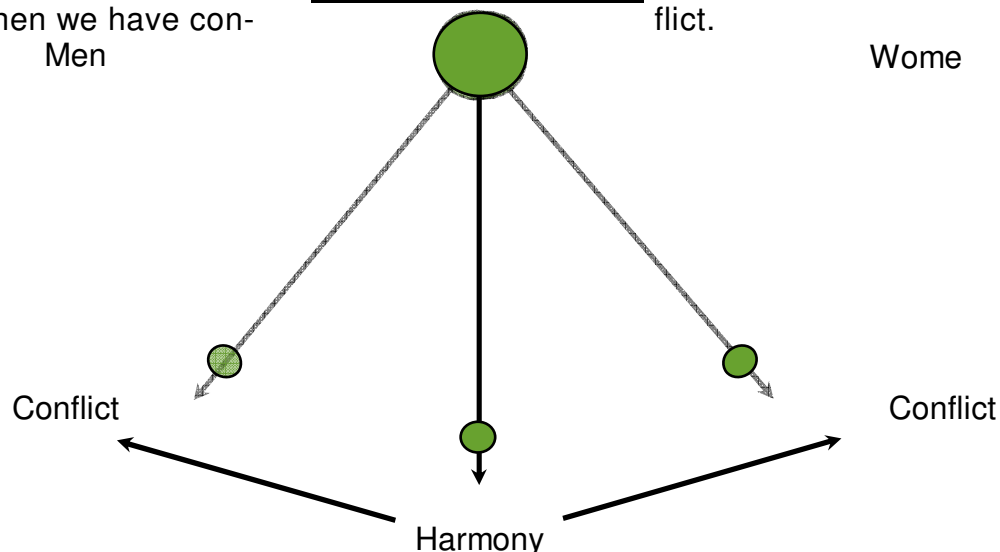
by Eric Joppa

My wife Kelly and I lost our daughter, Madison almost 4 years ago. It was incredibly difficult. We lost her at 26 weeks gestation. We have no explanation. Initially we were on the same page with our grief. But after about two weeks, we began to drift. She fell into a deeper depression, continuing to cry and think and talk openly about her feelings. While I, in full man form, went back to work, cried and talked less, and focused on providing and being strong.

Slowly, as we began to deal with things differently, we began to resent the way the other expressed or didn't express our feelings. One was too silent, the other was too vocal. One didn't cry, the other did nothing but cry. We began to fight about these expressions of grief. Our marriage, before and after, was strong and we love each other immensely. But we were having problems understanding why the other was doing what they were doing.

The fact is this is pretty normal of couples that are grieving the loss of a child together. Everyone's grief is different and unique to them, and everyone processes that grief in their own way. However, men and women often approach, process and express grief in different ways. Understanding how men and women are different in this process may help when you are in different places in your grief. When I realized that we fought when our expressions of grief were different for periods of time, I began to understand something interesting. Our arguments and conflict had something to do with how we perceived the other expression or not expressing grief.

I tried to think of how to see what was happening. So I thought up a little diagram, that may or may not help you to see The Process Pendulum this man/woman expression of grief and when we have conflict.



In this pendulum, we can see what happens when the pendulum sways and we begin to grieve differently. When the guy expresses his way, the woman feels a disconnect and assumes he doesn't care, and there is conflict. When the woman expresses grief her way, the man feels conflict. When both are expressing the grief similarly or in a way that the other understands, there is less conflict, or more harmony.

This diagram helped my wife and I to see that we were both grieving, just grieving differently. That we were not just melting down or shutting down, but processing deep deep hurt and emotions. Seeing this made us realize that maybe one of us needed the space to process (mostly me) while the other needed to be asked how they were, and listened to. At times these exchanges were not possible, but knowing that there was a process and grief happening helped to stop us from growing apart. Rather, we were able to be patient with one another, giving the freedom to each other to grieve the way we needed to individually, while knowing we were in fact grieving together.

I hope this helps you the way it helped us. The point is this. You are both grieving. Letting each other do it the way you need to will help you to stay together when the grief is sub-

## Sharing Parents' Library Book Review By Rebecca Erickson

Each 2010 Sharing Parents' Newsletter will highlight a book available in the Sharing Parent's Library.

***Pregnancy after a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death*** (1999)  
by Carol Cirulli Lanham

Written primarily for the mother who has suffered a pregnancy loss, journalist Carol Lanham positively presents her own subsequent pregnancy story as well as the results of interviews with 100 women and experts. Writing in a straightforward, conversational manner, Lanham gives a thorough and honest discussion of what might be experienced by a woman embarking on a subsequent pregnancy after a loss. Lanham reassures readers that feelings of loss, helplessness, guilt, anger, resentment and isolation are not unusual. Beginning with the search to understand what went wrong in the first pregnancy, Lanham explores the decision to try another pregnancy. Mentioned are the pros and cons of switching to a new health care provider and infertility problems. Lanham devotes individual chapters to what a woman might experience in each of the three trimesters, labor and delivery, and after the safe arrival of a subsequent baby. While many subsequent pregnancies are considered "high concern," not all are considered "high risk." In a chapter devoted to high-risk pregnancies, Lanham discusses common reasons for a subsequent pregnancy to be considered high-risk, explores common concerns, offers a bed rest survival guide, and discusses home monitoring of pre-term labor. Lanham concludes by discussing the father's often overlooked perspective on pregnancy after a loss. She discusses common feelings that a dad might have and tips which may help relieve some of his fears regarding the outcome of a subsequent pregnancy. Multiple copies of ***Pregnancy after a Loss*** are available in the Sharing Parents' Lending Library. This and other subsequent pregnancy books can be checked out at the monthly Subsequent Pregnancy Meetings which meet on the fourth Monday of the month (except December) from 7-9 at the Mercy Women's Center.



# What Sharing Parents Has to Offer

## **General Meetings**

General meetings are held on the second Sunday of each month from 7-9pm. These meetings are intended for parents who have suffered a loss of their baby(ies) from the time of conception through early infancy. Everyone is welcome to attend regardless of how long ago their loss occurred.

## **Subsequent Pregnancy Meetings**

Subsequent Pregnancy meetings are held on the fourth Monday of each month from 7-9pm. These meetings are for those who are exploring the possibility of a subsequent pregnancy, and those who are currently pregnant. Couples are encouraged to attend. \*Infants may be in attendance during introductions in celebration of their safe arrival.

## **Prenatal Decision Support-Pregnancy Interruption**

Pregnancy interruption meetings are open to parents who have made the very difficult decision to interrupt their wanted pregnancy following poor prenatal diagnosis. This month long series of weekly meeting will be determined according to the number of individual who would like to attend. You can contact Sharing Parents through the listening line to sign up.

## **Short Term Grief Series**

This is a month long series of weekly meetings for parents with recent losses (within one year) There will be specific topics to discuss each week. This is safe place to share your grief with people who have experienced similar losses. It is also a time when our small groups often bond and find that the support they gain is accompanied by newly found friendships. The dates and time for the next 4-week Short Term Grief Series will be determined according to the number of individuals who would like to attend.

## **Listening Line Support**

For support between meetings, parents who would like to talk to a compassionate parent, can leave a message for one of our Listening Line Volunteers (916) 424-5150.

*Some parents come to listen, some to share, and others to offer help and hope to newly bereaved parents*

My Subsequent Pregnancy Experience Resources (from page 2)

Carol Cirulli Lanham's ***Pregnancy after a Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth, or Infant Death*** (available in the Sharing Parents Library)

PAILS of Hope is a website which offers Pregnancy & Parenting after Infertility and/or Loss Support)  
[www.storknet.com/cubbies/pailsofhope](http://www.storknet.com/cubbies/pailsofhope).

SPALS (Subsequent Pregnancy after a Loss Support) [www.spals.com](http://www.spals.com) is an email-based discussion group providing self help support for subsequent pregnancy after a loss.



# Sharing Parents Golf Tournament

## Saturday, May 1, 2010

### Lincoln Hills Golf Course

### Player Registration/Tournament Sponsor Form

Please read all tournament information and rules. By registering, players agree to abide by all rules.

Contact person for tournament registration and billing \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ CA Zip code \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

**Please print or type the names of the players in each foursome.**

If you do not know a name, mark the tba ("to be announced") box and provide Sharing Parents with the name by **April 16, 2010**. Participation in the tournament cannot be guaranteed if Sharing Parents does not receive the names of all players.

#### 1st Foursome

(or individual players, if less than a foursome)

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

#### 2nd Foursome

(or individual players, if less than a foursome)

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_ tba

Company \_\_\_\_\_

Phone \_\_\_\_\_

Number of players \_\_\_\_\_ @ \$100/player (includes luncheon) or \_\_\_\_\_ foursomes @ \$400/foursome \$ \_\_\_\_\_

TOTAL AMOUNT DUE (Must be paid by April 16, 2010 or registration subject to cancellation) \$ \_\_\_\_\_

**Sorry no refunds for no shows.** If tournament is rained out, another date will be selected in 2010.

Payment method: Please make checks to Sharing Parents of Sacramento

**Sharing Parents P.O. Box 19538, Sacramento, CA 95819. Fax (209) 231-5031. Phone (916) 424-5150 [www.sharingparents.org](http://www.sharingparents.org)**

# BUNKO TOURNAMENT

Benefiting  
Sharing Parents of Sacramento

Thursday, March 18<sup>th</sup>

7-9pm

Dice roll promptly at 7:20!

Located at Woody's Bar & Grill

6502 Lonetree Blvd

Rocklin, CA 95765

Cost: \$20.00

Includes: Bunko buy-in, 1 ticket for raffle, chips & salsa,  
and a fun night out supporting a great charity with an important  
purpose!

To purchase a ticket and reserved your seat fill out the attached form and  
mail your payment to

*Sharing Parents, POBox 19538, Sacramento, CA 95819*

Or e-mail the form to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) &

Pay on-line using PayPal.

Entries must be received by March 4<sup>th</sup>.

There are only 60 seats.

**Your (non-refundable) payment reserves your spot.**

Please direct any questions to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com)

*Sharing Parents is a volunteer support group of parents who have experienced the death of their baby(ies) from the time of conception through early infancy. The purpose of our support group is to provide an atmosphere where grieving parents with similar experiences can come together and share their feelings about their loss and the love for their babies.*

# Entry Form BUNKO TOURNAMNENT

Benefiting  
Sharing Parents of Sacramento  
**Thursday, March 18<sup>th</sup> - 7-9pm**  
*Dice roll promptly at 7:20!*

**Woody's Bar & Grill**  
6502 Lonetree Blvd, Rocklin, CA 95765

**Cost: \$20.00**

You can sign up as individuals or as a complete 4 table team.  
We will work to keep friends together so that you can enjoy each other while supporting  
Sharing Parents.

	<u>Name</u>	<u>Phone #</u>	<u>E-mail</u>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

To purchase a ticket and reserved your seat :

- Fill out this form and mail your payment to:  
*Sharing Parents, POBox 19538, Sacramento, CA 95819*
- Or e-mail this form to [sharingparents@yahoo.com](mailto:sharingparents@yahoo.com) & pay on-line using PayPal.

\* Entries must be received by March 4<sup>th</sup>.

\* There are only 60 seats.

\* **Your (non-refundable) payment reserves your spot.**

# Fertility Support and Resources

There are many parents that have come to Sharing Parents seeking support after the loss of a baby while needing compassion during their struggles to conceive or carry a pregnancy to term. For the parents that have this additional struggle with infertility we lack a meeting to meet their need. However, Sacramento is home to one face to face infertility support group. and there are abundant resources online and in print as well.

**Inciid** is a nonprofit council that provides an interactive community of family-building guidance, support and information. With information they hope to prevent, diagnose and treat infertility and pregnancy loss. Their web site offers chat rooms, forums and message boards to communicate with other parents and health care professionals. They also share new and current medical & non-conventional treatments and information with their web newsletter. They offer help finding professionals and sponsor IVF scholarships as well.

Find Inciid at, <http://inciid.org/>

**Resolve** offers many services to support anyone facing infertility. On their comprehensive, easy to navigate web site, ([resolve.org](http://resolve.org)), they state their mission and describe their organization as, “*RESOLVE: The National Infertility Association, established in 1974, is a nonprofit organization with the only established, nationwide network mandated to promote reproductive health and to ensure equal access to all family building options for men and women experiencing infertility or other reproductive disorders.*

*The mission of RESOLVE is to provide timely, compassionate support and information to people who are experiencing infertility and to increase awareness of infertility issues through public education and advocacy.”*

Resolve has diverse ways to provide information and support. Their web site is extensive. It offers many pages of resources, such as coping techniques, articles about managing infertility stress, communicating and supporting your partner, guidance for seeking medical help and resolution to name a few. Their web site even has pages for your family and friends to learn how they can help. Finally, Resolve provides compassionate, volunteer phone support and peer groups through each local chapter throughout the United States. This is a place to be supported by members with similar journeys, as well as learn from each other’s choices and share relevant medical information.

We are fortunate to have an active, *General Infertility* group located in our area.

**General Infertility - Sacramento, Natomas Area**

**Meets the second and fourth Monday of every month**

**6:30PM-8:00PM**

**Location: 1515 Sports Drive, Suite 600, Natomas Area of Sacramento, CA 95834**

**For more information contact Christine Davidson at [cdavidson@ucdavis.edu](mailto:cdavidson@ucdavis.edu)**

Northern California Resolve offers a HelpLine 888-591-6663

All of the local chapter’s information as well as all Resolve’s services can be found on their web site, <http://www.resolve.org>