

# FPNC Mind-Body & Educational Events

## February / March 2012

### Trustworthy info and helpful support

#### Monday, February 6

6:30 - 8:00 pm  
FPNC Center for Wellness  
Registration appreciated  
Free, on-site meeting

#### Wednesdays, Starting February 8

6:30 - 9:00 pm  
FPNC Palo Alto Office  
Registration required  
Please call for details

#### Wednesday, February 8

5:00 - 5:45 pm  
Registration appreciated  
Free, live call – info below

#### Wednesday, February 8

7:00 - 8:30 pm; optional social time  
8:30 - 9:00 pm.  
FPNC Center for Wellness  
Registration required by Feb. 6<sup>th</sup>  
\$25 per person

#### Wednesday, February 22

5:00 - 5:45 pm  
Registration appreciated  
Free, live call – info below

#### Tuesday, February 28

6:30 - 8:00 pm  
FPNC Center for Wellness  
Registration appreciated  
Free, on-site meeting

#### Monday, March 12

6:30 - 8:00 pm  
FPNC Center for Wellness  
Registration required  
\$25 per household

#### Wednesday, March 14

5:00 - 5:45 pm  
Registration appreciated  
Free, live call – info below

**FPNC San Jose Facility**  
Center for Wellness: Ste 309  
Appointments: Suite 302  
2581 Samaritan Drive  
San Jose, CA 95124

**FPNC Palo Alto Facility**  
540 University Avenue  
Suite 200  
Palo Alto, CA 94301

#### Fertility Support Group – On-site Mind-Body Meeting

**Led by Lynn Brokenshire, MA, LMFCC** Gain comfort, advice and camaraderie with others going through similar experiences. Receive support from others who can understand and learn valuable information and coping skills. FPNC fertility support groups are moderated by an FPNC Mind-Body Counselor. Free – All fertility patients are welcome.

#### Stress Reduction for Fertility 8-Week Program – On-site Mind-Body Meetings

**Led by Janetti Marotta, PhD** Develop new perspectives and cultivate qualities that will support you through your fertility challenge, *and* through the rest of your life. Each week presents new skills and topics, including mindfulness practices, cognitive skills, coping strategies, and life-style behaviors to reduce stress and enhance your well-being. The supportive group environment will improve any feelings of sadness or isolation. Meetings are Wednesday evenings, plus one Saturday session.

#### Acupuncture for Fertility – Live Mind-Body Call

**Led by Janetti Marotta, PhD** Incorporating acupuncture into your overall fertility treatment plan may help your results. Learn why acupuncture is beneficial for fertility; how to best combine acupuncture with treatment; and what the advantages are of combining acupuncture with mind-body fertility groups. Join us!

#### Strengthening Your Practice – On-site Mind-Body Meeting

**Led by Lynn Brokenshire, MA, LMFCC** For “graduates” of FPNC’s Stress Reduction for Fertility 1-Day and 8-Week programs. Stress reduction practices will be reviewed and new mindfulness-based practices added. Expand your ability to work with challenging situations, thoughts and emotions. Meet with friends from previous groups and make new friends to share support and encouragement.

#### Single Women’s Fertility Support Group – Live Mind-Body Call

**Led by Janetti Marotta, PhD** Meet with other single women in this virtual, conference-call support group! This group presents a special opportunity to share the unique issues of pursuing parenthood on one’s own. Experience mutual support, skills, and resources with others who can understand.

#### IVF and the Latest Fertility Solutions – On-site presentation by FPNC MD

Learn about the most common causes of infertility and the most promising treatments, including IUI, IVF, Egg donation, ICSI and Preimplantation Genetic Screening. Also, explore the details of what it really means, from the patient’s perspective, to undergo in vitro fertilization (IVF). Bring your questions - our physician will answer them! Free – everyone is welcome.

#### Exploring 3rd Party Reproduction – On-site Mind-Body Meeting

**Led by Lynn Brokenshire, MA, LMFCC** What are some important considerations about 3rd party reproduction? How do you make the best decisions for yourself and your future family? What are important factors in choosing a gamete donor or surrogate? How do you deal with issues of privacy/disclosure? We’ll address these questions and more.

#### Breathing: The Key to Relaxation and Self-Healing

**Led by Janetti Marotta, PhD** Breathwork is ancient in origin and recognized by medical experts as an important component in healing medical conditions and over-all health and well-being. Learn how to practice abdominal breathing to turn off the stress response, and turn on the relaxation response. Experience three mini breathing practices that are portable and accessible to you at all times! All are welcome – join us!



#### For information & registration:

- Call 800.597.2234
- Inquire at the FPNC reception desk
- Visit [www.fpnc.com](http://www.fpnc.com)

*Your registration helps us notify you if there are changes to an event. Some events require advance registration and/or a minimum number of participants. Please see event info or visit [fpnc.com](http://fpnc.com) for details.*

#### Conference call info & tips

**Call-in # 605.715.4920 Access #526425**

For privacy give your first name only. Dial in a few minutes early to ensure connection. If you can't reach the call, 1<sup>st</sup> try dialing again. For call support: send an email to [conference-support@telephony.com](mailto:conference-support@telephony.com) (they respond very quickly) or call 1-800-535-1005. **Please call from a quiet place or mute your phone (\*6 to mute / un-mute).**

# FPNC's MIND-BODY PROGRAM

## **Stress Reduction for Fertility 8-Week Program**

Each week builds upon the preceding week as you grow a mindfulness practice and learn cognitive skills, coping strategies, and life-style behaviors to cultivate qualities that support you through your fertility challenge *and* through the rest of your life. This mindful way of being is taught in a supportive group environment. Programs are offered in the FPNC San Jose and Palo Alto locations 4-5 times a year over eight consecutive evenings, typically Wednesdays, and one all-day Saturday session. Participation is for women; partners are invited for two special sessions.

*For participants in FPNC's 8-Week program, current data show an average pregnancy rate of 50% and a fertility treatment continuation of 87% within 6 months of program completion, as well as significant decreases in depression and anxiety and significant increases in mindfulness skills. On a 10 pt. scale (10 highest), on average participants rate their improved ability to cope 8+, and program and leader satisfaction 9+.*

## **Stress Reduction for Fertility 1-Day Program**

This program is ideal if you live too far to attend a weekly evening program, desire to attend with your partner, prefer a shorter intensive approach, or find that your fertility schedule doesn't match with the timing of the next 8-Week Program. Central components of the 8-Week Program are highlighted. This includes mindfulness-based practices, cognitive skills, and strategies to maximize fertile health, wellness, and coping. Programs are held quarterly on Saturdays, from 9:00 am to 5:00 pm.

## **Stress Reduction for Fertility Individual Program**

We are able to fit our Stress Reduction for Fertility Program to your personal schedule and needs. Components of the *1-Day Program* are presented in four 1 ½ hour individual sessions, or can be further customized (number and length of sessions) to meet your needs.

## **Monthly On-Site Fertility Support Group (free)**

Moderated by FPNC Mind-Body Leaders, our support groups will provide you comfort, advice and camaraderie with others going through similar experiences. Typically the first Monday of the month, from 6:30 to 8:00 pm.

## **Monthly Call-in Fertility Support Group (free)**

We offer a professionally led conference-call support group for special audiences. Participate from the comfort of your own home or office. Sessions are from 5:00 to 5:45 pm, typically the third Wednesday of the month. See our current calendar for more information.

## **Monthly Call-in Mind-Body Programs (free)**

Our tele-seminar program is designed to be convenient and comfortable, so participation is made easy and stress-free. Simply dial into the conference call number to attend our special call-in programs. Topics include stress, fertility, the mind-body connection, acupuncture, coping strategies for difficult situations and more. Seminars are from 5:00 to 5:45 pm, typically the second Wednesday of the month.

## **Quarterly Third-Party Parenting Seminars: Gamete Donation, Surrogacy, and Adoption**

This seminar introduces the important considerations of 3rd party parenting. It addresses such questions as how to make the best decisions for yourself and your future family, the important factors in choosing a gamete donor or surrogate, and how to deal with issues of privacy/disclosure. Third-party parenting seminars are live on-site meetings, offered quarterly for a nominal fee.

## **Support Service Program (free – for FPNC Pts)**

To support our patients in every way possible, FPNC offers free support calls and one 1-hour support session with Dr. Janetti Marotta, our Mind-Body Program Coordinator. Patients often use this session to learn how to navigate stages of the treatment process, gain support for stress, discuss their options from an emotional perspective, and address concerns.

## **Mind-Body Resources**

Access trusted, local resources to assist your Mind-Body efforts and complement your treatment: counseling, acupuncture, yoga, nutrition and more – see the list at <http://www.fpnc.com/mindbody.html>.

## **FPNC Center for Wellness (San Jose Office)**

The Center for Wellness hosts our programs, and is open to patients anytime during normal office hours. Browse the lending library, pick up informative handouts, and enjoy a cup of tea – Suite 309 in our San Jose Facility.

## How to Contact the FPNC Mind-Body Program

Our Mind-Body Program Coordinator, **Janetti Marotta, PhD**, would be glad to describe our mind-body programs and help you find the support that meets your interests and needs. She can be reached at **800-597-2234** (main line), **408 355-1613** (direct line) or **jmarotta@fpnc.com**. You will also find FPNC's Mind-Body Program information and registration at **[www.fpnc.com/mindbody.html](http://www.fpnc.com/mindbody.html)**.