



Hi there,

I am so glad you are taking the time to look at this guide. 1 in 6 couples trying to conceive will experience infertility. 1 in 10 or up to 1 in 5 pregnancies will end in miscarriage. This means millions of people are affected by infertility.

Studies have shown that participation in online infertility communities has been associated with improved partner relationships, reduced isolation, and increased knowledge and empowerment in treatment decision-making among women.

I created this resource guide because I've talked to 100s of women over the years who have struggled with infertility and/or pregnancy loss. Oftentimes, they share with me that one of the hardest parts about it is the isolating loneliness they feel.

Many times I wish I could connect all of these women with each other, so they can see that they are not alone. **I have started a virtual infertility support group that meets on the first Thursday of each month at 7:30p EDT.**

If you're interested in joining this FREE group, you can register here. You do not need to be a patient of mine to join.

There are numerous support resources below and I highly recommend looking into them. I am sending you lots of love and virtual hugs, as I know there are no words that can make this struggle any easier. You are stronger than you think. 💛



Dr. Katie Zaremba

INFERTILITY AND LOSS

RESOURCE LIST

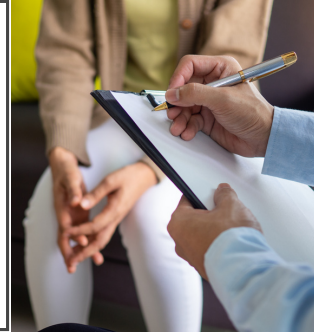
1:1 therapy can be beneficial for individuals or couples who are suffering from infertility, pregnancy loss, and more.

THERAPISTS

[INFERTILITY THERAPISTS](#)

[THERAPISTS SPECIALIZED IN LOSS](#)

[THERAPY IN NC, SC, CO, FL, IL](#)



INFERTILITY SUPPORT

[RESOLVE- ONLINE COMMUNITY- LINKS TO LOCAL GROUPS](#)

[SECONDARY INFERTILITY ONLINE SUPPORT GROUP](#)



ONLINE SUPPORT

[SHARE- PREGNANCY & INFANT LOSS SUPPORT](#)

[RETURN TO ZERO HOPE- PREGNANCY LOSS SUPPORT](#)

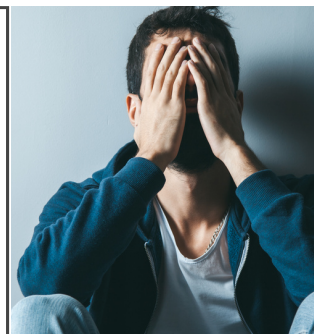


RESOURCES FOR MEN

[MISCARRIAGE FOR MEN](#)

[MEN'S FERTILITY FACEBOOK SUPPORT GROUP](#)

[VIRTUAL SUPPORT GROUP FOR MEN](#)



INFERTILITY

RESOURCE LIST

RELIGIOUS SUPPORT

[HOPE MOMMIES CHRISTIAN SUPPORT](#)

[M.E.N.D CHRISTIAN SUPPORT FOR LOSS](#)

[NECHAMA COMFORT JEWISH SUPPORT](#)



PREGNANCY AFTER LOSS

SUPPORT FOR PREGNANT WOMEN WHO HAVE PREVIOUSLY SUFFERED A LOSS

[PREGNANCY AFTER LOSS \(PALS\)](#)

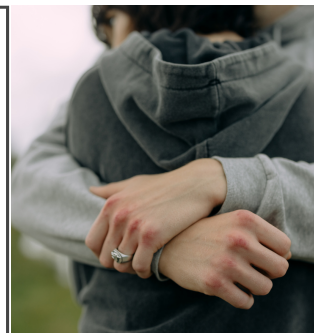


OTHER SUPPORT

[THE TEARS FOUNDATION- FINANCIAL SUPPORT FOR BURIAL OR CREMATION SERVICES.](#)

[SUPPORT FOR LGBTQ+ FAMILIES](#)

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CRISIS NUMBERS

RESOLVE HELPLINE- 888-623-0744

SUICIDE AND CRISIS HOTLINE- 988

CRISIS TEXT LINE- TEXT 'HOME' TO 741741

