

Workshops and Seminars 2010

The Complementary Alternative Medicine department offers seminars designed to support and inform patients undergoing treatment at RMA of New Jersey. For more information or to sign up for a session, please call **973-656-2087**.

RMA's Infertility Survival Guide Program

This is a free two part seminar since there is no "one size fits all" when it comes to getting through the infertility journey. This seminar offers coping techniques, skills for working with the treatment team, and a framework for some of the decision-making that accompanies the journey.

Meetings will be held on Thursdays 6:30pm – 7:45pm or Saturdays 10:30am – 11:45am.

Weight Loss Support Group

Weight loss may reduce risks of miscarriage, pregnancy, complications, and birth defects. Meetings will be held on Thursdays 5:15pm – 6:00pm or Saturdays 8:30am –9:15am.

Recipient Series

This dynamic four week series is a combination of information and support group. You will meet and discuss issues with others considering egg donation; one week will have the opportunity to meet with a previous egg donor and another week you will meet with a current parent through ovum donation.

January 6, 13, 20, 27

May 4, 11, 18, 25

September 29th, October 6, 13, 20

Pregnancy Loss

Experiencing pregnancy loss is a devastating experience. Many find support and coping by sharing with others who have experienced the loss after infertility treatment. This one session support group provides community and coping strategies.

February 9th

May 17th

October 5th

Talking with Children about Donor Conception

This workshop will discuss different approaches to talking about donor conception with children and provide resources. Get information and share ideas!

February 22nd

June 14th

October 11th

Smoking Cessation Program

Overall, smoking affects the optimal conditions for both conception and pregnancy. Laser Acupuncture has been proven to help smokers reclaim their health and control their cravings.

Call now for your personalized appointment 973-656-2087.

Coping with the Holidays

Holidays can stir up new feelings and reactions when trying to get pregnant. From family gatherings to marking another year or holiday that goes by without a baby, the holidays present some unique issues and challenges. Join in this seminar and discussion to anticipate and then cope with these challenges and reactions to make the best choices for navigating the holidays.

November 10th