



215 N. San Mateo Dr. Ste. 4 San Mateo CA 94401

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reproductiveandmaternalmentalhealth.com

Monthly Women's Infertility Support Group

Maria Rivas-Wolf, MFT offers a monthly support group on the 4th Thursday of each month, 6-7:30pm. The group offers an opportunity to connect with others undergoing fertility treatments while working through the emotions that accompany infertility. This group can help patients learn coping strategies, solve problems, and manage stress while receiving support from fellow group members.

Topics include:

- Stress of infertility
- Pregnancy loss
- Grief
- Deciding between alternative treatment options
- Exploring family building possibilities
- Using third party assistance

Location: 215 N. San Mateo Dr. #4, San Mateo, CA 94401

Cost: \$60 per group

Registration is required. For more information, and to register for group please contact Maria at 650-208-9815 or mrwolf.mft@gmail.com



Maria Rivas-Wolf, MS, MFT is a licensed marriage and family therapist who specializes in reproductive and maternal mental health. She has been practicing for the past 13 years with a focus on mindfulness-based techniques and cognitive behavioral therapy. She provides individual, couples and group therapy for patients undergoing fertility treatments and new parents. She also provides psychological assessments and support for donors and individuals pursuing third party reproduction.