

# Reproductive Mental Health Support Groups

*Expanded for 2026!*

We're excited to expand our support groups in 2026—join us as we introduce new offerings and support prospective parents, birthing parents, and new parents on their journeys. All groups are open, so you can attend one or as many as you'd like. Each group is led by a licensed social worker, with a strong focus on peer support.

## INFERTILITY

- **April 27:** Managing Mother's Day
- **June 29:** How far will I go? Exploring decision making in infertility
- **August 31:** Presentation & Discussion on Third Party Reproduction- join us if you are considering using donor sperm, egg, or embryo, or just wish to learn more
- **October 26:** Topic- Secondary Infertility- this group is specific to those experiencing infertility after the birth of another child
- **December 14:** Handling the holidays

## PREGNANCY/TRYING TO CONCEIVE

- **May 18:** Pregnancy after infertility or loss
- **July 27:** Single Parents By Choice- open to those trying to conceive, pregnant, or those who are newly parenting

## NEW PARENTS

- **September 28:** New Parent Support- Open to parents with a child birth through three months
- **November 16:** New Parent Support for those with post partum anxiety, depression, or adjustment concerns- Open to parents with a child birth through three months

**All groups are free, virtual and start at 6:30 pm**  
**RSVP TO [JHORN@CHOMEPGH.ORG](mailto:JHORN@CHOMEPGH.ORG) BY 12 PM ON THE DAY OF GROUP.**