

**Franciscan Fertility Education and Support** is now offering support groups! These professionally facilitated groups will provide a venue for women to support and encourage one another at various stages of life.



## **Healthy Wives, Healthy Marriages**

**A group for women focused on health, fertility, and strong marriages.**

A venue for women to celebrate their strength and dignity as women, wives, and mothers and to support one another in the use of fertility awareness to avoid pregnancy, achieve pregnancy, manage infertility and move through different phases of life. All NFP/Fertility Awareness methods welcome.

1<sup>st</sup> and 3<sup>rd</sup> Thursday evenings each month, 6-7:30pm

2018-19: Oct 18; Nov 1, 15; Dec 6, 20; Jan 3, 17; Feb 7, 21; Mar 7, 21; Apr 4; May 2, 16, Jun 6



## **Embracing Motherhood**

**A support group for mothers of infants and young children.**

A group for women who have given birth in the past year – whether it's your first child or your fifth! – as you adjust to changes in your families, relationships, your role as a mother, and the day-to-day realities of nurturing new life.

2<sup>nd</sup> and 4<sup>th</sup> Tuesday mornings each month, 9-10:30 am

2018-19: Oct 23; Nov 13, 27; Dec 11; Jan 8, 22; Feb 12, 26; Mar 12, 26; Apr 9, 23; May 14, 28; Jun 11



Both groups will meet at the Grand Rapids Campus at 654 Davis Ave NW.

Cost is \$10/session or prepay \$50/6 sessions

We are unable to provide childcare at this time. Lap/Nursing children are welcome.

Questions? Please contact us!

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## **FRANCISCAN LIFE PROCESS CENTER**

Lowell Campus: 11650 Downes St. NE, Lowell, MI 49331

Grand Rapids Campus: 654 Davis Ave. NW, Grand Rapids, MI 49504