

Infertility

An infertility diagnosis can be traumatic and isolating bringing with it grief, anxiety and depression. It is a journey that no one should have to endure alone without support of others experiencing something similar. As such, Guada Psych is excited to offer an Infertility Support Group starting in September! It will run every Monday evening from 7-8:15pm. This group is for women currently experiencing infertility or those who have a history of infertility diagnosis and treatment. The group will hold a maximum of 10 patients and will take place in person at our Schaumburg office.

Group Facilitator:
Sujai Chang, LPC



About Group Therapy

A safe space where a group of people can work together to learn how to overcome different challenges as it relates to mental health.

Infertility Group Therapy



Sujai Chang presently works with adults and couples who present with depression, anxiety, grief and fertility trauma. In her work with clients she utilizes Emotionally Focused Therapy with the goal of creating a safe space for her clients to explore.

We are currently accepting new group members for our September group.

Please contact our office to schedule a 30-minute consultation to ensure group therapy is the next step for you!

Contact Us



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Group Focus

This weekly group will focus on supporting patients through the losses and subsequent grief that comes with an infertility diagnosis and treatment. The group will allow space to explore areas such as:

- Stress and coping with infertility
- Coping with the different losses in infertility
- The impact infertility has on relationships
- Coping with the Holiday season
- Impact on self-esteem and identity
- Infertility induced anxiety
- The trauma of infertility

Group Goals

- Develop coping skills for infertility induced stress
- Offer a supportive space to process your infertility journey

