

Utah Infertility Resource Center 2019 SUMMER NEWSLETTER



2019 Conference Tickets Now on Sale

Tickets for the 2019 Utah Infertility Conference, themed "Rising Above Infertility" are available now. Check out our conference website, www.infertilityconference.org, to register and to learn more about the conference.

The conference will take place on Saturday, October 26, 2019 at the Karen Gail Conference Center in Sandy, from 10:00 am to 3:30 pm. The conference will feature keynote speaker Chad Hymas world-renowned motivational speaker and entrepreneur, and adoptive father. It will also feature a family building panel featuring individuals with varying paths to parenthood, as well as breakout sessions for every stage of the infertility journey, a vendor fair comprised of local businesses related to infertility and family building, and giveaways worth thousands of dollars!

If you have any questions about the conference, please visit the [conference website](#) or email conference@uirc.info

Connecting Mind, Body & Spirit



A 6 week Journey for Women Confronting Infertility
Wednesdays from 7-8:30 from October 2 -November 13 in Murray

Do you find yourself in a battle with your body from your struggle with infertility? Are you ready to take back some control? Mindful movement, meditation, breathwork, journaling, group connection, and weekly home practices will help you develop awareness of your mind and body. The skills learned in this group will help calm the anxiety often experienced during infertility. No prior yoga experience or flexibility is necessary to attend; all movement can be modified and varied.

FACEBOOK LIVE WITH DEBBIE COLEMAN ON SEPTEMBER 11

FREE TRIAL CLASS ON SEPTEMBER 18 AT 7 PM

Learn More & Register at:

UtahInfertilityResourceCenter.org/movement-class

Cost is \$60 for entire course - space is limited to 12 participants -payment options available.

LGBTQ+ Event Recap



On August 28th, UIRC, in collaboration with the Utah Pride Center, hosted a wonderful panel featuring LGBTQ+ individuals and LGBTQ+ friendly providers to talk about family building journeys and options. The event took place at Squatters Brewery in downtown SLC and featured a provider meet and greet before dinner and the panel.

One attendee said "I had no idea that so many resources were available to my family on family building. THANK YOU!"

Special thanks to our sponsors and vendors for supporting this event. Utah Fertility Clinic, Utah Center for Reproductive Medicine, California Cryo Bank, United Surrogacy, LRB Family Law, Conceptions Fertility Clinic, Utah Foster Care, Utah Children's Service Society, Utah Adoption Specialists, A Act of Love Adoptions, Harmony Acupuncture, and Beth Hardy with Heart Tones Doula.

Board Member Spotlight Forrest Harris, MBA, Vice Chair



Forrest has a strong background in Marketing and Sales with a Bachelor's degree from University of Houston and a Global MBA in Marketing. A variety of roles have taught him how to navigate the hierarchies of organizations, seek out influencers and decision makers, and build productive relationships.

Forrest's experience has also proven that persistence pays when focused on a specific goal. Forrest's goal for UIRC is to focus efforts on closing the gap in the infertility community, promote awareness, and encourage societal and legislative change as it pertains to infertility.

Forrest and his wife faced infertility together and have grown their family through IVF. They feel fortunate to be blessed with the children they have. They cherish family time together barbecuing, camping, boating, and playing with their sweet Australian Shepherd, Rory.

To learn more about Forrest and our other board members please visit our board, visit www.utahinfertilityresourcecenter.org/board-of-directors

Bridge Program



UIRC is pleased to announce we are rolling out our new Bridge Program. It is designed to serve individuals seeking infertility counseling by qualified therapists who want to access services using their private insurance coverage but need a financial bridge to do so.

At this time we are able to see individuals who are insured by EMI, Blue Cross Blue Shield, Regence, PEHP, University of Utah Health Plans and UNI BHN. This means that not only can clients see UIRC therapists using their insurance, but if the co-pay or meeting the deductible is out of financial reach UIRC can provide reimbursement to clients to help them get the counseling they need.

Our bridge program is in addition to the sliding fee scale we already provide to clients who may not be able to use their insurance for sessions. We are dedicated to providing the most highly trained infertility therapists in the state at a cost that is attainable for our clients. For more information about the bridge program, visit www.utahinfertilityresourcecenter.org/therapy-bridge-program

Sponsor Spotlight - Valley Women's Health



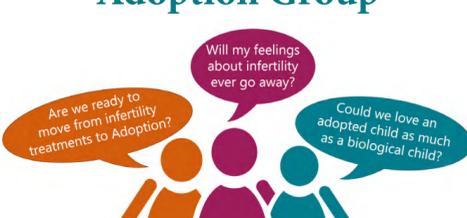
[Valley Women's Health](http://ValleyWomen'sHealth) is focused on providing the best healthcare for women throughout every stage of life! With several groups and locations throughout Utah, we have a physician, nurse practitioner and certified nurse midwife just right for you and your health needs. UIRC thanks Valley Women's health for their support of our programs and events for the past few years.

Friends & Family Picnic Recap



We held our annual Family Friendly summer event on Saturday, June 15 at Murray Park. The picnic was well attended and we all had a great time munching on popcorn, cotton candy and food from the food truck, enjoying facepainting and balloon animals, bouncing in the bounce house, and mingling with others who have also struggled to build their families. Thank you to our sponsors and everyone who made this event possible.

Adoption Group



We are offering another round of our 6 week adoption education group, titled "Overcoming Infertility and Opening your Heart to Adoption, date TBD.

This group will address:

- the impact of infertility on individuals, couples, and families
- making the decision and transition from infertility to adoption
- the various avenues and logistics of adoption
- raising an adopted child
- finding peace and joy along the way

The course costs \$150 per couple for the entire course, including dinner each night! To learn more or to sign up, visit www.utahinfertilityresourcecenter.org/adoption-group



385-313-0990

contactus@uirc.info

www.UtahInfertilityResourceCenter.org

Staff

Brenda Spearman, MBA - Executive Director
Whitney Barrell, LCSW - Clinical Director
Annie Hamilton, CSW - Program Manager
Aupera Van Huizen - Support Group Coordinator
M'Recia Seegmiller, SSW - Director of Awareness
Mandy Nielsen - Marketing Coordinator
Maddie Thomas - MSW Intern
McKenzie Niño, LCSW - Counselor
Camille Hawkins, LCSW - Counselor
Kelsey Redd, CHMC - Counselor
Emily Freeze MPH, MA, LMFT -Counselor

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Current Infertility Patient
Forrest Harris, MBA, Vice Chair
Manager of Corporate Sales, Workday
Jennifer Holt, Board Secretary
3-time Gestational Carrier
Camille Hawkins, LCSW
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