

Join us at our upcoming wellness events



At our Wellness Center, we put your physical and psychological well-being first. We're here to provide emotional support and fertility-focused expertise to help develop your "fertile mind" during treatment here. Our wellness services are available on a rotating basis at our Manhasset and Smithtown offices.

Getting Through the Holidays Workshop

Harriette has been specializing in providing psychotherapy to individuals and couples experiencing infertility for the past 20 years. She is the co-author of "*Experiencing Infertility*" and has been interviewed on television and radio regarding the emotional aspects of infertility. Currently, she is providing psychotherapy to individuals and couples searching for better ways to manage their anxiety, depression and relationship issues, and is teaching mindfulness and meditation.

For patients experiencing infertility, the holidays can be an especially difficult time. Dealing with friends, family and children adds extra pressure during an already trying time. Attend this holiday workshop and learn useful tools to help cope with seasonal stress.

Saturday, November 10: 10am -12pm

*** Please Note:** This month's workshop will be held at our Manhasset Office!
Address: 300 Community Dr.
Manhasset, NY 11030



Women's Support Group

Share the feelings, frustrations and personal experiences of infertility in a safe, supportive environment. This professionally-led group will provide information, coping strategies and an opportunity to create a bond with other women who are going through similar experiences.

Every other Thursday

6:30 – 8pm

Upcoming sessions:

November 1

November 15

November 29

Mini Mindful Guided Meditation

Meditation can remove stress and replace it with a dose of inner peace. It's one of the best tools we have to balance our emotions, deal with physical and psychological distress, and promote the peace of the present moment. We are now offering 20-minute complimentary Mini Mindful Guided Meditation sessions.

Every Wednesday

10am

To register, email fertility@northwell.edu or call (516) 562-1709.

Northwell Health Fertility

300 Community Drive Conference Room
Manhasset, NY 11030

Fertility