



**Julie Luzarraga,  
LICSW, DCSW**

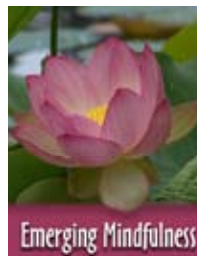
Julie is a member of Faith-Westwood United Methodist Church and has been a licensed clinical social worker for over 10 years. She graduated from

Boston College with her Masters degree in Clinical Social Work in 1998. In 2004, she earned her Diplomate in Clinical Social Work. Julie founded The Center for Counseling and Psychotherapy and Emerging Mindfulness, where she works mostly with adults dealing with life's challenges, such as anxiety, depression, and trauma. Her primary clinical focus is supporting people through infertility and working with families participating in Collaborative Divorce. Julie is the chair of the Nebraska Association of Social Workers (NASW) Ethics Committee, is the NASW Liaison for the Association of Private Practice Therapists, and Co-Chair for the Nebraska Association of Collaborative Professionals. She is also a member of the American Society for Reproductive Medicine. Julie works with individuals and couples in group, family and individual therapy sessions.

For more information  
please contact Julie Luzarraga at  
502-1024, ext. 290

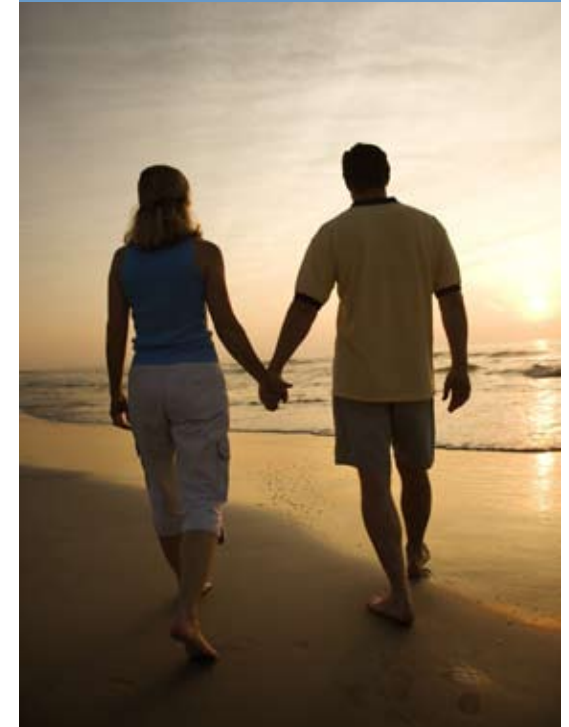
The Center for Counseling & Psychotherapy  
8021 Chicago Street  
Omaha, NE 68114

Phone: 402-502-1024  
Fax: 402-502-1555  
[www.midtownmind.com](http://www.midtownmind.com)

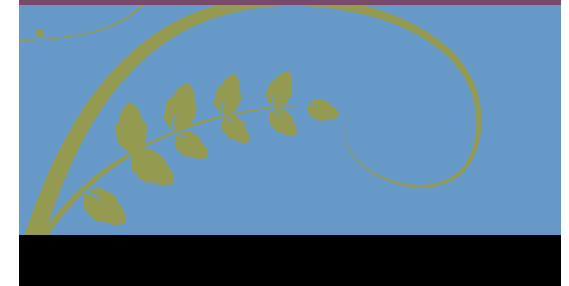


4814 Oaks Lane | Omaha, NE 68137  
402-895-3394

# Coping With Infertility



Positive strategies for dealing with  
the stress of infertility.



# Not What You Expected

*The experience of infertility can often result in anxiety, depression, guilt and stress. The medical treatments are sometimes physically, emotionally, and socially taxing causing disruption individually and within a couple's relationship and their relationships with others.*

Most of us assume that having a child will come without complication. We are not prepared to deal with complicated medical issues impacting our fertility or the decisions that come with discovering having a child may not be as easy as it seems.

There are 38,000 people struggling with infertility in Nebraska (RESOLVE). Though you are not alone, it may feel like it. Infertility is often not discussed and poorly understood unless you have experienced it first hand. The experience may make you question your decisions in life, your faith, and even your relationships with others.

There are ways to cope. Knowing and experiencing that you are not alone is a start. Learning positive ways to cope and manage the stress and anxiety that come with infertility is even more helpful.

Whether you come with a partner or on your own, we invite you to feel support and learn new ways to cope with infertility.

- Infertility affects 7.3 million people representing 12% of women of the reproductive age population or 1 in 8 couples (CDC, 2002).
- Many infertile women have depression and anxiety levels equivalent to those of women with terminal illness
- Men struggling with infertility typically suffer grief, identity challenges and interpersonal struggles
- Psychological distress is one of the main reasons couples cite for discontinuing fertility treatment
- Women with a history of depressive symptoms have been found to be almost twice as likely as those of women without these symptoms to have a history of infertility

Date: First Thursday of the Month

Time: 7-8:30 pm

No pre-registration required  
No Fee

Location: Faith-Westwood  
United Methodist Church  
4814 Oaks Lane  
Omaha, NE 68137  
402-895-3394  
[www.faithwestwood.com](http://www.faithwestwood.com)

