

ONLINE FERTILITY SUPPORT SERIES

We are excited to announce the launch of the online version of our popular Fertility Support Series. Regardless of where you are located in New Zealand, you can now benefit from this incredible programme from the comfort of your home. All you need is a device and an internet connection!

The Fertility Support Series connects people yet to have their first child, who are walking the infertility journey. Covering the highs and lows of fertility challenges and treatment in a supportive environment, you will gain support, share experiences, learn coping tools, and so much more.

WHAT IS THE FERTILITY SUPPORT SERIES?

Fertility New Zealand Fertility Support Series has been established to connect people who are walking the journey of infertility, providing participants with opportunities to share and discuss the challenges, highs and lows associated with fertility issues and treatment.

WHO CAN GO TO THE FERTILITY SUPPORT SERIES?

The Fertility Support Series is for couples and single people who are yet to have their first child. We encourage couples to attend together, but this is not a requirement. Groups generally have between 10-14 people in total, although this can vary.

WHAT IS COVERED IN THE SESSIONS?

At the first meeting the facilitators will take a lead role in introducing themselves and they will share with participants their own story about their experiences with infertility/treatment.

Group participants will then be invited to share something about their own story. You are free to share as little or as much as you feel comfortable with and can either do it individually or as a couple.

While the feedback we receive from participants suggests to us that Fertility Support Series play a therapeutic role because of the connections established between participants, the groups are not counselling groups.

Brief overview of the topics that are covered during the online Fertility Support Series:

Night	Description
One	Purpose and introduction with a focus on making connections and sharing our stories
Two	The importance of self-care during fertility and coping strategies between couples
Three	Grief, loss, and Support. Learning about grief and how people cope in different ways
Four	Making connection to continue peer support outside of the Fertility Support Series

The online Fertility Support Series has been designed to be interactive with ice breakers, whiteboard discussions, breakroom activities, informational videos.

Please note, our support groups are places for gaining support, sharing experiences, and learning coping mechanisms, not for gaining technical / medical information – such questions are best directed to your fertility provider or the Fertility New Zealand support phone number or email address.

WHO RUNS THE FERTILITY SUPPORT SERIES?

The Fertility Support Series is facilitated by two Fertility New Zealand volunteers. Our facilitators have their own personal experiences with infertility and treatment – in some cases, this has resulted in them now having a child or children in their family, in others not. While they have undergone training in facilitating a group, they are not professional counsellors. Rather, their role is to create a safe environment, giving an outline for each meeting and providing support and advice when required.

ARE THE GROUPS CONFIDENTIAL?

Yes, absolutely. Fertility is a very personal and private issue, and it is fundamental that all attendees respect the confidentiality of others and their stories. The facilitators understand this and will discuss confidentiality with attendees as part of the first session, including any limitations that may apply where safety issues arise.

WHEN WHERE AND HOW LONG DO THE GROUPS RUN FOR?

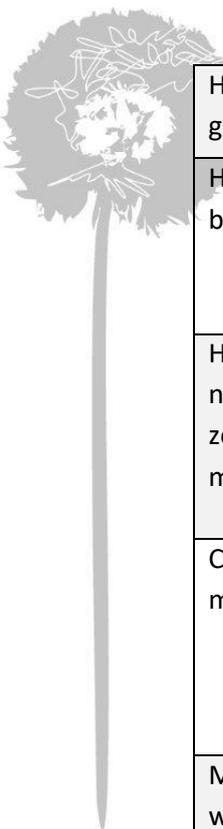
Groups run for four consecutive weeks, each session is 90 minutes and is held on a Wednesday evening, online via the Zoom Platform.

HOW DO I REGISTER FOR THE GROUP?

- Register online - <https://forms.gle/cVV8tX2x9x56D6fW7>.
- We will be in touch with you to confirm your place on the Group and provide final details.

FREQUENTLY ASKED QUESTIONS:

Question	Solution
How do I join the meeting?	<ul style="list-style-type: none"> • You can join a meeting by clicking the meeting link or going to join.zoom.us and entering in the meeting ID. • You can join the meeting through a web browser using, Google Chrome, Safari, Microsoft Edge/Internet Explorer or Mozilla Firefox.
Can I join the meeting without downloading the app?	<ul style="list-style-type: none"> • Yes, you can join from your internet browser.
Do I have to have a webcam to join on Zoom?	<ul style="list-style-type: none"> • While you are not required to have a webcam to join a Zoom Meeting or Webinar, you will not be able to transmit video of yourself. You will continue to be able to listen and speak during the meeting, share your screen, and view the webcam video of other participants.



How do I change the gallery view?	<ul style="list-style-type: none"> The setting to change your gallery view are on the top right-hand side of your screen, click on view to change the settings.
How can I change my background?	<ul style="list-style-type: none"> Right click on the screen and select blur my background or on your device, select the arrow next to Stop Video and select between blur my background, chose virtual background, or chose video filter.
How can I change the name that appears on my zoom account for this meeting?	<ul style="list-style-type: none"> Right click on the screen and select rename, make the change and select change. From your mobile phone, click on participants and tap on your profile name to rename. A new box will appear, change your name and select done.
Can I send a private message to the host?	<ul style="list-style-type: none"> Yes. Click on the chat icon and the chat box will appear. At the bottom of the message board, it reads – who can see my messages? The to box will automatically default to everyone, use the down arrow key to select the hosts name to send a private message.
My video/camera isn't working	<ul style="list-style-type: none"> Make sure that all other programs that utilize the camera are not using the camera or are closed. This may include pre-installed camera applications, other video conferencing software, or websites utilizing your camera. Restart your computer.
The audio isn't working on my mobile device	<ul style="list-style-type: none"> Ensure your speaker is turned on. If you see the speaker icon in the top-left corner is turned off, tap it to turn on your speaker: Increase the volume on your mobile device using the volume buttons or notification panel. Even if the speaker is turned on in Zoom, your device's volume might be set to mute or vibrate only. Try using earphones. Restart your mobile device.
Microphone Issues	<ul style="list-style-type: none"> Ensure the microphone is not on mute. Ensure you have connected your mobile device's audio. If you see the Join Audio icon in the meeting controls, tap it and select Call Over Internet. If prompted, allow Zoom to access your microphone. Try using earphones with a microphone. Ensure Zoom has access to your device's microphone. Ensure that no other applications are using the microphone at the same time. Restart your iOS device.