BUILDING A FAMILY: OPTIONS FOR WOMEN & MEN WHO WANT TO HAVE KIDS, NOW OR SOMEDAY

Infertility now or in your future can be emotionally painful, decrease your sense of self worth and contribute to instability in family and personal relationships. But there is hope.

For example, Facebook, Apple and JP Morgan Chase benefits cover elective egg freezing for female employees (the UC does not). Technology allows men to freeze sperm. Should you consider one of these options now to plan for future kids?

But what if you want to have a child now? What if infertility or other circumstances limit your choices for building a family? What are your options? Assisted Reproductive Technology (ART) offers a number of paths to parenthood. Come and learn from a local expert about options that include:

- Intrauterine insemination (IUI)
- In-vitro fertilization (IVF)
- Egg Freezing
- Egg Donation, Sperm Donation & Surrogacy
- Embryo Adoption

Please see the links below for additional information about these options and others that can help you build your family:

- Resolve
- The American Society for Reproductive Medicine
- Path2Parenthood (P2P)
- Embryo Adoption
- Parents Via Egg Donation
- Fertility Life Lines

No reservation required

Lectures are open to all UCSB employees at no charge. You are welcome to bring your lunch. For more information call John Berberet, M.A., MFT/ASAP at x3318.

Academic & Staff Assistance Program