



Emotional Support for Every Stage of Parenthood

Parenthood Is Complex—You Don't Have to Navigate It Alone.

Whether you're trying to conceive, navigating pregnancy, adjusting to postpartum life, or balancing work and parenting, licensed therapists are here to support you.

What You Can Get Support With:

- Fertility grief, anxiety and overwhelm
- Pregnancy-related stress or identity shifts
- Postpartum depression, anger, or intrusive thoughts
- Emotional support while returning to work for women and men
- Parenting exhaustion, overstimulation and boundary-setting for both women and men

Why It Works:

- **89% of clients** feel more confident in their parenting
- **96%** become more aware of their mental health symptoms
- **88%** feel more comfortable opening up about their emotions

You deserve care that supports your mental health, not just your physical health.

With ARC, help is just a click away—whenever you need it most.

Reach out to learn how to access therapy and support through your ARC benefits.

<https://www.arcfertility.com/>

<https://www.linkedin.com/company/advanced-reproductive-care/>

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