

## Who Can Participate?

The ART of IF does not subscribe to a particular ideology about who is infertile. Infertility affects diverse populations.

We are interested in sharing the experiences of infertility from all perspectives.



Letting Go. Mixed Media by Denise Callen.

### Participate!

Whether you are a newly diagnosed, long resolved, in treatment, in the process of adopting, are parenting after infertility, are living child free after infertility, or are trying to decide what to make of all this, you can find more information on the ART of IF website, including how to submit your own artwork or stories.

*"Infertility gives you a completely different outlook on life and the world once you've lived inside of it." - Jackie and Kevin*

*"I started with pencil and paper, and thought about my twins. How would I like to honor them this day? The pencil sort of took over, and out poured my heart on paper." - Celeste*

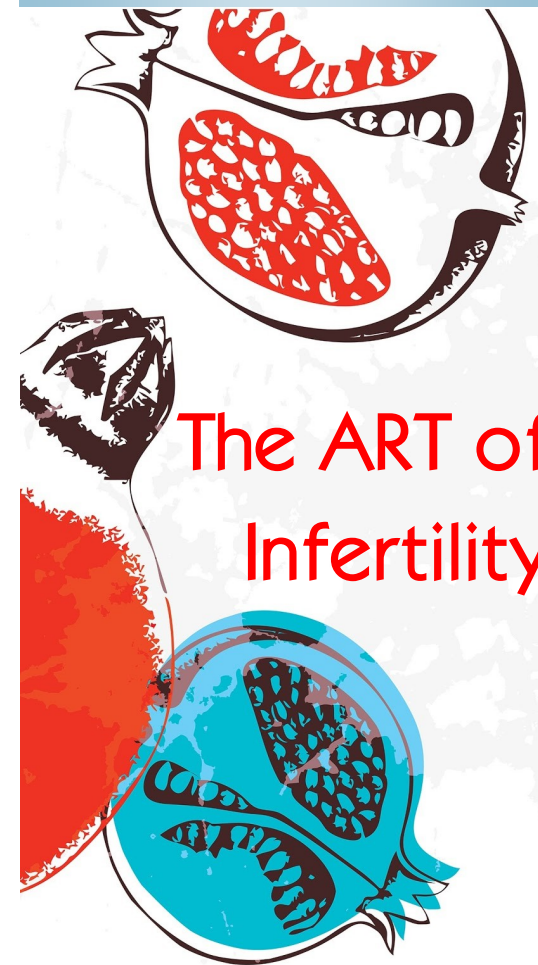
*"I think if I had anything to say is that the purpose of me sharing my story is not for me it's for others ... I do it to help people find themselves and not feel alone." - Cole*

## Contact ART of IF

[info@artofinfertility.org](mailto:info@artofinfertility.org)

[artofinfertility.org](http://artofinfertility.org)

[facebook.com/  
artofinfertility/](https://facebook.com/artofinfertility/)



## The ART of Infertility



[artofinfertility.org](http://artofinfertility.org)



## What is the ART of IF?

The ART of Infertility is a traveling art exhibit and oral history project that documents the experience of infertility. Through storytelling and artwork, The ART of Infertility translates the experiences of infertility patients to medical practitioners, physicians, and legislators. The project displays the human experiences of infertility.

We gather the stories, art and writing that infertile individuals have created to heal and/or represent their experiences of infertility by offering a community of support to those with infertility through art and writing workshops that accompany the exhibits. We also support medical humanities education, educating physicians about the day-to-day realities of patient experiences with infertility.

## How Can I Get Involved?

There are a number of ways you and your patients can get involved with the ART of Infertility!

### Support Us!

You can offer your support to our organization in any number of ways! We always appreciate financial donations and sponsorships, but you can also help by donating gift cards, old tech equipment, art materials, or even your professional expertise! Anything helps!

### Spread the word!

The ART of Infertility is always looking for new supporters, participants, and people with a story to share! You can help us by directing patients and families with experiences in infertility towards us, along with spreading the word about our organization to help get our name out there!

### Host an Event!

Looking to get more directly involved with the organization? You can help us by hosting an Art of Infertility event! Contact Elizabeth or Maria for more information.



## Why ART?

ART is a means of expression and a way to give voice to difficult feelings. The psychological stress of dealing with infertility is as powerful as the stress experienced by victims of cancer and AIDS. By creating unique artwork, those affected by infertility can release negative emotions while generating inner peace and connecting with others. Because art is a source of empowerment, it gives strength to those coping with the struggles associated with infertility, including emotional, physical, and monetary costs. According to Dr. Alice Domer, Director of Mind/Body Services at Boston IVF "infertile women undergoing in vitro fertilization (IVF), using mind body techniques have a 55% conception rate, compared with 20% not using the techniques." Art and connection with others almost triples the pregnancy rate, yielding physical as well as emotional healing.



This crib is on display at several ART of Infertility events. It is empty of a baby, yet full of thousands of dollars worth of procedural tools and medications used for IVF. Elizabeth Walker, founder of The ART of Infertility, created this piece to represent her journey as well as connect the infertility community through art.