



kindbody

emotional well-being

The path to parenthood isn't always straightforward. We are here to support you every step of the way with care that goes beyond the treatment plan. Guidance to help partners of all orientations redefine emotional and sexual intimacy, safely express feelings and emotions with your partner, and empower your relationship to successfully navigate all of life's challenges together.

our services

- Therapy
- Guided meditation
- Couples support & coaching
- Yoga therapy
- Movement and intention coaching
- Free therapist-led weekly support groups



Family-building support

- Stress from undergoing fertility treatments
- Grieving after a miscarriage or failed transfer
- Emotional and social challenges associated with donor conception
- Navigating intimacy during fertility treatment

Guided meditation

A virtual guided meditation designed to help you release stored emotions, physical discomforts, and other energetic blocks. This session is structured to flow with a familiar rhythm while allowing space for your present needs and encouraging deep exploration and healing.

Therapy

Session offering support and guidance for life transitions and stressful events, including fertility, treatment, pregnancy, postpartum, identity issues, career, anxiety, depression, relationships, or parenting. We will prioritize what is needed for each unique experience.

Get started with Kindbody today by visiting

kindbody.com/activate-kindbody-benefit

Contact us at employeebenefits@kindbody.com