



Fertility Support Resources

Below are a number of helpful, evidence-based resources for learning about and finding your way through various fertility and trying-to-conceive challenges. If you find a resource that you think should be listed, or removed, please let us know by email: hello@duluthperinatal.org

Websites:

[RESOLVE](#) - Information, resources, support and handouts for those struggling with fertility challenges.

[American Society for Reproductive Medicine](#) - Research, journals, stories, and education materials.

[Reproductive Medicine and Infertility Associates](#) - Fertility clinic and treatment options in the Twin Cities.

[Center for Reproductive Medicine](#) - Fertility clinic and treatment in the Twin Cities.

[Mayo Clinic](#) - Informational overview on reproductive endocrinology and infertility; treatment options.

[AALFA Family Clinic](#) - Christian healthcare offering fertility care near the Twin Cities.

[CNY Fertility](#) - Out-of-state and potentially more affordable IVF treatment locations in CO, GA, PA, FL & NY.

[It Starts with the Egg](#) - Website, book on the science around egg quality and improving odds of pregnancy.

Podcasts:

[The Fertility Podcast](#)

[Big Fat Negative: TTC, Fertility, Infertility, and IVF](#)

[Infertile AF](#)

[The Fertility Warrior](#)

[Gays With Kids the Podcast](#)

[Infertility Feelings](#)

[The Infertile Mafia: Real Talk About Infertility, IVF, and Trying to Conceive](#)

Please note that the listed resources are intended for educational purposes only, and are not a substitute for the advice or guidance of a licensed healthcare professional. Resources shared are not done so under obligation, financial or otherwise. The presence of any particular item on this list does not represent an official endorsement or opinion of Duluth Perinatal, PLLC.

**Books:**

[I Am More Than My Infertility](#), Marina Lombardo & Linda J. Parker

[Taking Charge of Your Fertility](#), Toni Wechsler

[Conquering Infertility](#), Alice Domar and Alice Lesch Kelly

[Mothers in Waiting: Healing and Hope for Those with Empty Arms](#), Crystal Bowman, Meghann Bowman

[Tired of Trying: How to Hold On to God When You're Frustrated, Fed Up, and Feeling Forgotten](#), Ashley Morgan Jackson

[The Trying Game: Get Through Fertility Treatment and Get Pregnant without Losing Your Mind](#), Amy Klein

[This Was Meant to Find You : When You Needed It Most](#), Charlotte Freeman

[Infreakinfertility: How to Survive When Getting Pregnant Gets Hard](#), Melanie Dale

Support Groups:

[RESOLVE](#) - Find a support group.

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