

Featured Topics 2026

January



Healthy, Happy, and Maybe Baby?

Your 2026 fertility & wellness journey starts here, whether you're trying to conceive now or planning for later.

From nutrition & ovulation tracking to fertility preservation & maternal health, we're covering it all, with expert-led workshops, recipes, and supportive resources along the way.

February



Love & Support

It's Heart Month — let's talk connection in all forms.

Support for partners during fertility treatment. How to stay emotionally connected. Couples counseling spotlight.

Galentine's Day for our solo gals

March



Celebrating Women and Wellness

International Women's Day

Endometriosis Awareness Week, breaking the silence on a hidden struggle.

Trans Day of Visibility, shining a light on inclusive care.

April



Infertility Awareness

Growing Families, Together Throughout April, we're highlighting Infertility Awareness Month with inclusive stories and resources for every step of the family-building journey.

May



Mind & Body in Focus

This month, we're supporting every stage of family-building and reproductive health - from fertility and menopause to mental wellness.

Plus, we honor all paths to parenthood this Mother's Day.

June



Pride & The Dads

Celebrating LGBTQ+ family journeys with inspiring stories, donor & surrogacy options,, plus pregnancy tips and men's health for Father's Day!

July



Inside the Labs

Diving into Fibroid Awareness and celebrating World Embryologist Day with exclusive behind-the-scenes looks and insights into PGT testing.

August



How to Have Your Cake and Talk About It Too

As we celebrate our birthday this August, we're sharing sweet tips on discussing fertility care, pregnancy, and menopause leave with your employer, because you deserve support and success at work.

September



Tracking Health: PCOS and Cancer

PCOS awareness with educational tips on ovulation and tracking, plus ovarian and prostate cancer awareness.

October



Strength, Support, & Hope

Honoring the journeys many face, from breast cancer & pregnancy loss to menopause, because awareness & support can make all the difference.

We're breaking silence around these personal experiences & sharing vital guidance on egg & sperm health to empower your family-building choices. Together, we're creating space for hope, healing, & informed decisions.

November



Month of Gratitude

This month, we honor National Adoption Awareness and International Men's Day while celebrating all family journeys.

We'll share inspiring success stories.

December



Navigating Holiday Stress

Compassionate Support for Every Journey

Whether you're facing infertility, menopause, or other health challenges, we're here with holistic health support and self-care tips to help you find strength and calm this holiday season.