

Kindbody Live: Virtual Event**Mind & Body in Focus
with Dr. Tonya Wood**

Explore the connection between physical and emotional well-being across every phase of reproductive care. This session offers expert insights and guidance to support your journey.

**When**

Tuesday
May 12, 2026
6:00 PM ET

Hosted by

[Dr. Tonya Wood](#)
Licensed Psychologist
Kindbody

[RSVP](#)

This May, **in honor of Mental Health Awareness Month**, we're centering the conversation on emotional well-being across the full spectrum of reproductive health. From fertility and family-building to menopause and beyond, we're highlighting the vital connection between mental health and every stage of the journey—because caring for your mind is just as important as caring for your body.

**Mental Health During Fertility Treatment**

Fertility treatment can bring emotional highs and lows, leaving many feeling isolated. This post offers compassionate guidance for supporting your emotional and mental well-being throughout the fertility journey.

[Read the Full Post](#)

**Meet Dr. Tonya Wood**

Tonya Wood is a licensed clinical psychologist with over 20 years of experience. She is passionate about supporting individuals in women's health, relationships, and infertility.

[Learn More](#)

**Kindbody Info Session**

Get your questions answered and explore your options with Dr. Fahimeh Sasan. This month's topic is "Optimizing Your Mind and Body for Pregnancy," covering stress, nutrition, sleep, and mental health.

[RSVP Here](#)

**KindStories:
Markie**

"Going through IVF was one of the most emotionally and physically intense experiences of my life, a journey defined by uncertainty, resilience, and ultimately, joy."

[Read More](#)



Contact us at any time.

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