



THE UNIQUELY KNITTED STORY

Once upon a time there was a young couple named Jesse and Doug who dreamed of having a big family.

They were ready—home set, marriage strong, big car bought. They even had names chosen. The firstborn would be named after their grandparents.

Weeks of trying turned into months. “It’s okay” they thought, sometimes it takes a while. “Good things come to those who wait.” But as time passed, they knew something was wrong.

Doctors confirmed their worst fears: significant infertility. *The good things might never come, despite the wait.*

Hope came and went. Months became years. Their dreams faded. There would be no big family, no full car, and no one named after their grandparents.

But in their darkest moments came an invitation—not a silver lining, but a chance to grow, to become something new, to reimagine life and find new meaning. What began as pain grew into a new path—one filled with hope, adoption, foster care, growth, adventure and eventually, a desire to help others.

Uniquely Knitted was created to help others in the midst of infertility. It became an organization that helps people process pain, feel their feelings, build resilience, and find hope for life during and after the years of infertility.

Something amazing happened—it worked. People found each other. They grieved, healed, and began again. Infertility still left its mark—but now, people had community, strength, and a new story to tell.

Uniquely Knitted continues to be a beacon of support, education, and research, making the world a less lonely place for those facing infertility.

If you are reading this story, we welcome you. You are part of this unique story. Through our connection, the world is a less scary place for people with infertility.

We are no longer isolated. We are Uniquely Knitted.



The Unique **Mental Health Challenge of Infertility**

Infertility affects **1 out of every 6 people** and is causing significant mental health challenges for those who suffer.

People with infertility experience

Significant Depression*

56% of Women

32% of Men

8% National Average

Significant Anxiety*

76% of Women

61% of Men

19% National Average

People with infertility are **3X more likely to Divorce** than the national average.

Nearly half of all patients receiving infertility treatments deal with **Suicidal thoughts**.

*Rooney, K. L., & Domar, A. D. (2018). The relationship between stress and infertility. Dialogues in clinical neuroscience, 20(1), 41–47.

The **Uniquely Knitted Solution**

Uniquely Knitted has built a **Mental Health Platform for Infertility**.

We provide evidence-based preventative mental health support to increase peoples emotional capacity and continue growing through the struggles of infertility so that they can flourish for the rest of their life.

Over the past five years, our unique approach has empowered *thousands of people* to rediscover a meaningful life while **fighting for the family they want**.

Support

Process Groups that help:

Lower Depression and Anxiety Rates
Restore Marriages
Create Meaning and Hope in Life

Research

Nearly **1000 research participants**.
Presented at the European Society of Human Reproduction and Embryology.

Education + Awareness

20+ Million Reached with content.
Over **500,000** Podcast downloads from **89 countries** around the world.



Uniquely Knitted Stats and Info

Mission: To heal the traumas of infertility and end the isolation that goes with struggling to conceive

A network of more than **100,000 people** from around the world.

Vision: To change the experience of infertility

Serving people suffering from **Infertility, IVF, IUI, Miscarriage, and Loss.**

Globally driven and **locally** focused

Backed by **Psychologists** and **Research Universities**

Changing the experience of infertility one person at a time.

Funded by **donors** and **families** just like you

TPRAT CERTIFIED

trained to assess and develop emotional and relational capacity across four life domains. Attachment, Separation, Integration, and Adulthood, using a validated psychological tool.

Providing support to **600+ couples** monthly

Helping people grow and find meaning for the rest of life no matter **how the story unfolds.**

Learn more at uniquelyknitted.org
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