

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HOPE Group (Day)-12:00-1:30pm Lamaze #3-6:30-8:30 p.m.	2 Birth Center Tour-11-12pm Siblings-6:30-8:00 p.m. Pelvic Floor Series-1:15-2:15pm	3 Breastfeeding Support Group-10-11:30 a.m. Anxiety/OCD Support Group-2:00-3:00am Virtual Breastfeeding #1-6:30-8:30 p.m. Childbirth #3-6:30-8:30 p.m. Virtual Early Pregnancy-6:30-8:30 p.m.	4 New Parent Network-1:00-2:30 p.m.	5	6
7	8 HOPE Group (Evening)-6:00-7:30pm Baby Care Basics #1-6:30-8:30 p.m. Lamaze #4-6:30-8:30 p.m.	9 F&F CPR-6:30-8:30 p.m. Birth Center Tour-6:30pm & 7:30pm Music for Social/Emotional Development-10:00-10:30a	10 Breastfeeding Support Group-10-11:30 a.m. Virtual Breastfeeding #2-6:30-8:30 p.m. Virtual Grandparents-6:30-8:30 p.m. Virtual Cesarean Birth-6:30-8:30 p.m. Childbirth #4-6:30-8:30 p.m.	11 New Parent Network-1:00-2:30 p.m. Ready and Waiting-6:30-8:30p.m. Destigmatizing Infertility Support Group-5:00-6:00pm	12	13
14	15 HOPE Group (Day)-12:00-1:30pm Baby Care Basics #2-6:30-8:30 p.m. Lamaze #5-6:30-8:30 p.m.	16 Virtual Childbirth #1-6:30-8:30 p.m. Motherhood Workshop-10:00-11:00am	17 Breastfeeding Support Group-10-11:30 a.m. Virtual Baby Care Basics #1-6:30-8:30 p.m. Birth Center Tour-6:30pm & 7:30pm	18 New Parent Network-1:00-2:30 p.m. Breastfeeding #1-6:30-8:30 p.m. Self-Care And Tools For Emotional Wellness-12:30-1:30pm	19	20 Weekend Childbirth-9:00-4:30 p.m.
21	22 Hope Group (Evening) 6:00-7:30pm Childbirth #1-6:30-8:30 p.m.	23 Virtual Childbirth #2-6:30-8:30 p.m. HeartStrings Loss Support Group-7:00-8:00am	24 Breastfeeding Support Group-10-11:30 a.m. Virtual Baby Care Basics #2-6:30-8:30 p.m.	25 New Parent Network-1:00-2:30 p.m. Breastfeeding #2-6:30-8:30 p.m. Birth Center Tour-6:30pm & 7:30pm Music Assisted Relaxation-1:30-2:30pm	26	27
28	29 Childbirth #2-6:30-8:30 p.m. My Changing Body: Mom Edition-3:30-4:30pm	30 Virtual Childbirth #3-6:30-8:30 p.m.				

Class Location Key			
UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	Updated-3/18/2024
Virtual classes	Maternal Wellness (* = In Person)	Lifeteam	