

| Sunday | Monday                                    | Tuesday   | Wednesday   | Thursday   | Friday                               | Saturday                             |
|--------|---|---|---|--|--------------------------------------|--------------------------------------|
|        |   |   |   | 1  | 2                                    | 3                                    |
|        |   |   |   |  | Lactation Support Group-12:00-1:00pm |                                      |
|        |   |   |   |  |                                      |                                      |
|        |   |   |   |  |                                      |                                      |
|        |   |   |   |  |                                      |                                      |
| 4      | 5   | 6   | 7   | 8  | 9                                    | 10                                   |
|        | Breastfeeding Support Group-10-11:30 a.m. | Birth Center Tour-11:00-12:00                     | Breastfeeding Support Group-10-11:30 a.m.   | Destigmatizing Infertility Support Group-5:00-6:00pm           | Lactation Support Group-12:00-1:00pm | Weekend Baby Care-9:00-1:30p.m.      |
|        | HOPE Group - 12:00-1:30pm                 | Lamaze #3-6:30-8:30pm                             | Perinatal Anxiety & OCD Peer Support Group-2:00-3:00pm  | Safe Sleep 101-6:30-7:30pm                                     |                                      |                                      |
|        | Baby Care Basics #1-6:30-8:30pm           |   | Virtual Breastfeeding #1-6:30-8:30 p.m.   |  |                                      |                                      |
|        | Birth Center Tour-6pm & 7pm               |   | UPMC Carlisle Tours   |  |                                      |                                      |
|        |   |   | Virtual Early Pregnancy-6:30-8:30 p.m.  |  |                                      |                                      |
| 11     | 12  | 13  | 14  | 15   | 16                                   | 17                                   |
|        | Breastfeeding Support Group-10-11:30 a.m. | Pregnancy, Parenting, And Playlists-10:00-10:30am | Breastfeeding Support Group-10-11:30 a.m.   | Self-Care and Tools for Emotional Wellness-12:30-1:30pm        | Lactation Support Group-12:00-1:00pm | Birth Center Tour-10:00 and 11:00 am |
|        | Pelvic Floor Series - 1:15-2:15pm         | Virtual Cesarean Birth-6:30-8:30pm                | Virtual Breastfeeding #1-6:30-8:30 p.m.   | New Parent Network-1:00-2:30 p.m.                              |                                      |                                      |
|        | HOPE Group - 6:00-7:30-pm                 | Baby Care Basics #2-6:30-8:30pm                   | The Importance of Nurturing Touch: Strategies to Support Attachment and Bonding-10:00-11:00am |  |                                      |                                      |
|        | Virtual Cesarean Birth-6:30-8:30pm        |   |   |  |                                      |                                      |
|        | Baby Care Basics #2-6:30-8:30pm           |   |   |  |                                      |                                      |
| 18     | 19  | 20  | 21  | 22   | 23                                   | 24                                   |
|        | Breastfeeding Support Group-10-11:30 a.m. | Skills for Motherhood-10:00-11:00am               | Breastfeeding Support Group-10-11:30 a.m.   | New Parent Network-1:00-2:30 p.m.                              | Lactation Support Group-12:00-1:00pm |                                      |
|        | HOPE Group - 12:00-1:30pm                 | Lamaze #5-6:30-8:30pm                             | Pregnancy After Loss Support Group-6:00-7:00pm  | Birth Center Tour-6pm & 7pm                                    |                                      |                                      |
|        |   | Heart Strings:Loss Support Group-7:00-8:30pm      | Childbirth #1-6:30-8:30pm   | Communication Tips for New Parents-3:00-4:00pm                 |                                      |                                      |
|        |   |   | Working Parents Yoga night.   |  |                                      |                                      |
|        |   |   | Virtual Breastfeeding for Multiples-6:30-8:30 p.m.  |  |                                      |                                      |
|        |   |   | Virtual Grandparents-6:30-8:30 p.m.   |  |                                      |                                      |
| 25     | 26  | 27  | 28  | 29   | 30                                   | 31                                   |
|        | Breastfeeding Support Group-10-11:30 a.m. | Skills for Parenthood (Queer/Trans)-10:00am       | Breastfeeding Support Group-10-11:30 a.m.   | New Parent Network-1:00-2:30 p.m.                              | Lactation Support Group-12:00-1:00pm |                                      |
|        | HOPE Group - 6:00-7:30-pm                 | Heart Strings Loss Support Group-7:00-8:30pm      | The Mothers' Recovery Circle-1:00-2:00pm  | What Makes Parenting Tough and What to Do About It-6:00-7:00pm |                                      |                                      |
|        |   | Siblings-6:30-8:00 p.m.                           | Childbirth #2-6:30-8:30pm   | Ready and Waiting-6:30-7:30p.m.                                |                                      |                                      |
|        |   | Virtual Baby Care Basics #1-6:30-8:30pm           |   |  |                                      |                                      |
|        |   | Heart Strings Loss Support Group-7:00-8:30pm      |   |  |                                      |                                      |

| Class Location Key |                             |                           |                   |
|--------------------|-----------------------------|---------------------------|-------------------|
| UPMC Carlisle      | UPMC Harrisburg             | In-Person-Camp Hill Giant |                   |
| Virtual classes    | Maternal Wellness (Virtual) | Lifeteam                  | Updated 7/16/2024 |