

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		
			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.	Heart Strings Loss Support Group-7:00-8:30pm	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	Virtual Baby Care Basics #1-6:30-8:30pm	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.		

Class Location Key			
UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	
Virtual classes	Maternal Wellness (Virtual)	Lifeteam	Updated 7/17/2024