

December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Weekend Childbirth-9-4:30pm
						Weekend Breastfeeding-10:30-2:30pm
						Family & Friends CPR-10-12pm
3	4	5	6	7	8	9
	Pelvic Floor Recovery: PT series 1-2pm	Birth Center Tour-11-12pm	Nutrition for a Health Pregnancy-10-11:30am	New Parent Network-1-2:30pm	I'm a Mom...Now What?-1:30-2:30pm	
	Baby Care Basics #1-6:30-8:30pm		Breastfeeding Support Group-10-11:30am			
	Childbirth #2-6:30-8:30pm		Breastfeeding #1-6:30-8:15pm			
			Birth Center Tour-6pm & 7pm			
10	11	12	13	14	15	16
	Postpartum Planning-3-4pm	Pregnancy, Parenting, & Playlists-10am	Breastfeeding Support Group-10-11:30am	New Parent Network-1-2:30pm		Weekend Childbirth-9:30-4pm
	Hope Group-6-7:30pm	Family and Friends CPR-6:30-8:30pm	Breastfeeding #2-6:30-8:15pm	Baby Care Basics #1-6:30-8:30pm		Weekend Baby Care Basics-9-1:30pm
	Baby Care Basics #2-6:30-8:30pm		Grandparent-6:30-8:30pm	Ready and Waiting-6:30-8:30pm		
	Childbirth #3-6:30-8:30pm		Siblings-6:30-8:30pm	Birth Center Tour-6pm & 7pm		
	Early Pregnancy-6:30-8pm					
17	18	19	20	21	22	23
	Mental Load-12-1pm		Breastfeeding Support Group-10-11:30am	New Parent Network-1-2:30pm		
	Childbirth #4-6:30-8:30pm		Cesarean Birth-6:30-8:30pm	Baby Care Basics #2-6:30-8:30pm		
			Birth Center Tour-6pm & 7pm			
24	25	26	27	28	29	30
31						

Class Location Key			
UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	In-Person-Linglestown Giant
Virtual classes	Maternal Wellness (* = In Person)	Lifeteam	UPMC Memorial

Updated: 11/17/23

If you have questions please call 717-231-8916 or email parentchildeducation@upmc.edu