

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	HOPE Group-12:00-1:30pm	Birth Center Tour-11:00-12:00	Breastfeeding Support Group-10-11:30 a.m.	4th of July	Lactation Support Group-12:00pm	
	Birth Center Tour-6pm & 7pm	Self-Esteem for Moms-10:00-10:30am	UPMC Carlisle Tours			
			How Much Worrying Is Too Much? Peer Support Group-2:00-3:00pm			
7	8	9	10	11	12	13
	Pelvic Floor Series-1:15-2:15pm	Baby-Led Weaning: What You Need To Know-10:15-11:15am	Breastfeeding Support Group-10-11:30 a.m.	New Parent Network-1:00-2:30 p.m.	Lactation Support Group-12:00pm	
	Signs & Symptoms Of Perinatal Mood Disorders-3:30-4:30pm	F&F CPR-6:30-8:30 p.m.	To Support Attachment And Bonding-10:00-11:30am	Destigmatizing Infertility Support Group-5:00-6:00pm		
	HOPE Group-6:00-7:30pm		Virtual Early Pregnancy-6:30-8:30 p.m.			
	Baby Care Basics #1-6:30-8:30pm					
14	15	16	17	18	19	20
	HOPE Group-12:00-1:30pm	Skills for Motherhood-10:00-11:00am	Breastfeeding Support Group-10-11:30 a.m.	Self-Care and Tools for Emotional Wellness-12:30-1:30pm	Lactation Support Group-12:00pm	Virtual Weekend Breastfeeding-10:30-2:30pm
	Baby Care Basics #2-6:30-8:30pm		Mental Health Minute: What to do About Those Sticky Intrusive Thoughts-2:00-3:00pm	Breastfeeding #1-6:30-8:30 p.m.		Weekend Childbirth-9:00-4:30 p.m.
			Pregnancy After Loss Support Group-6:00-7:00pm	New Parent Network-1:00-2:30 p.m.		
			Virtual Cesarean Birth-6:30-8:30pm			
21	22	23	24	25	26	27
	HOPE Group-6:00-7:30pm	Skills for Parenthood-10:00-11:00am	Breastfeeding Support Group-10-11:30 a.m.	New Parent Network-1:00-2:30 p.m.	Lactation Support Group-12:00pm	
		Lamaze #1-6:30-8:30pm	The Mothers' Recovery Circle-1:00-2:00pm	Breastfeeding #2-6:30-8:30 p.m.		
		Heart Strings:Loss Support Group-7:00-8:30pm	Birth Center Tour-6pm & 7pm			
			Virtual Baby Care Basics #1-6:30-8:30pm			
			Ready and Waiting-6:30-7:30p.m.			
28	29	30	31			
		Lamaze #2-6:30-8:30pm	Breastfeeding Support Group-10-11:30 a.m.			
		Infant Sleep 101-3:00-4:00pm	Virtual Grandparents-6:30-8:30 p.m.			
			Virtual Baby Care Basics #2-6:30-8:30pm			

Class Location Key			
UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	
Virtual classes	Maternal Wellness (Virtual)	Lifeteam	Updated 6/14/24