

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Baby Bundle 9:00-5:30 p.m.
2	3	4	5	6	7	8
	Breastfeeding Support Group-10-11:30 a.m.	Virtual Childbirth #1-6:30-8:30pm	Breastfeeding Support Group-10-11:30 a.m.	New Parent Network-1:00-2:30 p.m.	Lactation Support Group-12:00-1:00pm	Virtual Weekend Breastfeeding-10:30-2:30pm
	HOPE Group (Day)-12:00-1:30pm	Birth Center Tour-11-12pm	Virtual Breastfeeding #1-6:30-8:30pm	Breastfeeding 6:00-8:30 pm		Virtual Weekend Childbirth-9:30-4:00p.m.
	Pelvic Floor Series-1:15-2:15pm	Virtual Childbirth #1-6:30-8:30pm	Virtual Early Pregnancy-6:30-8:30 p.m.			
	Birth Center Tour-6pm & 7pm		Lamaze #1-6:30-8:30 p.m.			
	Baby Care Basics #1-6:30-8:30pm		Virtual Grandparents-6:30-8:30 p.m.			
			UPMC Carlisle Tours			
			How Much Worrying is Too Much:Peer Support Group-2:00-3:00pm			
9	10	11	12	13	14	15
	Breastfeeding Support Group-10-11:30 a.m.	Virtual Childbirth #2-6:30-8:30pm	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 (Evening)-6:00-7:30pm	F&F CPR-6:30-8:30 p.m.	Virtual Breastfeeding #2-6:30-8:30pm	Destigmatizing Infertility Support Group-5:00-6:00pm	Perineal Tearing: Preparation, Repairs, & Recovery 12:00-1:00pm	
	Baby Care Basics #2-6:30-8:30pm		Lamaze #2-6:30-8:30 p.m.	Budgeting for Baby and Beyond-6:00-7:00pm		
			Virtual Cesarean Birth-6:30-8:30pm	Ready and Waiting-6:30-7:30p.m.		
			Intro to Reflexology for Stress Relief-2:00-2:30pm			
16	17	18	19	20	21	22
	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 (Day)-12:00-1:30pm	Car Seat Safety Basics-6:30-7:30pm	Budgeting for Baby and Beyond-10:00-11:00am	Self-Care and Tools for Emotional Wellness-12:30-1:30pm		
	Siblings-6:30-8:00 p.m.	Virtual Childbirth #3-6:30-8:30pm	Pregnancy After Loss Support Group-6:00-7:00pm			
			Lamaze #3-6:30-8:30pm			
			Virtual Breastfeeding for Multiples-6:30-8:30 p.m.			
			Virtual Baby Care Basics #1-6:30-8:30pm			
23	24	25	26	27	28	29
	Breastfeeding Support Group-10-11:30 a.m.	Skills for Parenthood-10:00-11:00am	The Mothers' Recovery Circle-1:00-2:00pm	New Parent Network-1:00-2:30 p.m.	Lactation Support Group-12:00-1:00pm	Weekend Childbirth-9:00-4:30 p.m.
	HOPE Group (Evening)-6:00-7:30pm	Co-regulation: The Ongoing Dance Between Parent & Child-6:00-7:00pm	Breastfeeding Support Group-10-11:30 a.m.	My Changing Body-3:30-4:30pm		
		HeartStrings Loss Support Group-7:00-8:00pm	Virtual Baby Care Basics #2-6:30-8:30pm	Birth Center Tour-6pm & 7pm		
			Lamaze #4-6:30-8:30pm			
			Music Assisted Relaxation-1:30-2:30pm			
30	Class Location Key					

UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	Love the Hill/Carriage House
Virtual classes	Maternal Wellness	Lifeteam	Updated-5/14/2024