

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Breastfeeding Support Group-10-11:30 a.m. How Much Worrying is Too Much:Peer Support Group-2:00-3:00pm Virtual Early Pregnancy-6:30-8:30 p.m. UPMC Carlisle Tours	2 New Parent Network-1:00-2:30 p.m. Breastfeeding 6:00-8:30 pm	3 Lactation Support Group-12:00-1:00pm	4 Weekend Childbirth-9:00-4:30 p.m.
5	6 HOPE Group (Day)-12:00-1:30pm Baby Care Basics #1-6:30-8:30pm Childbirth #3-6:30-8:30pm	7 Birth Center Tour-11-12pm Virtual Childbirth #1-6:30-8:30pm Lamaze #1-6:30-8:30pm	8 Breastfeeding Support Group-10-11:30 a.m. Virtual Breastfeeding #1-6:30-8:30pm Virtual Grandparents-6:30-8:30pm Virtual Cesarean Birth-6:30-8:30pm	9 New Parent Network-1:00-2:30 p.m. Destigmatizing Infertility Support Group-5:00-6:00pm	10 Lactation Support Group-12:00-1:00pm	11
12	13 HOPE Group (Evening)-6:00-7:30pm Baby Care Basics #2-6:30-8:30pm Childbirth #4-6:30-8:30pm Birth Center Tour-6pm & 7pm	14 Music for Play-10:00-10:30am F&F CPR-6:30-8:30 p.m. Virtual Baby Care Basics #1-6:30-8:30pm Lamaze #2-6:30-8:30pm Virtual Childbirth #2-6:30-8:30pm	15 Breastfeeding Support Group-10-11:30 a.m. Mental Health Minute-Seeking Reassurance-2:00-3:00pm Virtual Breastfeeding #2-6:30-8:30pm	16 Self-Care And Tools For Emotional Wellness-12:30-1:30pm New Parent Network-1:00-2:30 p.m. Ready and Waiting-6:30-7:30p.m.	17 Lactation Support Group-12:00-1:00pm	18 Virtual Weekend Breastfeeding-10:30-2:30pm Weekend Baby Care-9:00-1:30p.m.
19	20 HOPE Group (Day)-12:00-1:30pm	21 Skills for Motherhood -10:00-11:00am Virtual Baby Care Basics #2-6:30-8:30pm Lamaze #3-6:30-8:30pm Virtual Childbirth #3-6:30-8:30pm	22 Breastfeeding Support Group-10-11:30 a.m. The Mothers' Recovery Circle-1:00-2:00pm	23 New Parent Network-1:00-2:30 p.m. Breastfeeding #1-6:30-8:30pm Birth Center Tour-6pm & 7pm Infant Sleep 101-8:00-9:00pm	24 Lactation Support Group-12:00-1:00pm	25
26	27 Memorial Day	28 Lamaze #4-6:30-8:30pm HeartStrings Loss Support Group-7:00-8:00pm	29 Breastfeeding Support Group-10-11:30 a.m.	30 New Parent Network-1:00-2:30 p.m. Breastfeeding #2-6:30-8:30pm The Art of Becoming a Dad-6:00-7:00pm	31 Lactation Support Group-12:00-1:00pm	

Class Location Key			
UPMC Carlisle	UPMC Harrisburg	In-Person-Camp Hill Giant	Updated-4/16/2024
Virtual classes	Maternal Wellness (* = In Person)	Lifeteam	