

# November 2023

October '23						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

December '23							January '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2	1	2	3	4	5	6	
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Breastfeeding Support Group-10-11:30a Virtual Breastfeeding #1-6:30-8:30p Birth Center Tours-6:00 & 6:45p	<b>2</b> New Parent Network:1:00-2:30p Virtual Early Pregnancy-6:30-8:30p	<b>3</b>	<b>4</b> Weekend Childbirth-9:00-4:30p
<b>5</b> Daylight Saving	<b>6</b> Childbirth #2-6:30-8:30p Baby Care Basics #1-6:30-8:30p Pelvic Floor Recovery: PT Series 1:15-2:00p	<b>7</b> Birth Center Tour-11:00a Lamaze #3-6:30-8:30p Virtual Childbirth #1-6:30-8:30pm Birth Center Tours-6:00 & 7:00p	<b>8</b> Breastfeeding Support Group-10-11:30a Virtual Breastfeeding #2-6:30-8:30p	<b>9</b> New Parent Network:1:00-2:30p Virtual Early Pregnancy-6:30-8:30p Breastfeeding #1-6:30-8:30p Boundaries/Stress-Holidays- 11:00a	<b>10</b>	<b>11</b> Veterans Day Working Parent Network-10:00-11:00
<b>12</b>	<b>13</b> Childbirth #3-6:30-8:30p Baby Care Basics #2-6:30-8:30p HOPE Group-6-7:30p (* option)	<b>14</b> F&F CPR Virtual Childbirth #2-6:30-8:30pm Lamaze #4-6:30-8:30p MT: Motor Skills-10:00-10:30a	<b>15</b> Breastfeeding Support Group-10-11:30a Birth Center Tours-6:00 & 7:00p Virtual Breastfeeding for Multiples-6:30-8:30p Virtual Grandparents-6:30-8:30p Budgeting for Babies-6:00p	<b>16</b> New Parent Network:1:00-2:30p Breastfeeding #2-6:30-8:30p Virtual Baby Care Basics-6:30-7:30p Virtual Ready and Waiting-6:30-7:30 Mommy & Me Yoga-11-11:45a	<b>17</b>	<b>18</b> Baby Bundle-9:00-5:30p
<b>19</b>	<b>20</b> Childbirth #4-6:30-8:30p	<b>21</b> Virtual Childbirth #3-6:30-8:30pm Lamaze #5-6:30-8:30p Virtual Cesarean Birth-6:30-8:30p	<b>22</b> Breastfeeding Support Group-10-11:30a	<b>23</b> Thanksgiving	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Childbirth #1-6:30-8:30p HOPE Group-6-7:30p (* option)	<b>28</b>	<b>29</b> Breastfeeding Support Group-10-11:30a *PNO: Mandala Relaxation-6:30-7:30p	<b>30</b> New Parent Network:1:00-2:30p Topic: Learning Through Play Birth Center Tours-6:00 & 7:00p		
					If you have questions please call 717-231-8916 or email <a href="mailto:parentchildducation@upmc.edu">parentchildducation@upmc.edu</a>	
					<b>Class Location Key</b> UPMC Carlisle      UPMC Harrisburg      In-Person-Camp Hill Giant Virtual classes      Maternal Wellness (* = In Person)      Lifeteam In -Person-Linglestown Giant	

Updated 11/3/23