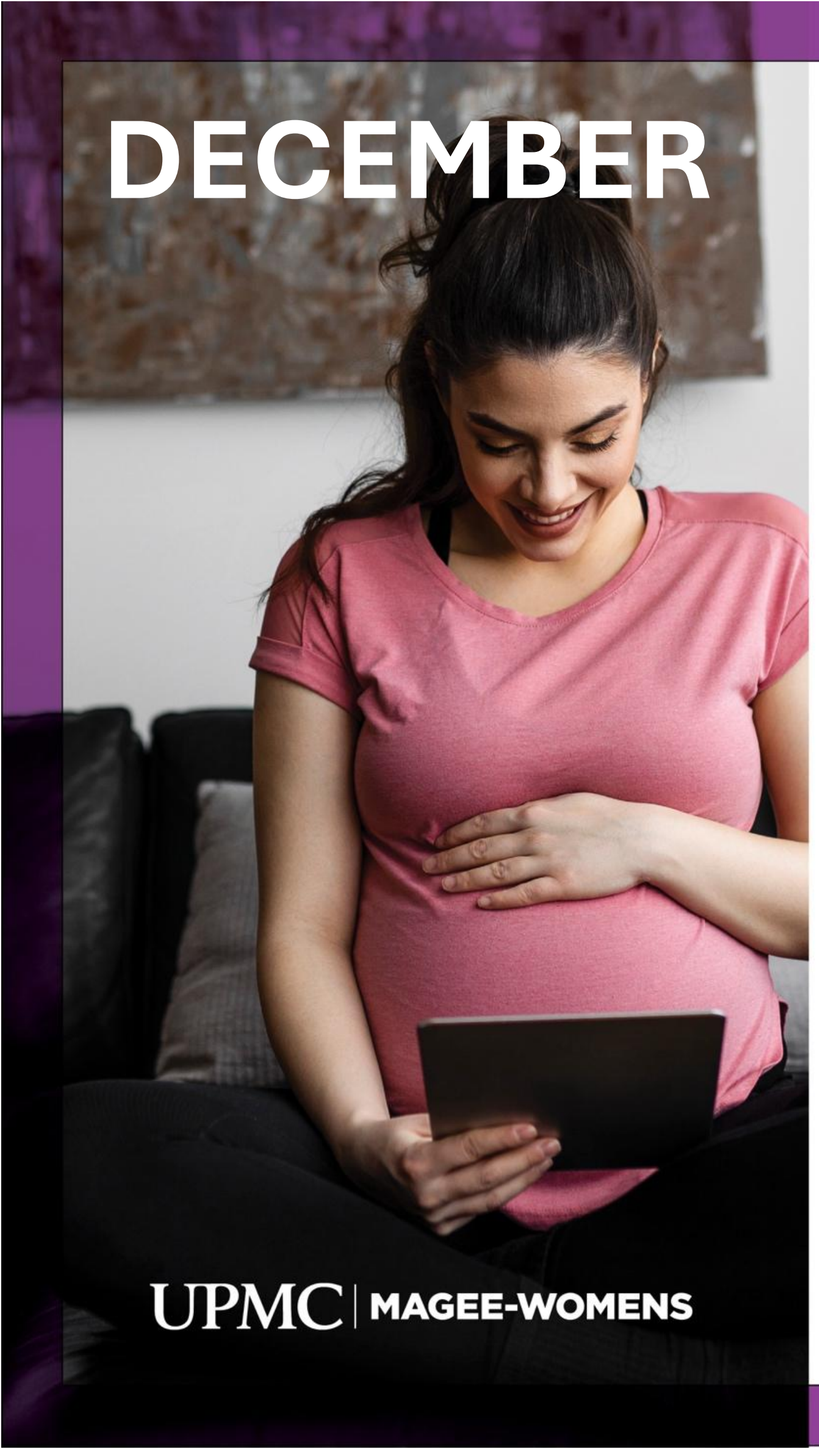


MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Caring for Yourself in the Postpartum Period 4:30-5:30pm --- Mom and Baby Group 6:00-7:00pm 1	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm 2	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 3	Lactation Support Group 6:30-7:30pm 4
Pelvic Floor Series: Introduction to Pelvic Floor/Core During and After Pregnancy 1:15-2:00pm 7	Mom and Baby Group 6:00-7:00pm 8	Caring for Your Newborn 12:00-1:00pm 9	**S.E.E.D.**-A Group for New Fathers and Supporters 6:00-7:00pm --- What to Expect When You're Expecting Delivery 11:00-11:30am 10	Lactation Support Group 12:00-1:00m 11
Making Music Together! 12:30-1:00pm --- **HOPE Group:** Maternal Mental Health Support Group 6:00-7:30pm 14	Who Am I Now? 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm 15	16	The Mothers' Recovery Connection 10:00-11:00am --- Self-Care and Tools for Emotional Wellness in Parenting 11:00-12:00pm --- What to Expect When You're Expecting Delivery 11:00-11:30am 17	Lactation Support Group 6:30-7:30pm 18
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm 21	Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:00pm 22	23	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 24	25
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 28	Mom and Baby Group 6:00-7:00pm 29	30	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 31	

SUPPORTING YOUR JOURNEY