

APRIL

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm 1	Pelvic Floor Series: Pelvic Organ Prolapse Prevention 1:15-2:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 2	Lactation Support Group 6:30-7:30pm 3
6	Mom and Baby Group 6:00-7:00pm 7	Transitioning to Spoon Feeding, Baby Led Weaning, and Complementary Solids 12:15-1:00pm 8	Infant Massage 10:00-11:15am --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am --- S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00pm 9	Lactation Support Group 12:00-1:00pm 10
HOPE Group: Maternal Mental Health Support Group 6:00-7:30 13	Making Music Together! 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm 14	The Mothers' Recovery Circle 7:00-8:00pm 15	Self-Care and Tools for Emotional Wellness in Parenting 11:00-12:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 16	Lactation Support Group 6:30-7:30pm 17
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm 20	Who Am I Now? 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm 21	22	Effective Communication Skills 11:00-12:00m --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 23	Lactation Support Group 12:00-1:00pm 24
HOPE Group: Maternal Mental Health Support Group 6:00-7:30 27	Mom and Baby Group 6:00-7:00pm --- Heart Strings:Loss Support Group 7:00-8:00pm 28	Early Newborn Development 12:00-1:00pm 29	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am --- What is a Doula and Do I Need One? 6:00-7:00 30	

