

AUGUST

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Pelvic Floor Series:</u> <u>Restoring Urinary and Bowel Function</u> <u>1:15-2:00pm</u> 3	<u>Mom and Baby Group</u> <u>6:00-7:00pm</u> 4	<u>Perinatal Anxiety & OCD</u> <u>Peer Support Group</u> <u>2:00-3:00pm</u> 5	<u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> <u>11:00-11:30am</u> 6	<u>Lactation Support Group</u> <u>12:00-1:00pm</u> 7
<u>HOPE Group: Maternal Mental Health Support Group</u> <u>6:00-7:30pm</u> 10	<u>Making Music Together!</u> <u>12:00-12:30pm</u> --- <u>Mom and Baby Group</u> <u>6:00-7:00pm</u> 11	 12	<u>S.E.E.D.-A Group for New Fathers and Supporters</u> <u>6:00-7:00pm</u> --- <u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> <u>11:00-11:30am</u> 13	<u>Lactation Support Group</u> <u>6:30-7:30pm</u> 14
<u>HOPE Group: Maternal Mental Health Support Group</u> <u>1:00-2:00pm</u> 17	<u>Who Am I Now?</u> <u>12:00-1:00pm</u> --- <u>Mom and Baby Group</u> <u>6:00-7:00pm</u> 18	 19	<u>Self-Care in Parenting</u> <u>11:00-12:00pm</u> --- <u>The Mothers Recovery Connection</u> <u>10:00-11:00am</u> --- <u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> <u>11:00-11:30pm</u> 20	<u>Lactation Support Group</u> <u>12:00-1:00pm</u> 21
<u>HOPE Group: Maternal Mental Health Support Group</u> <u>6:00-7:30pm</u> 24	<u>Caring for Yourself in the Postpartum Period</u> <u>4:30-5:30pm</u> --- <u>Mom and Baby Group</u> <u>6:00-7:00pm</u> --- <u>Heart Strings Loss Support Group</u> <u>7:00-8:00m</u> 25	 26	<u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> <u>11:00-11:30am</u> 27	<u>Lactation Support Group</u> <u>6:30-7:30pm</u> 28
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