

FEBRUARY

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	What Does Prenatal/Postpartum Anxiety and OCD Look Like? 10:00-11:15am --- Mom and Baby Group 6:00-7:00pm	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm	Pelvic Floor Series: Restoring Core Function & Return to Exercise 1:15-2:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 6:30-7:30pm
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm	Making Music Together! 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm	Tips From a Pediatrician: Newborn Screenings 6:00-7:00pm	S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00pm --- Infant Massage 10:00-11:15am --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm	Who Am I Now? 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm	Injury Prevention 6:30-7:30pm --- The Mothers' Recovery Circle 7:00-8:00pm	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	Lactation Support Group 6:30-7:30pm
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm	Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:0pm	Newborn Bottle-Feeding Techniques 12:15-1:00pm	Caring for Yourself in the Postpartum Period 3:00-4:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm

