

JULY

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm --- Regulate & Restore: Skills for Moms 11:00-12:00pm	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	
Pelvic Floor Series: Restoring Core Function & Return to Exercise 1:15-2:00pm ---	Communication Through Music: Emotional Regulation 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm		S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00pm --- 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 6:00-7:30pm	Creating Your Postpartum Plan 12:00-12:30 --- Mom and Baby Group 6:00-7:00pm	Infant Sleep Basics 7:00-8:00pm	Mothers' Recovery Connection 10:00-11:00am --- 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 1:00-2:00pm	Art Therapy 101 10:00-11:00am --- Before the Baby Comes: Motherhood Preparation 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm	Newborn Bottle-Feeding Techniques 12:15-1:00pm	Mama Movement 11:00-12:00pm --- 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 6:00-7:30pm	Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:00pm	Infant Feeding Guidance for New and Expecting Parents 2:00-3:00pm	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 6:30-7:30pm

