

# JUNE

## MATERNAL WELLNESS PROGRAM

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <p><u><b>Pelvic Floor Series:</b></u><br/> <u>Return to Intimacy and</u><br/> <u>Addressing Pelvic Pain</u><br/> <u>Postpartum and</u><br/> <u>Cesarean/Episiotomy Scars</u><br/> <u>1:15-2:00pm</u></p> <p>1</p> | <p><u>Ages &amp; Stages of Early</u><br/> <u>Language &amp; Hearing</u><br/> <u>Development</u><br/> <u>12:15-1:00pm</u></p> <p>---</p> <p><u>Mom and</u><br/> <u>Baby Group</u><br/> <u>6:00-7:00pm</u></p> <p>2</p> | <p><u>Perinatal Anxiety &amp; OCD</u><br/> <u>Peer Support Group</u><br/> <u>2:00-3:00pm</u></p> <p>3</p> | <p><u>Tips From a Pediatrician: What You Need</u><br/> <u>to Know to Care for Your Newborn Baby</u><br/> <u>12:00-1:00pm</u></p> <p>---</p> <p><u>Home Safety</u><br/> <u>6:30-7:30pm</u></p> <p><u>What to Expect When You're</u><br/> <u>Expecting Delivery at Magee</u><br/> <u>11:00-11:30am</u></p> <p>4</p>  | <p><u>Lactation Support Group</u><br/> <u>12:00-1:00pm</u></p> <p>5</p>   |
| <p><u><b>HOPE Group: Maternal</b></u><br/> <u>Mental Health Support</u><br/> <u>Group</u><br/> <u>6:00-7:30pm</u></p> <p>8</p>  | <p><u>Making Music Together!</u><br/> <u>12:00-12:30pm</u></p> <p>---</p> <p><u>Mom and Baby Group</u><br/> <u>6:00-7:00pm</u></p> <p>9</p>   | <p>10</p>   | <p><u>Self-Care and Tools for Emotional</u><br/> <u>Wellness in Parenting</u><br/> <u>11:00-12:00pm</u></p> <p>---</p> <p><u>What to Expect When You're Expecting</u><br/> <u>Delivery at Magee</u><br/> <u>11:00-11:30am</u></p> <p>---</p> <p><u>S.E.E.D.-A Group for New Fathers and</u><br/> <u>Supporters</u><br/> <u>6:00-7:00pm</u></p> <p>11</p> | <p><u>Lactation Support Group</u><br/> <u>6:30-7:30pm</u></p> <p>12</p>   |
| <p><u><b>HOPE Group: Maternal</b></u><br/> <u>Mental Health Support</u><br/> <u>Group</u><br/> <u>1:00-2:00pm</u></p> <p>15</p>   | <p><u>Who Am I Now?</u><br/> <u>12:00-1:00pm</u></p> <p>---</p> <p><u>Mom and Baby Group</u><br/> <u>6:00-7:00pm</u></p> <p>16</p>  | <p><u>The Mothers' Recovery</u><br/> <u>Circle</u><br/> <u>7:00-8:00pm</u></p> <p>17</p>                  | <p><u>What to Expect When You're</u><br/> <u>Expecting Delivery at Magee -</u><br/> <u>Pittsburgh</u><br/> <u>11:00-11:30am</u></p> <p>18</p>  | <p><u>I Think I'm Struggling, Now</u><br/> <u>What?</u><br/> <u>11:00-12:00pm</u></p> <p>---</p> <p><u>Lactation Support Group</u><br/> <u>12:00-1:00pm</u></p> <p>19</p> |
| <p><u><b>HOPE Group: Maternal</b></u><br/> <u>Mental Health Support</u><br/> <u>Group</u><br/> <u>6:00-7:30pm</u></p> <p>22</p>   | <p><u>Hear Strings: Loss Support</u><br/> <u>Group</u><br/> <u>7:00-8:00m</u></p> <p>---</p> <p><u>Mom and Baby Group</u><br/> <u>6:00-7:00pm</u></p> <p>23</p>   | <p>24</p>   | <p><u>Infant Massage</u><br/> <u>10:00-11:15am</u></p> <p>---</p> <p><u>What to Expect When You're</u><br/> <u>Expecting Delivery at Magee -</u><br/> <u>Pittsburgh</u><br/> <u>11:00-11:30am</u></p> <p>25</p>  | <p><u>Lactation Support Group</u><br/> <u>6:30-7:30pm</u></p> <p>26</p>   |
| <p>29</p>   | <p><u>Mom and Baby Group</u><br/> <u>6:00-7:00pm</u></p> <p>30</p>  |   |  |   |

