

MARCH

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Perineal Tearing: Preparation, Repairs, & Recovery 12:00-1:00pm 2	Mom and Baby Group 6:00-7:00pm 3	Regulate & Restore: Skills for Moms 11:00-12:00pm --- Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm 4	Pelvic Floor Series: Pregnancy Tips, How to Address Aches & Pains During Pregnancy 1:15-2:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 5	Lactation Support Group 6:30-7:30pm 6
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 9	Communication With Your Child Through Music 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm 10	Intro to Reflexology for Stress Relief 2:00-2:30pm 11	Infant Feeding Guidance For New and Expecting Parents 12:00-1:00pm --- 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 12	Lactation Support Group 12:00-1:00pm 13
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm 16	Before the Baby Comes: Motherhood Preparation 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm 17	The Mothers' Recovery Circle 7:00-8:00pm 18	Mama Movement 11:00-12:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am --- Infant Sleep Basics 7:00-8:00pm 19	Lactation Support Group 6:30-7:30pm 20
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 23	Budgeting for Baby and Beyond 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:00pm 24	25	I Think I'm Struggling, Now What? 11:00-12:00pm 26	Lactation Support Group 12:00-1:00pm 27
30	Mom and Baby Group 6:00-7:00pm 31			

