

MAY

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lactation Support Group 6:30-7:30pm
				1
Pelvic Floor Series: Introduction to Pelvic Floor and Core 1:15-2:00pm	Mom and Baby Group 6:00-7:00pm --- Infant Sleep Basics 7:00-8:00pm	Intro to Reflexology for Stress Relief 2:00-2:30pm --- Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm	What Does Prenatal/Postpartum Anxiety and OCD Look Like? 10:00-11:30am --- What to Expect When You're Expecting Delivery at Magee -Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm
4	5	6	7	8
HOPE Group: Maternal Mental Health Support Group 6:00-7:30	Bedtime Routines 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm	Tips From a Pediatrician: Common Childhood Illnesses 1:00-2:00pm	SEED: Partner Support Group 6:00-7:00m --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 6:30-7:30pm
11	12	13	14	15
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	The Mothers' Recovery Circle 7:00-8:00pm	Mama Movement 11:00-12:00pm --- Caring for Yourself in the Postpartum Period 3:00-4:00pm --- What to Expect-Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm
18	19	20	21	22
	Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:00pm		What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 6:30-7:30pm
25	26	27	28	29

