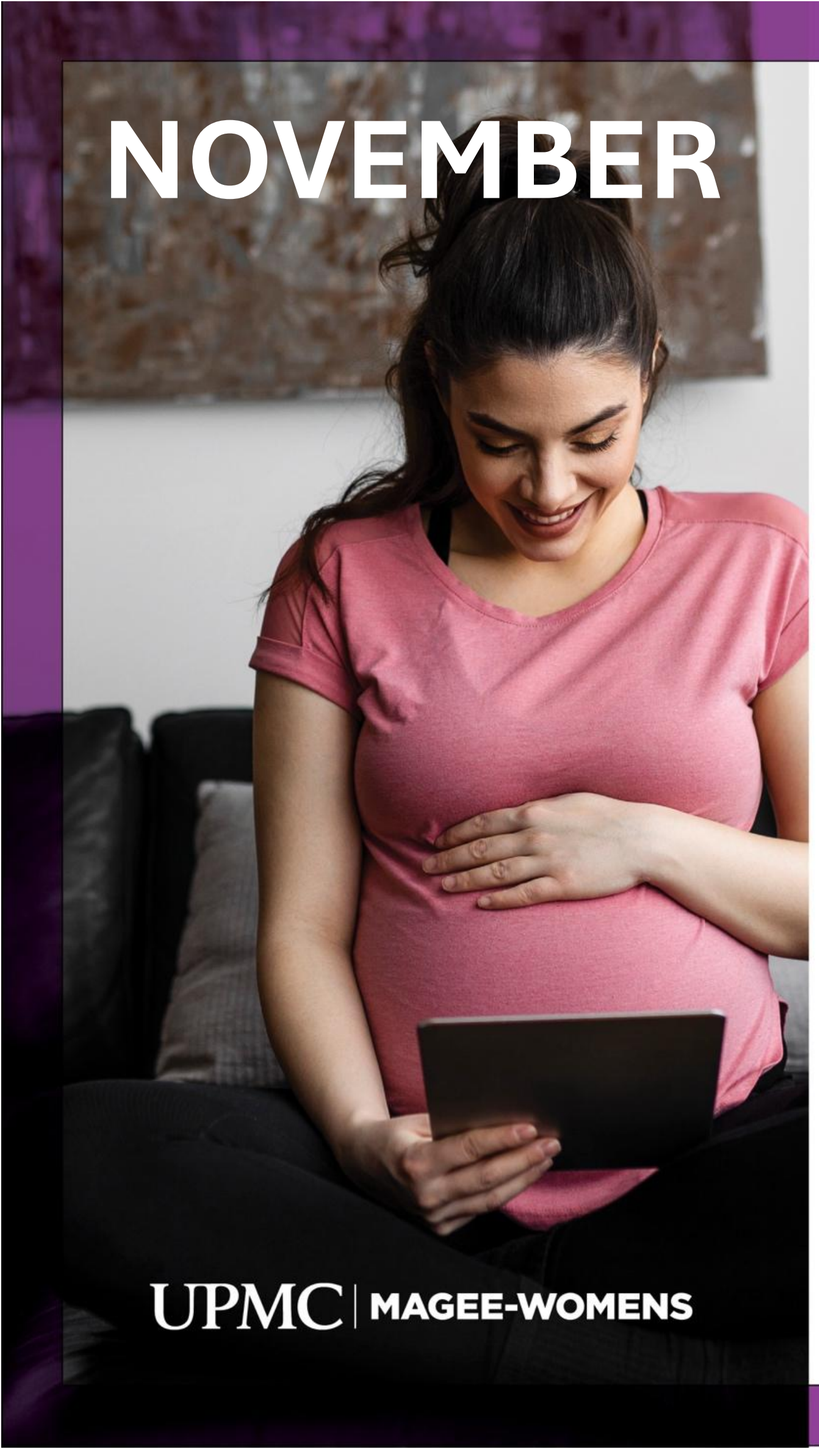


MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Perinatal Pelvic Floor Series: Pelvic Organ Prolapse Prevention 1:15-2:00pm 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	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am 5	I Think I'm Struggling, Now What? 11:00-12:00 --- Lactation Support Group 6:30-7:30pm 6
Music for the Senses 12:30-1:00pm --- **HOPE Group:** Maternal Mental Health Support Group 6:00-7:30pm 9	Mom and Baby Group 6:00-7:00pm 10	Home Safety 12:00-1:00pm 11	What to Expect When You're Expecting-Pitt. 11:00-11:30am --- Early Newborn Development 12:00-1:00m --- **S.E.E.D.** 6:00-7:00pm 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 --- Ages & Stages of Early Language & Hearing Development 12:15-1:00pm --- Mom and Baby Group 6:00-7:00pm 17	Boundaries and Stress Over the Holidays 12:00-1:00pm 18	Mothers' Recovery Connection 10:00-11:00am --- Mama Movement 11:00-12:00pm --- What to Expect When You're Expecting-Pitt. 11:00-11:30am 19	Lactation Support Group 6:30-7:30pm 20
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 23	Therapeutic Art 101 10:00-11:00am --- Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support 7:00-8:00pm 24	25	26	Lactation Support Group 12:00-1:00pm 27
30				

SUPPORTING YOUR JOURNEY