

OCTOBER

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm
			1	2
	Mom and Baby Group 6:00-7:00pm	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm	S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00pm	Lactation Support Group 6:30-7:30pm
5	6	7	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	9
Pelvic Floor Series: Things No One Told You About Postpartum 1:15-2:00pm			The Mothers' Recovery Connection 10:00-11:00am	
---	Mom and Baby Group 6:00-7:00pm	Perineal Tearing: Preparation, Repairs, & Recovery 12:00-1:00pm	Self-Care and Tools for Emotional Wellness in Parenting 11:00-12:00pm	Lactation Support Group 12:00-1:00pm
Making Music Together! 12:30-1:00pm			---	
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm	13	14	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	16
12			15	
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm	What is a Doula and Do I Need One? 12:00-1:00pm	Babywearing 101 10:00-11:30am	Infant Massage 10:00-11:15am	Lactation Support Group 6:30-7:30pm
19	---	---	---	23
	Who Am I Now? 12:00-1:00pm	Bottle Feeding for the Breast-Fed Child 12:15-1:00pm	Common Newborn Illnesses 12:00-1:00pm	
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	Mom and Baby Group 6:00-7:00pm		What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	
	20		22	
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm	Heart Strings: Loss Support Group 7:00-8:00pm	Intro to Reflexology for Stress Relief 2:00-2:30pm	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-11:30am	Lactation Support Group 12:00-1:00pm
26	---	29	30	31
	Mom and Baby Group 6:00-7:00pm			
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