

SEPTEMBER

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>Mom & Baby Group</u> 6:00-7:00pm	<u>Tips From a Pediatrician: What You Need to Know to Care for Your Newborn Baby</u> 12:00-1:00pm --- <u>Perinatal Anxiety & OCD Peer Support Group</u> 2:00-3:00pm	<u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> 11:00-11:30am	<u>Effective Communication Skills</u> 11:00-12:00pm --- <u>Lactation Support Group</u> 12:00-1:00pm
	<u>Communication Through Music Series: Self Esteem for Moms</u> 12:00-1:00pm --- <u>Mom & Baby Group</u> 6:00-7:00pm	<u>Back to Work After Baby</u> 12:00-1:00pm	<u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> 11:00-11:30am --- <u>SEED: Partner Support Group</u> 6:00-7:00pm --- <u>Infant Sleep Basics</u> 7:00-8:00pm	<u>Lactation Support Group</u> 6:30-7:30 pm
<u>Perinatal Pelvic Floor Recovery Series: Pregnancy Tips, How to Address Aches & Pains During Pregnancy</u> 1:15-2:00pm --- <u>HOPE Group: Maternal Mental Health Peer Support</u> 6:00-7:30pm	<u>Before the Baby Comes: Motherhood Preparation</u> 12:00-1:00pm --- <u>Mom & Baby Group</u> 6:00-7:00pm	<u>Budgeting for Baby and Beyond</u> 12:00-1:00pm	<u>Mothers' Recovery Connection</u> 10:00-11:00am --- <u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> 11:00-11:30am --- <u>Mama Movement</u> 11:00-12:00pm	<u>Lactation Support Group</u> 12:00-1:00pm
<u>HOPE Group: Maternal Mental Health Peer Support</u> 1:00-2:00pm	<u>Art Therapy 101</u> 10:00-11:00am --- <u>Mom & Baby Group</u> 6:00-7:00pm --- <u>Heart Strings: Loss Support Group</u> 7:00-8:00pm		<u>What to Expect When You're Expecting Delivery at Magee - Pittsburgh</u> 11:00-11:30am --- <u>Transitioning to Spoon Feeding, Baby Led Weaning, and Complementary Solids</u> 12:15-1:00pm	<u>Lactation Support Group</u> 6:30-7:30 pm
<u>HOPE Group: Maternal Mental Health Peer Support</u> 6:00-7:30pm	<u>Mom & Baby Group</u> 6:00-7:00pm			

