

NOVEMBER

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<u>Lactation Support Group</u> 12:00-1:00p
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<u>HOPE Group-Maternal Mental Health Peer Support Group</u> 12:00-1:30p ---- <u>Perinatal Pelvic Floor Recovery Series: Addressing Constipation Postpartum</u> 1:15-2:15p	<u>Communication Through Music Series: Motor Skills and Music</u> 10:00-10:30p	<u>Perinatal Anxiety & OCD Peer Support Group</u> 2:00-3:00p	<u>Infant Massage</u> 11:00-12:00p	<u>Perineal Tearing: Preparation, Repairs, & Recovery</u> 12:00-1:00p ---- <u>Lactation Support Group</u> 12:00-1:00p
4	5	6	7	8
<u>HOPE Group-Maternal Mental Health Peer Support Group</u> 6:00-7:30p	<u>Cultivating a Helpful Inner Voice</u> 10:30-11:30a	<u>Tips From a Pediatrician: Common Childhood Illnesses</u> 2:00-3:00p	<u>Destigmatizing Infertility Support Group</u> 5:00-6:00p ---- <u>S.E.E.D.-A Group for New Fathers & Supporters</u> 6:00-7:00p	<u>Lactation Support Group</u> 12:00-1:00p
11	12	13	14	15
<u>HOPE Group-Maternal Mental Health Peer Support Group</u> 12:00-1:30p	<u>Skills for Motherhood</u> 12:00-1:00p	<u>Mental Health Minute: Intrusive Thoughts</u> 2:00-3:00p	<u>Self-Care and Tools for Emotional Wellness in Parenting</u> 2:00-3:00p	<u>Lactation Support Group</u> 12:00-1:00p
18	19	20	21	22
<u>HOPE Group-Maternal Mental Health Peer Support Group</u> 6:00-7:30p	<u>Heart Strings: Loss Support Group</u> 7:00-8:00p	<u>The Mothers' Recovery Circle</u> 1:00-2:00p		
25	26	27	28	29

