

AUGUST

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lactation Support Group 12:00-1:00pm
				1
Pelvic Floor Series: Things no one Told You About Postpartum. 1:15-2:00pm		Perinatal Anxiety/OCD Peer Support Group 2:00-3:00pm		Lactation Support Group 6:30-7:30 pm
4	5	6	7	8
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30pm	Communication Through Music Series: Music for Emotional Regulation 12:00-12:30pm --- Mam & Baby Group 6:00-7:00pm	Early Development 6:00-7:00pm	Destigmatizing Infertility Support Group 5:00-6:00pm --- S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00pm	Lactation Support Group 12:00-1:00pm
11	12	13	14	15
HOPE Group: Maternal Mental Health Peer Support 1:00-2:00 pm	The Hidden Grief of Motherhood 12:00-1:00pm --- Mam & Baby Group 6:00-7:00pm	The Mothers Recovery Circle 7:00-8:00pm	Self-Care and Tools for Emotional Wellness 12:00-1:00pm --- Home Safety 12:00-1:00pm	Lactation Support Group 6:30-7:30 pm
18	19	20	21	22
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30pm	Heart Strings: Loss Peer Support Group 7:00-8:00pm --- Mam & Baby Group 6:00-7:00pm	Ages and Stages of Early Language Development 12:15-1:00pm		Lactation Support Group 12:00-1:00pm
25	26	27	28	29

