

# DECEMBER

# MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>HOPE Group-Maternal Mental Health Peer Support Group</u> 12:00-1:30p</p> <p>2</p>	<p>3</p>	<p><u>Perinatal Anxiety &amp; OCD Peer Support Group</u> 2:00-3:00p</p> <p>4</p>	<p><u>Infant Sleep 101</u> 6:30-7:30p</p> <p>5</p>	<p><u>Lactation Support Group</u> 12:00-1:00p</p> <p>6</p>
<p><u>Perinatal Pelvic Floor Recovery Series: Pregnancy Tips!</u> 1:15-2:15p</p> <p>----</p> <p><u>HOPE Group-Maternal Mental Health Peer Support Group</u> 6:00-7:30p</p> <p>9</p>	<p><u>Communication Through Music Series: Music for the Senses</u> 10:00-10:30p</p> <p>10</p>	<p>11</p>	<p><u>Destigmatizing Infertility Support Group</u> 5:00-6:00p</p> <p>----</p> <p><u>S.E.E.D.-A Group for New Fathers &amp; Supporters</u> 6:00-7:00p</p> <p>12</p>	<p><u>Lactation Support Group</u> 12:00-1:00p</p> <p>13</p>
<p>16</p>	<p><u>Skills for Motherhood</u> 12:00-1:00p</p> <p>----</p> <p><u>Tips From a Pediatrician: Infant Feedings and Newborn Jaundice</u> 12:00-1:0p</p> <p>17</p>	<p>18</p>	<p><u>Self-Care and Tools for Emotional Wellness in Parenting</u> 11:00-12:00-p</p> <p>19</p>	<p><u>Lactation Support Group</u> 12:00-1:00p</p> <p>20</p>
<p><u>HOPE Group-Maternal Mental Health Peer Support Group</u> 6:00-7:30p</p> <p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p><u>Lactation Support Group</u> 12:00-1:00p</p> <p>27</p>
<p>30</p>	<p>31</p>			

