

# DECEMBER

## MATERNAL WELLNESS PROGRAM

| MONDAY                                                                                                | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                        | FRIDAY                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                       | <a href="#">Tips From a Pediatrician:</a><br><a href="#">Infant Feedings</a><br>11:00-12:00pm<br>---<br><a href="#">Mom and Baby Group</a><br>6:00-7:00pm | <a href="#">Perinatal Anxiety &amp; OCD</a><br><a href="#">Peer Support Group</a><br>2:00-3:00pm | <a href="#">Pelvic Floor Series: Restoring</a><br><a href="#">Core Function &amp; Return</a><br><a href="#">to Exercise</a><br>1:15-2:00pm<br>---<br><a href="#">What to Expect When You're</a><br><a href="#">Expecting Delivery at Magee -</a><br><a href="#">Pittsburgh</a><br>11:00-11:30am | <a href="#">Lactation Support Group</a><br>12:00-1:00pm                                                                                               |
| <a href="#">HOPE Group: Maternal</a><br><a href="#">Mental Health Support</a><br>Group<br>6:00-7:30pm | <a href="#">Making Music Together!</a><br>12:00-12:30pm<br>---<br><a href="#">Mom and Baby Group</a><br>6:00-7:00pm                                       | <a href="#">Boundaries and Stress</a><br><a href="#">Over the Holidays</a><br>11:00-12:00pm      | <a href="#">S.E.E.D.-A Group for New</a><br><a href="#">Fathers and Supporters</a><br>6:00-7:00pm<br>---<br><a href="#">What to Expect When You're</a><br><a href="#">Expecting Delivery at Magee -</a><br><a href="#">Pittsburgh</a><br>11:00-11:30am                                          | <a href="#">I Think I'm Struggling,</a><br><a href="#">Now What?</a><br>12:30-1:30pm<br>---<br><a href="#">Lactation Support Group</a><br>6:30-7:30pm |
| <a href="#">HOPE Group: Maternal</a><br><a href="#">Mental Health Support</a><br>Group<br>1:00-2:00pm | <a href="#">The Hidden Grief of</a><br><a href="#">Motherhood</a><br>12:00-1:00pm                                                                         | <a href="#">The Mothers' Recovery</a><br><a href="#">Circle</a><br>7:00-8:00pm                   | <a href="#">Self-Care and Tools for</a><br><a href="#">Emotional Wellness in Parenting</a><br>11:00-12:00pm<br>---<br><a href="#">What to Expect When You're</a><br><a href="#">Expecting Delivery at Magee -</a><br><a href="#">Pittsburgh</a><br>11:00-11:30am                                | <a href="#">Lactation Support Group</a><br>12:00-1:00pm                                                                                               |
| <a href="#">HOPE Group: Maternal</a><br><a href="#">Mental Health Support</a><br>Group<br>6:00-7:30pm |                                                                                                                                                           |                                                                                                  |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                       |
|                                                                                                       | <a href="#">Mom and Baby Group</a><br>6:00-7:00pm                                                                                                         |                                                                                                  |                                                                                                                                                                                                                                                                                                 |                                                                                                                                                       |
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