

JANUARY

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lactation Support Group 12:00-1:00p
		1	2	3
Perinatal Pelvic Floor Series: things no one told you about postpartum 1:15-2:15p	Mom and Baby Group 6:00-7:00p	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00p	Destigmatizing Infertility Support Group 4:00-5:00p --- S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00p	Lactation Support Group 6:30-7:30p
6	7	8	9	10
Creating Your Postpartum Plan 12:00-12:30p --- HOPE Group: Maternal Mental Health Peer Support 6:00-7:30p	Music for Regulation 10:00-10:30a --- Mom and Baby Group 6:00-7:00p	Tips From a Pediatrician: How to Care for Your Baby 12:00-1:00p --- Mental Health Minute: Reassurance Seeking 2:00-3:00p --- Mothers' Recovery Circle 7:00-8:00p	Self-Care and Tools for Emotional Wellness in Parenting 11:00-12:00p	Lactation Support Group 12:00-1:00p
13	14	15	16	17
HOPE Group: Maternal Mental Health Peer Support 1:00-2:00p	Skills for Motherhood 12:00-1:00p --- Mom and Baby Group 6:00-7:00p	Intro to Reflexology for Stress Relief 2:00-2:30p		Lactation Support Group 6:30-7:30p
20	21	22	23	24
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30p	Mom and Baby Group 6:00-7:00p --- Heart Strings: Loss Support Group 7:00-8:00p		What is a Doula and Do I Need One? 12:00-1:00p	
27	28	29	30	31

