

JANUARY

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Lactation Support Group 12:00-1:00p
			1	2
	Tips From a Pediatrician: What You Need to Know to Care for Your Newborn Baby 12:00-1:00pm --- Mom and Baby Group 6:00-7:00p	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00p	What to Expect When You're Expecting-Magee 11:00-11:30 --- Restoring Urinary and Bowel Function 1:15-2:00pm --- S.E.E.D.-A Group for New Fathers and Supporters 6:00-7:00p	Lactation Support Group 6:30-7:30p
5	6	7	8	9
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30p	Pregnancy, Parenting, and Playlists 12:00-12:30pm --- Mom and Baby Group 6:00-7:00p	Infant Sleep Basics 7:00-8:00pm	What to Expect When You're Expecting-Magee 11:00-11:30 --- Creating Your Postpartum Plan 12:00-12:30p --- Mama Movement 11:00-12:00p	Lactation Support Group 12:00-1:00p
12	13	14	15	16
HOPE Group: Maternal Mental Health Peer Support 1:00-2:00p	Before the Baby Comes: Motherhood Preparation 12:00-1:00pm --- Mom and Baby Group 6:00-7:00p	The Mothers' Recovery Circle 7:00-8:00pm	What to Expect When You're Expecting-Magee 11:00-11:30	Effective Communication Skills 12:30-1:30pm --- Lactation Support Group 6:30-7:30p
19	20	21	22	23
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	Ages & Stages of Early Language Development & Early Hearing Development 12:15-1:00pm	What to Expect When You're Expecting-Magee 11:00-11:30	
26	27	28	29	30

