

JULY

# MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<a href="#">Creating Your Postpartum Plan</a> 12:00-12:30pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm	<a href="#">Perinatal Anxiety/OCD Peer Support Group</a> 2:00-3:00pm		
<a href="#">Perinatal Pelvic Floor Series: How to Address Aches &amp; Pains During Pregnancy</a> 1:15-2:00pm	<a href="#">Making Music Together</a> 12:00-12:30pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm	<a href="#">Budgeting for Baby</a> 12:30-1:00pm	<a href="#">Destigmatizing Infertility Peer Support Group</a> 4:00-5:00pm --- <a href="#">SEED: Partner Support Group</a> 6:00-7:00pm	<a href="#">Lactation Support Group</a> 6:30-7:30pm
<a href="#">HOPE Group: Maternal Mental Health Peer Support Group</a> 6:00-7:30pm	<a href="#">Skills for Motherhood</a> 12:00-1:00pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm	<a href="#">The Mothers Recovery Circle</a> 7:00-8:00pm	<a href="#">Mama Movement</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 12:00-1:00pm
<a href="#">HOPE Group: Maternal Mental Health Peer Support Group</a> 1:00-2:00pm	<a href="#">Mom and Baby Group</a> 6:00-7:00pm --- <a href="#">Heart Strings: Loss Peer Support Group</a> 7:00-8:00pm			<a href="#">Lactation Support Group</a> 6:30-7:30pm
<a href="#">HOPE Group: Maternal Mental Health Peer Support Group</a> 6:00-7:30pm	<a href="#">Tips From a Pediatrician: What You Need to Know to Care for Your New Baby</a> 12:00-1:00pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm	<a href="#">Bottle Feeding for the Breastfed Child</a> 12:15-1:00pm		

