

JUNE

# MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<a href="#">Perinatal Pelvic Floor Series: Restoring Urinary &amp; Bowel Function (addressing urgency, frequency, incontinence and constipation)</a> 1:15-2:15pm 2	<a href="#">Mom &amp; Baby Group</a> 6:00-7:00pm --- <a href="#">Infant Sleep Basics</a> 7:00-8:00pm 3	<a href="#">Perinatal Anxiety/OCD Peer Support Group</a> 2:00-3:00pm 4	5	<a href="#">Lactation Support Group</a> 6:30pm-7:30pm 6
<a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 6:00-7:30pm 9	<a href="#">Communication Through Music Series: Motor Skills and Music</a> 12:00-12:30pm --- <a href="#">Mom &amp; Baby Group</a> 6:00-7:00pm 10	<a href="#">Infant Feeding Guidance For New and Expecting Parents</a> 12:00-1:00pm 11	<a href="#">Destigmatizing Infertility Support Group</a> 4:00-5:00pm --- <a href="#">S.E.E.D: A Group for New Fathers and Supporters</a> 6:00-7:00pm 12	<a href="#">Lactation Support Group</a> 12:00-1:00pm --- <a href="#">I Think I'm Struggling. Now What</a> 12:30-1:30pm 13
<a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 1:00-2:00pm 16	<a href="#">The Hidden Grief of Motherhood</a> 12:00-1:00pm --- <a href="#">Mom &amp; Baby Group</a> 6:00-7:00pm 17	<a href="#">Intro to Reflexology</a> 2:00-2:30pm ---- <a href="#">The Mothers Recovery Circle</a> 7:00-8:00pm 18	<a href="#">Self-Care and Tools for Emotional Wellness</a> 11:00-12:00 pm 19	<a href="#">Lactation Support Group</a> 6:30pm-7:30pm 20
<a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 6:00-7:30pm 23	<a href="#">Mom &amp; Baby Group</a> 6:00-7:00pm --- <a href="#">Heart Strings: Loss Support Group</a> 7:00-8:00pm 24	<a href="#">Transitioning to Spoon Feeding, Baby Led Weaning, and Complementary Solids</a> 12:15-1:00PM 25	26	<a href="#">Lactation Support Group</a> 12:00-1:00pm 27
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