

SEPTEMBER

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Mom & Baby Group 6:00-7:00pm	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm	Caring for Yourself in the Postpartum Period 3:00-4:00pm	Lactation Support Group 12:00-1:00pm
1	2	3	4	5
Perinatal Pelvic Floor Recovery Series: Pelvic Organ Prolapse Prevention 1:15-2:00pm ---	Communication Through Music Series: Self Esteem for Moms 12:00-1:00pm ---	Ages & Stages of Early Language Development 11:145-12:30	Destigmatizing Infertility Support Group 5:00-6:00pm ---	I Think I'm Struggling, Now What? 12:30-1:30pm ---
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30	Mom & Baby Group 6:00-7:00pm	10	SEED: Partner Support Group 6:00-7:00pm	Lactation Support Group 6:30-7:30 pm
8	9		11	12
HOPE Group: Maternal Mental Health Peer Support 1:00-2:00pm	Skills for Motherhood 12:00-1:00pm ---	Common Illnesses 12:00-1:00pm ---	What Does Prenatal/Postpartum Anxiety and OCD Look Like? 10:00-11:15am ---	Lactation Support Group 12:00-1:00pm
15	Mom & Baby Group 6:00-7:00pm	The Mothers Recovery Circle 7:00-8:00pm	Mama Movement 11:00-12:00pm	19
	16	17	18	
HOPE Group: Maternal Mental Health Peer Support 6:00-7:30	Mom & Baby Group 6:00-7:00pm ---	Newborn Bottle-Feeding Techniques 12:15-1:00pm	Infant Massage 10:00-11:15am	Why Isn't Anyone Listening to Me? 12:30-1:30pm ---
22	Heart Strings: Loss Support Group 7:00-8:00pm	24	25	Lactation Support Group 6:30-7:30 pm
	23			26
	Mom & Baby Group 6:00-7:00pm			
29	30			

