

NOVEMBER

MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pelvic Floor Series: Addressing Pelvic Pain, Postpartum, Cesarean/Episiotomy Scars and Return to Intimacy 1:15-2:00pm 3	Mom and Baby Group 6:00-7:00pm 4	Perinatal Anxiety & OCD Peer Support Group 2:00-3:00pm 5	Infant Massage 10:00-11:15am --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-12:00pm 6	Lactation Support Group 6:30-7:30pm 7
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 10	Communication Through Music Series: Music for the Senses 12:00-12:30pm --- Mom and Baby Group 6:00-7:00pm 11	12	What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-12:00pm --- Tips From a Pediatrician: Newborn Screenings 3:00-4:00pm --- S.E.E.D.-A Group for New Fathers & Supporte 6:00-7:00pm 13	Lactation Support Group 12:00-1:00pm --- Why Isn't Anyone Listening to Me? 12:30-1:30pm 14
HOPE Group: Maternal Mental Health Support Group 1:00-2:00pm 17	Skills for Motherhood 12:00-1:00pm --- Mom and Baby Group 6:00-7:00pm 18	Intro to Reflexology for Stress Relief 2:00-2:30pm --- Mothers Recovery Circle 7:00-8:00pm 19	Mama Movement 11:00-12:00pm --- What to Expect When You're Expecting Delivery at Magee - Pittsburgh 11:00-12:00pm --- Caring for Yourself in the Postpartum Period 3:00-4:00pm 20	Lactation Support Group 6:30-7:30pm 21
HOPE Group: Maternal Mental Health Support Group 6:00-7:30pm 24	Mom and Baby Group 6:00-7:00pm --- Heart Strings: Loss Support Group 7:00-8:00pm 25	Bottle Feeding for the Breast-Fed Child 12:15-1:00pm 26	27	28

