

# OCTOBER

# MATERNAL WELLNESS PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<a href="#">Perinatal Anxiety &amp; OCD Peer Support Group</a> 2:00-3:00pm	<a href="#">What to Expect When You're Expecting Delivery at Magee - Pittsburgh</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 12:00-1:00pm
		1	2	3
<a href="#">Perinatal Pelvic Floor Recovery Series: Introduction to Pelvic Floor/Core During and After Pregnancy</a> 1:15-2:00pm	<a href="#">Mom and Baby Group</a> 6:00-7:00pm		<a href="#">S.E.E.D.-A Group for New Fathers and Supporters</a> 6:00-7:00pm --- <a href="#">What to Expect When You're Expecting Delivery at Magee - Pittsburgh</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 6:30-7:30pm
6	7	8	9	10
<a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 6:00-7:30pm	<a href="#">Perineal Tearing: Preparation, Repairs, &amp; Recovery</a> 12:00-1:00 --- <a href="#">Making Music Together</a> 12:00-12:30pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm	<a href="#">The Mothers' Recovery Circle</a> 7:00-8:00pm	<a href="#">Infant Sleep Basics</a> 7:00-8:00pm --- <a href="#">What to Expect When You're Expecting Delivery at Magee - Pittsburgh</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 12:00-1:00pm
13	14	15	16	17
<a href="#">Tips From a Pediatrician: What You Need to Know to Care for Your Newborn Baby</a> 12:00-1:00pm --- <a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 1:00-2:00pm	<a href="#">The Hidden Grief of Motherhood</a> 12:00-1:00pm --- <a href="#">Mom and Baby Group</a> 6:00-7:00pm		<a href="#">Self-Care and Tools for Emotional Wellness in Parenting</a> 12:00-1:00pm --- <a href="#">What to Expect When You're Expecting Delivery at Magee - Pittsburgh</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 6:30-7:30pm
20	21	22	23	24
<a href="#">HOPE Group: Maternal Mental Health Peer Support</a> 6:00-7:30pm	<a href="#">Mom and Baby Group</a> 6:00-7:00pm --- <a href="#">Heart Strings: Loss Support Group</a> 7:00-8:00pm	<a href="#">Tongue Tie: The Impact on Feeding and Speech Development</a> 12:15-1:00pm	<a href="#">What to Expect When You're Expecting Delivery at Magee - Pittsburgh</a> 11:00-12:00pm	<a href="#">Lactation Support Group</a> 12:00-1:00pm
27	28	29	30	31

