SEPTEMBER 2020 **ZOOM** SCHEDULE– Check out our website for descriptions/details @ [www.postpartumplace.com](http://www.postpartumplace.com)

**\*Everything is included w/ PPP monthly membership (otherwise groups $15 & classes $125 for non-members)**

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| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| 30**\*Julie’s Mindful Parenting****Group** **8:30-10pm** |  31 | 1**\*Moms/Babes****Mingle & Meditation** **10:30** | 2**\* Working & BF class****10am** | 3**\*Moms Group**10:30 | 4**\*PMAD group 10:30 am****w/Laura Winters LCSW** **(Perinatal Mood & Anxiety Disorder)** | 5 |
| 6**\*Julie’s Mindful Parenting****Group** **8:30-10pm** | 7**Enjoy** **Labor Day!** | 8**\*Moms/Babes****Mingle & Meditation**10:30**Infant CPR/Choking****Overview 7pm** | 9**\* Starting Solids****Baby-Led****Class**  10 am | 10**\*Moms Group**10:30 | 11**\*PMAD group 10:30 am****w/Laura Winters LCSW** **(Perinatal Mood & Anxiety Disorder)****\*Infant Massage****video** | 12 |
| 13**\*Julie’s Mindful Parenting****Group** **8:30-10pm** | 14 | 15**\*Moms/Babes****Mingle & Meditation** **10:30** | 16**\* Let’s Talk Sleep Class**10am | 17**\*Moms Group**10:30 | 18**\*PMAD group 10:30 am****w/Laura Winters LCSW** **(Perinatal Mood & Anxiety Disorder)****\*Tummy Time Tune-Up!****handout** | 19 |
| 20**\*Julie’s Mindful Parenting****Group** **8:30-10pm** | 21 | 22**\*Moms/Babes****Mingle & Meditation** **10;30** | 23**\* Weaning-How Does It Happen? class****10 am** | 24**\*Moms Group**10:30 | 25**\*PMAD group 10:30 am****w/Laura Winters LCSW** **(Perinatal Mood & Anxiety Disorder)** | 26 |