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 |