



SUPPORTING YOUR
JOURNEY

Maternal Wellness Program



Becoming a parent is exciting and challenging. Navigating this journey can be easier with others and additional resources, support, and preparation for pregnancy, delivery, and the postpartum period.

Our team is a group of providers, educators, and staff committed to parents' health and wellness. Our goal is to offer high quality support and education to guide you through your pregnancy and postpartum journey. This free one-of-a-kind program is open to any parent-to-be or new parent!

We Offer:

- A variety of classes and resources for your physical and mental health on a flexible schedule
- A community and connection with other new parents
- Continued support through your pregnancy and parenthood journey
- Tools for recognizing symptoms related to mood disorders and anxiety

- Education about psychological and physical changes that occur in pregnancy and parenthood
- Help if physical or psychological conditions arise

Enrollment is Easy

Call us at **717-988-9438**, email us at **maternalwellness@upmc.edu**, or complete enrollment online at **UPMC.com/MaternalWellness**.

We will reach out after you enroll to give you a schedule of events and programs to choose from. You may attend as many classes as you want. Classes are offered a variety of days and times, and some are offered virtually. Please note, while the program is entirely free, some classes may have a small fee.

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