



# Maternal Wellness Program

Supporting Your Journey



**Becoming a parent is exciting and challenging. Navigating this journey can be easier with others. Our virtual Maternal Wellness Program offers additional resources, support, and preparation for pregnancy, delivery, and the postpartum period.**

Our providers, educators, and staff are 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, whether it is your first baby or your fourth!

## We Offer:

- A variety of virtual 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

Email us at [maternalwellness@upmc.edu](mailto:maternalwellness@upmc.edu) or complete enrollment online at [UPMC.com/MaternalWellness](https://UPMC.com/MaternalWellness).

We will reach out after you enroll to give you a schedule of events and programs to choose from. Virtual classes are offered different days and times, and you may attend as many classes as you want.

**For more information, scan the QR code:**

