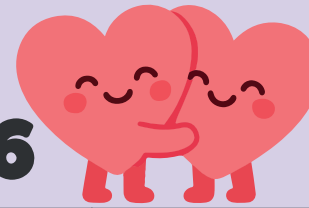


WellMama

February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Postpartum Support 1-2:30 pm @WellMama Dads & Partners 5:30-7 pm @WellMama	3 Community Time 10 am-12 pm @WellMama WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom	4 Parent Connections 9:30-11 am@WellMama New Parent Support 12-1:30 pm @PN Community Time 12-2 pm @WellMama	5 Open Loss Circle 10-11:30 am @WellMama TFMR Circle 6-7:30 pm @WellMama	6	7
9 Postpartum Support 1-2:30 pm @WellMama	10 Community Time 10 am-12 pm @WellMama WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom	11 Parent Connections 9:30-11 am@WellMama New Parent Support 12-1:30 pm @PN Community Time 12-2 pm @WellMama	12 Open Loss Circle 10-11:30 am @WellMama TTC & Preg After Loss Circle 6-7:30 pm @WellMama	13 ADVENTURE! Children's Museum 10-11 am @VRC	14
16 Postpartum Support 1-2:30 pm @WellMama Dads & Partners 5:30-7 pm @WellMama	17 WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom	18 Parent Connections 9:30-11 am@WellMama New Parent Support 12-1:30 pm @PN Community Time 12-2 pm @WellMama	19 Open Loss Circle 10-11:30 am @WellMama Open Loss Circle PM 6-7:30 pm @WellMama	20	21
23 Postpartum Support 1-2:30 pm @WellMama	24 Community Time 10 am-12 pm @WellMama WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom	25 Parent Connections 9:30-11 am@WellMama New Parent Support 12-1:30 pm @PN Community Time 12-2 pm @WellMama	26 Open Loss Circle 10-11:30 am @WellMama Parenting after Loss 6-7:30 pm @WellMama	27 ADVENTURE! Children's Museum 10-11 am @VRC	28

Text the Support Line for more information at 541-525-0495

MONDAY

 **POSTPARTUM - Postpartum Support - Open Group**
1-2:30 pm @ WellMama; Pregnant through 6 mo. Postpartum

 **PARTNERS & FAMILY - Dads & Partners - Open Group (2/6 & 2/16 only)** 5:30-7 pm @WellMama; FREE dinner provided!

TUESDAY

 **PARTNERS & FAMILY - Community Time**
10 am-12 pm @ WellMama (*no Community Time on 2/17)

 **PARTNERS & FAMILY - WellMama CONNECT (Virtual) - Open Group**
6-7:30 pm on Zoom


WEDNESDAY


 **POSTPARTUM - Parent Connections - Open Group**
9:30-11 am @ WellMama. Suggested age: 6-18 months

 **POSTPARTUM - New Parent Support - Open Group**
12-1:30 pm @ Parenting Now

 **PARTNERS & FAMILY - Community Time**
12-2 pm @ WellMama


THURSDAY

 **LOSS - Open Pregnancy and Infant Loss Circle - Open Group**
10-11:30 am @ WellMama

 **LOSS - Termination for Medical Reason Circle - Open group**
(2/5 only) 6-7:30 pm @WellMama

 **LOSS - Trying to Conceive & Pregnancy After Loss Circle - Open Group**
(2/12 only) 6-7:30 pm @WellMama

 **LOSS - Open Pregnancy and Infant Loss Circle PM - Open Group**
(2/19 only) 6-7:30 pm @WellMama

 **LOSS - Open Parenting After Loss Circle - Open Group**
(2/26 only) 6-7:30 pm @WellMama

FRIDAY

 **PARTNERS & FAMILY - ADVENTURE! Children's Museum - Open Group (2/13 & 2/27) - 10-11 am @ Valley River Center.** All ages welcome!

WellMama

SCAN ME



Contact Information:

Support Line : 541-525-0495

Available 24/7, including holidays

1:1 Peer Support:

We offer individual support

For more details please visit

www.wellmama.help/get-support/

Address: @WellMama: 576 Olive St, Suite 205, Eugene

@Parenting Now: 86 Centennial Loop, Eugene

@VRC: Adventure Children's Museum
490 Valley River Center, Eugene