

AUGUST 2024 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30 Toddler Play Group (2-4 yrs old) 2-4 pm @Sheldon	31 <i>NEW!</i> Walkers & Talkers (~18 mo- 24 mo) 10-11:30 am @WellMama New Parent Support 12-1:30 pm @Parenting Now Wobblers & Crawlers (~6 mo- 18 mo) <i>NEW TIME!</i> 1:30-3 pm @WellMama	1 Sunshine Strolls 10-11 am @Alton Baker <i>NEW!</i> Wonder Year (Newborn to 12 mo) 12-1:30 pm @WellMama No NICU Support	2 *Somatic Movement 10-11:30 am @WellMama *Mom & Me 10-11:30 am @Parker Learning Gardens	3 *Garden & Me 10-11:30 am @Parker Learning Gardens
4	5	6 Toddler Play Group (2-4 yrs old) 2-4 pm @Sheldon	7 <i>NEW!</i> Walkers & Talkers (~18 mo- 24 mo) 10-11:30 am @WellMama New Parent Support 12-1:30 pm @Parenting Now Wobblers & Crawlers (~6 mo- 18 mo) <i>NEW TIME!</i> 1:30-3 pm @WellMama	8 Sunshine Strolls 10-11 am @Alton Baker <i>NEW!</i> Wonder Year (Newborn to 12 mo) 12-1:30 pm @WellMama No NICU Support	9 *Somatic Movement 10-11:30 am @WellMama Play Date Group 10-11 am @VRC *Mom & Me 10-11:30 am @Parker Learning Gardens	10 *Garden & Me 10-11:30 am @Parker Learning Gardens
11	12	13 Toddler Play Group (2-4 yrs old) 2-4 pm @Sheldon	14 <i>NEW!</i> Walkers & Talkers (~18 mo- 24 mo) 10-11:30 am @WellMama New Parent Support 12-1:30 pm @Parenting Now Wobblers & Crawlers (~6 mo- 18 mo) <i>NEW TIME!</i> 1:30-3 pm @WellMama	15 Sunshine Strolls 10-11 am @Alton Baker <i>NEW!</i> Wonder Year (Newborn to 12 mo) 12-1:30 pm @WellMama NICU Support 5-8 pm @RMH	16 New! Together through Tears & Tantrums (2-3 yrs old) 10-11:30 am @WellMama *Mom & Me 10-11:30 @Parker Learning Gardens	17 *Garden & Me 10-11:30 am @Parker Learning Gardens
18	19	20 Toddler Play Group (2-4 yrs old) 2-4 pm @Sheldon	21 <i>NEW!</i> Walkers & Talkers (~18 mo- 24 mo) 10-11:30 am @WellMama New Parent Support 12-1:30 pm @Parenting Now Wobblers & Crawlers (~6 mo- 18 mo) <i>NEW TIME!</i> 1:30-3 pm @WellMama	22 Sunshine Strolls 10-11 am @Alton Baker <i>NEW!</i> Wonder Year (Newborn to 12 mo) 12-1:30 pm @WellMama NICU Support 5-8 pm @RMH	23 Play Date Group 10-11 am @VRC *Mom & Me 10-11:30 am @Parker Learning Gardens 4th Friday Family Dinner 6:00-7:30 pm @WellMama	24 *Garden & Me 10-11:30 am @Parker Learning Gardens
25	26	27 Toddler Play Group (2-4 yrs old) 2-4 pm @Sheldon (Last one!)	28 <i>NEW!</i> Walkers & Talkers (~18 mo- 24 mo) 10-11:30 am @WellMama New Parent Support 12-1:30 pm @Parenting Now Wobblers & Crawlers (~6 mo- 18 mo) <i>NEW TIME!</i> 1:30-3 pm @WellMama	29 Sunshine Strolls 10-11 am @Alton Baker <i>NEW!</i> Wonder Year (Newborn to 12 mo) 12-1:30 pm @WellMama NICU Support 5-8 pm @RMH	30 New! Together through Tears & Tantrums (2-3 yrs old) 10-11:30 am @WellMama *Mom & Me 10-11:30 am @Parker Learning Gardens	31 *Garden & Me 10-11:30 am @Parker Learning Gardens

*Pre-registration & term commitment required

WellMama

Mental Support for Parents and Caregivers



Scan QR Code

Contact information:

Support Line : 541-525-0495

Available 24/7, including holidays

One-on-One Peer Support:

*We offer individual support
 For more details please visit
www.wellmama.help/get-support/*

Address:

@WellMama: 576 Olive St, Suite 205,
 Eugene

@Sheldon: Sheldon Community Center
 2445 Willakenzie Rd. Eugene

@Parenting Now
 86 Centennial Loop, Eugene

@Alton Baker: Alton Baker Park
 200 Day Island Rd, Eugene

@RMHH: Ronald McDonald Heartfelt House
 116 St. Joseph Place, Springfield

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