

WELLMAMA JULY CALENDAR 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Toddler Play Group 2-4:00 PM @Sheldon	3 New Parent Support 12-1:30 PM @Parenting Now Wobbler & Crawlers 12:30-2 PM @Sheldon	4 NO GROUPS	5 Family Dinner Support Group 6:00-7:30 @Sheldon **Mom & Me 10-11:30 @Parker Learning Gardens	6 Garden & Me 10-11:30am @Parker Learning Gardens
7	8	9 Toddler Play Group 2-4:00 PM @Sheldon	10 New Parent Support 12-1:30 PM @Parenting Now Wobbler & Crawlers 12:30-2 PM @Sheldon	11 Sunshine Strolls 10-11 AM @ Dorris Ranch Building Connections 11-1 PM @WIC NICU Support 5-8 PM @RMH	12 Play Date Group 10-11:00 AM @ VRC **Mom & Me 10-11:30 @Parker Learning Gardens	13 Garden & Me 10-11:30am @Parker Learning Gardens
14	15	16 Toddler Play Group 2-4:00 PM @Sheldon	17 New Parent Support 12-1:30 PM @Parenting Now Wobbler & Crawlers 12:30-2 PM @Sheldon	18 Sunshine Strolls 10-11 AM @ Dorris Ranch Building Connections 12-1:30 PM @WellMama NICU Support 5-8 PM @RMH	19 Family Dinner Support Group 6:00-7:30 @Sheldon **Mom & Me 10-11:30 @Parker Learning Gardens	20 Garden & Me 10-11:30am @Parker Learning Gardens
21	22	23 Toddler Play Group 2-4:00 PM @Sheldon	24 New Parent Support 12-1:30 PM @Parenting Now Wobbler & Crawlers 12:30-2 PM @Sheldon	25 Sunshine Strolls 10-11 AM @ Dorris Ranch Building Connections 12-1:30 PM @WellMama NICU Support 5-8 PM @RMH	26 Play Date Group 10-11:00 AM @ VRC **Mom & Me 10-11:30 @Parker Learning Gardens	27 Garden & Me 10-11:30am @Parker Learning Gardens
28	29	30 Toddler Play Group 2-4:00 PM @Sheldon	31 New Parent Support 12-1:30 PM @Parenting Now Wobbler & Crawlers 12:30-2 PM @Sheldon			

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/*



Scan QR Code

Address:

@Sheldon: Sheldon Community Center
2445 Willakenzie Rd. Eugene

@Parenting Now
86 Centennial Loop, Eugene

@WIC: Lane County WIC
151 W. 7th, Suite 210, Eugene

@RMHH: Ronald McDonald Heartfelt
House
116 St. Joseph Place, Springfield OR
97477

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