

*Pre-registration Required

WellMama

March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3 WellMama at Lowell 10:30-12 pm @Lowell Grange</p> <p>Bump to Birth 1:30-3 pm @WellMama</p> <p>NEW! Dads & Partners 5:30-7 pm @WellMama</p>	<p>4 Managing Anxiety* 11-12:30 pm @ WellMama</p> <p>Family Connections 4:30-5:30 @Fern Ridge Library (1:1 Peer Support from 5:30-6:30)</p>	<p>5 Mariposas y Rosas 11-12:30 pm @WellMama</p> <p>New Parent Support 12-1:30 pm @Parenting Now</p> <p>Parent Connections 1:30-3 pm @WellMama</p> <p>Single Parent Support 5:30-7 pm @WellMama</p>	<p>6 Open Loss Circle 10-11:30 am @WellMama</p> <p>WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom</p>	<p>7 Mom & Me* 10-11:30 am @ PLG</p> <p>Heart & Hands* 10-11:30 am @WellMama</p> <p><i>Peaceful Birth Method</i> 3-5 pm @WellMama</p>	<p>8 Garden & Me* 10-11:30 am @ PLG</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>WellMama</p> <p>Spring Soirée</p> <p>A Night Out with WellMama</p> </div>
<p>10 WellMama at Lowell 10:30-12 pm @Lowell Grange</p> <p>Bump to Birth 1:30-3 pm @WellMama</p> <p>Life After NICU (Virtual)* 6-7:30 pm on Zoom</p>	<p>11 Managing Anxiety* 11-12:30 pm @ WellMama</p> <p>Wellness Workshop: Postpartum Movement* 1:30-3 pm</p> <p>NICU Support 5:30-7:30 pm @RMH</p>	<p>12 Mariposas y Rosas 11-12:30 pm @WellMama</p> <p>New Parent Support 12-1:30 pm @Parenting Now</p> <p>Parent Connections 1:30-3 pm @WellMama</p>	<p>13 Open Loss Circle 10-11:30 am @WellMama</p> <p>WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom</p>	<p>14 Mom & Me* 10-11:30 am @ PLG</p> <p>ADVENTURE! Children's Museum 10-11 am @VRC</p> <p>Heart & Hands* 10-11:30 am @WellMama</p> <p><i>Peaceful Birth Method</i> 3-5 pm @WellMama</p>	<p>15 Garden & Me* 10-11:30 am @ PLG</p> <p>¡Cortes de pelo gratis en WellMama!* TBD @ WellMama **Registro Requerido!**</p>
<p>17 WellMama at Lowell 10:30-12 pm @Lowell Grange</p> <p>Bump to Birth 1:30-3 pm @WellMama</p> <p>Life After NICU (Virtual)* 6-7:30 pm on Zoom</p> <p>NEW! Dads & Partners 5:30-7 pm @WellMama</p>	<p>18 Managing Anxiety* 11-12:30 pm @ WellMama</p> <p>Family Connections 4:30-5:30 @Fern Ridge Library (1:1 Peer Support from 5:30-6:30)</p> <p>NICU Support 5:30-7:30 pm @RMH</p>	<p>19 Mariposas y Rosas 11-12:30 pm @WellMama</p> <p>New Parent Support 12-1:30 pm @Parenting Now</p> <p>Parent Connections 1:30-3 pm @WellMama</p> <p>Single Parent Support 5:30-7 pm @WellMama</p>	<p>20 Open Loss Circle 10-11:30 am @WellMama</p> <p>WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom</p> <p>Open Loss Circle PM 6-7:30 pm @WellMama</p>	<p>21 Mom & Me* 10-11:30 am @ PLG</p> <p>Heart & Hands* 10-11:30 am @WellMama</p> <p><i>Peaceful Birth Method</i> 3-5 pm @WellMama</p>	<p>22 Garden & Me* 10-11:30 am @ PLG</p>
<p>24 Doula Share 10-11:30 am @WellMama</p> <p>WellMama at Lowell 10:30-12 pm @Lowell Grange</p> <p>Bump to Birth 1:30-3 pm @WellMama</p> <p>Life After NICU (Virtual)* 6-7:30 pm on Zoom</p>	<p>25 Wellness Workshop: Nutrition* 10-11:30 am</p> <p>NICU Support 5:30-7:30 pm @RMH</p>	<p>26 Mariposas y Rosas 11-12:30 pm @WellMama</p> <p>New Parent Support 12-1:30 pm @Parenting Now</p> <p>Parent Connections 1:30-3 pm @WellMama</p>	<p>27 Open Loss Circle 10-11:30 am @WellMama</p> <p>WellMama CONNECT (Virtual) 6:00-7:30 pm on Zoom</p>	<p>28 Mom & Me* 10-11:30 am @ PLG</p> <p>ADVENTURE! Children's Museum 10-11 am @VRC</p> <p>Heart & Hands* 10-11:30 am @WellMama</p> <p><i>Peaceful Birth Method</i> 3-5 pm @WellMama</p>	<p>29 ¡NUEVO! Yoga Latino 10-11 am @ WellMama</p> <p>Garden & Me* 10-11:30 am @ PLG</p>

31 **WellMama at Lowell**
10:30-12 pm @Lowell Grange

Bump to Birth
1:30-3 pm @WellMama


Life After NICU (Virtual)*
6-7:30 pm on Zoom

Staff available for 1:1 Peer Support appointments.
Text the Support Line for more information at 541-525-0495
Personal disponible para citas de apoyo entre pares 1:1.
Envíe un mensaje de texto a la línea de soporte para obtener más información al 541-525-0495

SATURDAY,
MARCH 1ST & 29TH
¡NUEVO! Yoga Latino
10-11 am @ WellMama

MONDAY

 **NICU - Life After NICU (Virtual Group)***
6-7:30 pm @ WellMama. 4-week series - Starts 3/10. Reg. required


 **PREGNANCY - Bump to Birth - Open Group**
1:30-3 pm @ WellMama; Pregnant through 6 mo. Postpartum

 **FOR DOULAS - Doula Share - Open Group (3/24)**
10-11:30 am @ WellMama

 **PARTNERS & FAMILY - WellMama at Lowell - Open Group**
10:30-12 pm @ Lowell Grange

 **PARTNERS & FAMILY - NEW! Dads & Partners - Open Group**
5:30-7 pm @WellMama; FREE pizza dinner provided!

TUESDAY

 **POSTPARTUM - Managing Anxiety***
11 am -12:30 pm @ WellMama. 6-week series; Registration required.

 **NICU - NICU Support - Open Group**
5:30-7:30 pm @ Ronald McDonald Heartfelt House

 **PARTNERS & FAMILY - Family Connections - Open Group (3/4 & 3/18)**
4:30-5:30 pm (1:1 Peer Support 5:30-6:30) @ Fern Ridge Library

 **Wellness Workshop: MOVEMENT - Postpartum Movement* (3/11)**
1:30-3 pm @ WellMama


 **Wellness Workshop: NUTRITION - Pregnancy, Postpartum, & Stress: How to Fuel Your Body* (3/25)** 10-11:30 am @ WellMama

WEDNESDAY

 **POSPARTO - Mariposas y Rosas - Grupo Abierto**
11-12:30 pm @ WellMama. Solo se habla español, por favor.

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

 **POSTPARTUM - NEW! Parent Connections - Open Group**
1:30-3 pm @ WellMama. Suggested age: 6-18 months

 **POSTPARTUM - Single Parent Support - Open Group (3/5 & 3/19)**
5:30-7 pm @ WellMama

THURSDAY


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

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

 **LOSS - Open Pregnancy and Infant Loss Circle PM - Open Group (3/20 only)** 6-7:30 pm @WellMama

FRIDAY


 **PARTNERS & FAMILY - Mom & Me* (13-week series)**
10-11:30 am @ Parker Learning Gardens; REGISTRATION IS FULL FOR SPRING!

 **POSTPARTUM - Heart & Hands***
10-11:30 am @ WellMama. Suggested age: 18 months to 2.5 years. 4-session series; Registration is required

 **PARTNERS & FAMILY - ADVENTURE! Children's Museum - Open Group (3/14 and 3/28)** - 10-11 am @ Valley River Center. All ages welcome!

 **Peaceful Birth Method** **PREGNANCY - In-Person Birth Classes with Victoria Tippins*** 3-5 pm @ WellMama
4-session series. Registration required.

SATURDAY

 **POSPARTO - ¡NUEVO! Yoga Latino - Grupo Abierto**
(Sólo el 1 y 29 de marzo) 10-11 am @ WellMama

 **PARTNERS & FAMILY - Garden & Me* (13-week series)**
10-11:30 am @ Parker Learning Gardens; REGISTRATION IS FULL FOR SPRING!

***Pre-registration & term commitment required**

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

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

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

@Fern Ridge Library: 88026 Territorial Hwy., Veneta

@Lowell Grange: 268 N Cannon St, Lowell