

2021 Support Group Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30-8:30 pm Mon PM Support Group	10-11 am Tues AM Support Group 12:30 – 1:30 1 st Tuesday NICU Group 1-2 1 st /3 rd Tuesday Pregnancy After Loss 5:30 - 6:30 pm Apoyo Postparto En Espanol 6:30 – 8:00 pm Tuesday PM group 7:30 - 8:30 pm Pregnancy Support	10-11 am Wed AM Support Group 10-11:30 am Holding Space 1st Wed. (Open to all) 5 –6 pm Feeding Support Group	11:30 am-1 pm Fairfax 1st Thurs (open to all) 6:30-7:30 pm Thurs PM Support Group	11:45-1:15 Southwest VA Support Group (open to all) 2:00-3:30 pm Military Moms 1st Friday	9:30-10:30 am Sat AM Support Group
	9:00 am Healthy Moms, Healthy Babies A group for Women of Color 2 nd Monday 7:30-8:30 pm Mon PM Support Group	10-11 am Tues AM Support Group 5:30 - 6:30 pm Apoyo Postparto En Espanol 6:30 – 8:00 pm Tuesday PM group 7:30 - 8:30 pm Pregnancy Support	10-11 Wed AM Support Group 1-2 Winchester 2nd Wed (Open to all) 5 –6 pm Feeding Support Group	10:30 am-12pm Charlottesville 2nd Thurs (open to all) 12:30 – 2:00 VHC Support Group 2 nd /4 th Thurs (open to all) 6:30-7:30 pm Thurs PM Support Group	11:45-1:15 Southwest VA Support Group (Open to all)	9:30-10:30 Sat AM Support Group
	7:30-8:30 Mon PM Support Group	10-11 Tues AM Support Group 1 – 2 Pregnancy After Loss 1st/3rd Tuesday 5:30 - 6:30 pm	10-11 Wed AM Support Group 5 - 6 PM Feeding Support Group (Open to all) 6 pm – 7:30 pm	11:30 –1 Fairfax 3rd Thurs 6:30-7:30 Thurs PM Support Group	11:45-1:15 Southwest VA Support Group (Open to all) 2-3:30 Military Moms 3rd Friday	9:30-10:30 Sat AM Support Group

		<u>Apoyo Postparto En Espanol</u> 6:30 – 8:00 <u>Tuesday PM group</u> 7:30 - 8:30 <u>Pregnancy Support</u>	<u>3rd Wednesday</u> CHKD (open to all)			
	7:30-8:30 <u>Mon PM Support Group</u>	10-11 <u>Tues AM Support Group</u> 5:30 – 6:30 pm <u>Apoyo Postparto En Espanol</u> 6:30 – 8:00 <u>Tuesday PM Support group</u> 7:30 - 8:30 pm <u>Pregnancy Support</u>	10-11 <u>Wed AM Support Group</u> 1-2 <u>Winchester 4th Wed</u> 5 - 6 <u>PM Feeding Support Group</u>	10:30 –12 <u>Charlottesville 4th Thurs</u> 12:30 – 2:00 <u>VHC Support Group</u> 6:30-7:30 <u>Thurs PM Support Group</u>	11:45-1:15 <u>Southwest VA Support Group</u> (Open to all)	9:30-10:30 <u>Sat AM Support Group</u>
	7:30-8:30 <u>Mon PM Support Group</u>	10-11 am <u>Tues AM Support Group</u> 5:30 - 6:30 pm <u>Apoyo Postparto En Espanol</u> 6:30 – 8:00 <u>Tuesday PM support group</u> 7:30-8:30 pm <u>Pregnancy Support</u>	10-11 am <u>Wed AM Support Group</u> 5 - 6 <u>PM Feeding Support Group</u>	6:30-7:30 pm <u>Thurs PM Support Group</u>	11:45-1:15 <u>Southwest VA Support Group</u> (Open to all)	9:30-10:30 <u>Sat AM Support Group</u>

Please call or text
703-829-7152 if

you need
assistance
logging into a
group or run into
technical
difficulties!