La Crosse New Mom and Baby Support Group Topics

November and December 2026

11/5: Pelvic floor physical therapist Jill O'Brien, DPT presents on return to intimacy
11/12: Thanksgiving craft
11/19 : Thriving through the holidays with a new baby
(11/26: No group, Thanksgiving)
12/3: Pumping and bottle-feeding tips
12/10: Baby wearing basics with Jenna Klos, OTR/L
12/17: Holiday craft and birth stories
(12/24: No group, Christmas Eve)
(12/31: No group, New Year's Eve)

Topics subject to change. Follow the La Crosse Mom Baby Support Group on Facebook for the most up-to-date information.