





2026 Member Communications Calendar & Action Plan

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sept	Oct	Nov	Dec
 Thematic Campaigns	Benefit Launch/Reminder/Expansion		Women's Health	NIAW	Mental Health	Pride Summer Support	Summer Support	Summer Support	Fall Back to Routine	Menopause Awareness	Post-Open Enrollment	Holiday Self-Care
 National Awareness Moments		Black Maternal Health Support	International Women's Day (3/8) Surrogacy Awareness Month World Doula Week (3/22 - 3/28)	Neurodivergent Awareness Month	Mental Health Month	Men's Health Week (6/9-6/15)	Childcare Support	National Breastfeeding Month	PCOS Awareness Month	Open Enrollment Breast Cancer Awareness Month	Adoption Awareness Month	
 Expert Webinars		2/4: Your Pregnancy & Postpartum Care Village		4/21: What to Expect on a Family Building Journey				8/19: Parenting: What to Expect Your First Year		10/1: Signs and Stages of Perimenopause		
 Client Interest												

Progyny 2026 public webinars

Your Pregnancy and Postpartum Care Village

Wednesday, February 4, 2026 at 3 pm ET

Surrounding yourself with a strong support system and care team while pregnant and in the postpartum phase can make a big impact on your experience. Join to learn about the various experts and services available and the role they play to complement your care. From doulas and lactation experts to a doctor you can trust, join to learn how you can feel supported every step of the way.

[Registration Link](#)

What to Expect on a Family Building Journey

April 21, 2026 at 3 pm ET

In honor of National Infertility Awareness Week, join our webinar to understand what to expect during each stage of your fertility and family building journey, the many paths to parenthood, and how you can feel supported along the way.

[Registration Link](#)

Parenting: What to Expect Your First Year

August 19, 2026 at 3 pm ET

Welcoming a child is exciting, and sometimes overwhelming. Join us for this informative webinar where experts will walk you through what to expect during your baby's first year, including physical recovery, emotional well-being, feeding and sleep routines, developmental milestones, and tips for balancing work and family life.

[Registration Link](#)

Signs and Stages of Perimenopause

October 1, 2026 at 3 pm ET

Perimenopause is the first stage of the menopause journey and may start as early as a woman's late 30s. Understand how to identify symptoms, advocate for support, and navigate treatment options.

[Registration Link](#)