

# Prenatal to New Baby Programs

April – June 2016

Health Education Department Redwood City Medical Center  
Cypress Building, 1190 Veterans Blvd, 2<sup>nd</sup> Floor  
(650) 299-2433 | [kp.org/classes](http://kp.org/classes) | [healtheducation.redwoodcity@kp.org](mailto:healtheducation.redwoodcity@kp.org)

At Kaiser Permanente, we offer many resources to help you and your partner prepare for your baby. Learn about what to expect during and after pregnancy including labor and delivery, breastfeeding and more!

## Early Pregnancy

1-Session, Members Only,  
No cost  
Wednesdays, 6:30pm – 8:30pm  
• April 13

## Mid-Pregnancy

1-Session, Members Only  
No cost  
Mondays, 7pm – 9pm  
• May 16

## Newborn Care

1-Session, Members Only, No cost  
Saturdays, 1pm – 4pm  
• April 2 • June 18  
• April 30  
• May 21  
Saturdays, 10am – 1pm  
• April 23  
• June 25  
Saturdays, 1:30pm – 4:30pm  
• April 16 • June 4  
• May 14  
Thursdays, 6pm – 8:30pm  
• April 7  
• May 5

## Breastfeeding

1-Session, Members Only, No cost  
Saturdays, 10am – 12pm  
• April 2 • June 18  
• April 30  
• May 21  
Sunday, 9:30am – 11:30am  
• May 15  
Saturdays, 9:30am – 11:30am  
• April 16  
• June 4  
Thursdays, 6pm – 8pm  
• April 14  
• May 12

## Labor and Delivery Tour

1-Session, Members Only, No Cost  
Mondays, 5pm – 6pm  
• April 4  
• April 18  
• May 2  
• May 16  
• June 13  
Saturdays, 11am – 12:30pm  
• April 16  
• May 14  
• June 4  
Saturdays, 1:30pm – 3pm  
• April 9  
• April 23  
• May 7  
• May 21  
• June 4  
• June 18

## Meet the Midwives of Redwood City

Redwood City Facility  
1-Session, Members Only, No cost  
Tuesdays, 6:30pm – 8:30pm  
• May 17  
San Mateo Medical Office Building  
Wednesdays, 6:30pm – 8:30pm  
• April 20  
• June 15

## Childhood Immunization

1-Session, Members Only, No cost  
Tuesdays, 10am – 11am  
• May 3

## Preparing for Childbirth

3-Sessions, Members Only,  
No cost (*Includes a Labor and Delivery tour*)  
Tuesdays, 6pm – 9:15pm  
• April 5 – April 21  
• May 3 – May 19  
• June 7 – June 21  
Thursdays, 6pm – 9:15pm  
• April 7 – April 21  
• May 5 – May 19  
• June 9 – June 23  
Single Session, Members Only,  
No cost, Saturday, 9am – 4pm  
• April 9  
• May 28  
• June 4  
• June 18  
• June 25

## Baby and Me Group (Birth to 9 Months)

Drop-in, Members Only, No cost  
Wednesdays, 11am – 12:15pm  
San Mateo Medical Office Building,  
1000 Franklin Parkway, 2<sup>nd</sup> Floor  
San Mateo

## Baby Sign Language Workshop

1-Session  
Individual \$40, Couple \$70  
Saturday, 3:30pm – 5pm  
• April 30

## Baby Sign Language Series

6-Sessions  
Individual \$150, Couple \$230  
Saturdays, 2:30pm – 3:30pm  
• May 7 – June 18

## Understanding Fees:

**KP** Kaiser Permanente member fee  
**No cost** No fee associated with particular class

## Pre-registration required.

Redwood City Health Education (650) 299-2433

San Mateo Health Education (650) 358-7085

Dates, times, locations and fees subject to change.