

Prenatal to New Baby Programs

July – September 2017

Health Education Department Redwood City Medical Center
Cypress Building, 1190 Veterans Blvd, 2nd Floor
(650) 299-2433 | kp.org/classes | 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!

Mid-Pregnancy

1-Session, Members Only, No Cost
Saturdays, 1pm – 3pm

- July 22
- August 26
- September 23

Newborn Care

1-Session, Members Only, No Cost
Wednesdays, 6pm – 9pm

- July 26
 - August 23
 - September 27
- Saturdays, 9am – 12pm
- July 22
 - August 26
 - September 23

Sundays, 9am – 12pm

- July 16
- August 20
- September 17

Breastfeeding

1-Session, Members Only, No Cost
Saturdays, 9:30am – 12pm

- July 15
- August 19
- September 9

Sundays, 10am – 12:30pm

- July 9
- August 13
- September 10

Prenatal Toning

1-Sessions, Members Only, No Cost
Wednesdays, 6pm – 8pm

- July 5
- August 2
- September 6

Labor and Delivery Tour

1-Session, Members Only, No Cost
Mondays, 5pm – 6:30pm

- July 3
 - August 7
 - September 11
- Mondays, 5:30pm – 7pm

- July 17
 - August 14
- Thursdays, 5:00pm – 6:30pm
- July 27
 - August 24

Sundays, 1:00pm – 2:30pm

- July 16
- August 20
- September 17

Meet the Midwives of Redwood City Redwood City Facility

1-Session, Members Only, No Cost
Tuesday, 6:30pm – 8:30pm

- July 18
- September 12

San Mateo Medical Office Building

1-Session, Members Only, No Cost
Thursday, 6:30pm – 8:30pm

- August 17

Childhood Immunization

San Mateo City Facility

1-Session, Members Only, No Cost
Tuesday, 10am – 11am

- July 25

Redwood City Facility

- September 5

Baby and Me Group (Birth to 9 Months)

Drop-in, Members Only, No Cost
Wednesdays, 10:45am – 12:00pm
San Mateo Medical Office Building, 1000
Franklin Parkway. 2nd Floor
San Mateo

Preparing for Childbirth

3-Sessions, Members Only,
No Cost (*Includes a Labor
and Delivery tour*)

Thursdays, 6pm – 9pm

- July 6 – July 20
- August 3 – August 17
- September 7 – September 21

Fridays, 6pm – 9pm

- July 7 – July 21
- August 4 – August 18
- September 8 – September 22

Single Session, Members Only,
No Cost, Saturday, 9am – 4pm

- July 8
- August 5
- September 30

Single Session, Members Only, No
Cost, Saturdays, 10am – 5pm

- August 19
- September 9
- September 16

Baby Sign Language Workshop Redwood City Facility

1-Session

Individual \$40, Couple \$70

Saturday 1:30pm – 3:00pm

- August 19

Baby Sign Language Series

6-Sessions

Individual \$150, Couple \$230

San Mateo Facility

Tuesdays, 5:30pm -6:30p

July 11 – August 22 (skip 7/18 & 8/15)

Redwood City Facility

Saturdays, 1:30pm – 2:30pm

August 26 – October 7 (skip 9/2)

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.