



2016 Prenatal and Postpartum Classes

Kaiser Permanente San Francisco
Health Education Department (415) 833-4120
Or e-mail: SFHealthEd@kp.org
Classes held at the Hospital - 2425

Pre-registration is required.* Call (415) 833-4120 to register. **Dates and times are subject to change.**
Classes held at 2425 Geary.

*The two support groups are **drop-in** and do not require registration.

Healthy Pregnancy

Learn about common symptoms in the first and second trimesters, comfort measures, nutrition & exercise, staying healthy during pregnancy, Kaiser Permanente resources. Examine emotional changes during pregnancy & beyond. Learn practical ways to cope with ups & downs of pregnancy, preterm labor precautions, fetal movement. **(For participants 6-28 weeks)**

Fee: No fee for members.

Dates: Offered monthly, 6pm – 9pm

1/11, 2/8, 3/7, 4/4, 5/16, 6/6, 7/11, 8/8, 9/12, 10/10, 11/7, 12/5

Late Pregnancy

Provides an overview of labor & birth, hospital procedures, options for pain relief, caring for yourself & your baby at home. A virtual hospital tour is included. **(For participants 28-36 weeks)**

Fee: No fee for members.

Dates: Offered monthly, 6pm-9pm

1/25, 2/22, 3/21, 4/18, 5/23, 6/27, 7/25, 8/22, 9/19, 10/24, 11/14, 12/12

Childbirth Preparation

Learn breathing, relaxation, positions, role of the partner, hospital policies, procedures and other information to prepare for labor and birth. Offered as a 3-week, 2-day (weekend) or 1-day (Intensive) session. A hospital tour is included. **(For participants 32-36 weeks)**

Fee: No fee for members.

Dates: **3-week series**-Thursdays, 6pm – 9pm

Beginning: 1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/8, 10/6, 11/3, 12/1

2-day series- Saturday & Sunday weekend, 9am-1pm

1/16, 2/13, 3/12, 4/9, 5/21, 6/4, 7/16, 8/13, 9/17, 10/15, 11/5

2-day series- Saturday & Sunday weekend 1pm-5pm:

1/9, 2/6, 3/5, 4/16, 5/14, 6/11, 7/9, 8/6, 10/1, 11/12, 12/10

1-day Intensive-Saturday or Sunday, 9am – 5pm

Saturdays: 1/30, 2/27, 3/19, 4/23, 5/21, 6/25, 7/23, 8/27, 9/24, 10/15, 11/19, 12/17

Sundays: 1/10, 1/17, 1/24, 2/7, 2/21, 3/6, 3/13, 3/20, 4/3, 4/17, 5/15, 5/22, 6/5, 6/26, 7/10, 7/24, 7/31, 8/7, 8/21, 9/11, 9/18, 9/25, 10/9, 10/23, 11/6, 11/13, 11/20, 12/4, 12/11

Childbirth Preparation Refresher

For families who have experienced childbirth and want to review techniques for coping with labor & birth.

(For participants 32-36 weeks)

Fee: No fee for members.

Dates: Offered every other month, 6pm – 9pm

2/17, 4/13, 6/22, 8/17, 10/12

Coping with Labor the Natural Way

Focuses on non-medical comfort measures such as breathing, massage, relaxation and comfortable positions for labor & birth.

(For participants 32-36 weeks)

Fee: No fee for members

Dates: Offered monthly, 6pm- 9pm

1/5, 1/20, 1/28, 2/9, 2/25, 3/8, 3/24, 4/12, 4/28, 5/3, 5/11, 5/26, 6/7, 6/23, 7/20, 7/28, 8/3, 8/25, 9/6, 9/29, 10/4, 10/27, 11/1, 11/9, 12/6

Breastfeeding Basics

Get breastfeeding off to a good start. Learn how your milk supply is established, positioning, latch, how to tell your baby is getting enough milk. **(For participants 28-36 weeks)**

Fee: No fee for members.

Dates: Offered week nights, 6pm - 8:30pm, or weekends noon-2:30pm or 1:00pm-3:30pm

Week night dates: 1/12, 1/26, 2/1, 2/9, 2/23, 3/8, 3/22, 4/4, 4/12, 4/26, 5/10, 5/24, 6/6, 6/14, 6/28, 7/12, 7/18, 7/26, 8/1, 8/9, 8/23, 9/13, 9/27, 10/3, 10/11, 10/25, 11/7, 11/8, 12/3, 12/13

Weekend Noon-2:30pm dates: 2/13, 4/2, 6/4, 6/18, 8/20, 10/8, 12/3

Weekend 1:00 - 3:30pm dates: 1/31, 3/20, 5/1, 7/17, 9/11

Introduction to Pediatrics/Newborn Care

Learn about the Pediatric Department, routine visits, immunizations. Practice diapering, bathing, and discuss normal newborn behavior.

(For participants 28-36 weeks)

Fee: No fee for members.

Dates: Offered week nights. 6pm – 8:30pm or weekends Noon-2:30pm or 9:00am-11:30am

Week night dates: 1/5, 1/19, 2/2, 2/16, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17, 6/7, 6/21, 7/5, 7/19, 8/2, 8/16, 9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6

Weekend Noon-2:30pm dates: 1/23, 3/12, 3/26, 5/7, 7/30, 9/10, 11/5

Weekend 9:00am-11:30 dates: 1/31, 3/20, 5/1, 7/17, 9/11

2016 Prenatal and Postpartum Classes

Sibling Preparation

This class helps children ages 3-6 prepare for a baby's arrival through discussion, play and a tour of maternity area.

No fee for members.

Dates: Saturdays, every other month, 11:30am-1:00pm
1/9, 3/19, 5/21, 7/16, 9/17, 11/19

Hospital Tour

Visit Labor & Delivery and Maternity areas.

(For participants 28-36 weeks)

NOTE: ROOMS MAY NOT BE AVAILABLE TO VIEW

Fee: No fee for members.

Dates: Offered various days and times:

Thursdays 5pm, 6pm, or 7pm: 1/7, 2/4, 3/3, 4/7, 5/5, 6/2, 7/7, 8/4, 9/8, 10/6, 11/3, 12/1

Saturday 3:30pm or 4:30pm: 1/23, 2/13, 3/13, 4/2, 6/18, 7/30, 8/20, 9/10, 10/8, 11/5, 12/3

Sunday 10am or 11am: 1/10, 2/7, 3/6, 4/17, 5/15, 6/12, 7/10, 8/7, 10/2, 11/13, 12/11

Breastfeeding and Working Moms

This class is offered to mothers who plan to return to work, school or other activities and want to continue breastfeeding.

THIS IS A POSTPARTUM CLASS-BABIES WELCOME

Fee: No fee for members.

Dates: Offered monthly, Thursday, 10am – 12 noon.

1/21, 2/18, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

CPR for Infants and Children

Learn basic lifesaving skills for infants and children under 8, using the guidelines of the American Safety and Health Institute. CPR certification awarded upon passing of a 5 question test. This course does not provide first aid training nor provide certification for health care workers or fulfill the California Emergency Medical Services Authority (EMSA) requirement.

Fee: \$41.50 members and \$56.50 for non-members.

Dates/Times: Offered monthly: Wednesdays, 5:30 – 9:00pm or 9am – 1pm.

Registration: Call Health Education, 415-833-3450.

Baby and Me Postpartum Support Group

A drop-in support group for parents and infants from newborn to 9 months, providing discussion of and support for parenting issues.

Fee: No fee for members.

Dates/Times/Location: Every Tuesday, 10am – 12 noon.
2425 Geary Blvd, Mezzanine Level Rm 2

Registration: No appointment necessary; simply drop in.

Emotional Wellbeing Support Group

Pregnancy and the postpartum period bring changes that can be stressful. Please join our support group to learn from each other how to stay emotionally healthy as we grow in to our new roles as mothers.

Babies are welcome.

Fee: No fee for members. Members only.

Dates/Times/Location: Every Thursday, 11am – 12:30pm,
4141 Geary Blvd. 4th floor.

Your Health Online

kp.org/classes – class listings, descriptions

kp.org/mydoctor –

- Select and communicate with your doctor
- View health resources
- Watch a video nutrition, breastfeeding, or child birth

kp.org/pregnancy – learn about your changing body and your baby's growth.

Visit the Health Education Center

Call (415) 833-3450

2241 Geary Blvd

San Francisco, CA 94115

Hours: Monday - Friday 9 a.m. – 5 p.m.

SFHealthEd@kp.org

A session is defined as the number of classes a participant should attend to get the most value from the educational experience. The number of sessions does not imply a limit to the number of classes a Kaiser Permanente member may attend.

Program costs listed may be subject to change and may depend on your health plan coverage. Please refer to your current Evidence of Coverage [EOC] to confirm services covered under your plan, or call Kaiser Permanente Member Services for additional information.



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