Pre-registration is required, except for drop-in support groups. Call 415-833-3450, unless otherwise noted.

Baby & Me Postpartum Support Group
A drop-in support group for parents and infants from newborn to 9 months, providing discussion of various parenting issues: growth, feeding, crying, sleeping, return to work, etc.

**Dates/Times/Location:** Ongoing;
- **Geary:** Every Tuesday, 10 am – 12 pm; 2425 Geary, Mezzanine Level, Rm 1.
- **Mission Bay:** Every Thursday, 10 am – 12 pm; 1600 Owens St., 6th Floor., Fillmore Rm 1.

**Fee:** No Fee. Members only.

**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 into our new roles as mothers. Led by a psychologist and a psychiatrist.

**Babies are welcome.**

**Date/Times/Location:** Every Thursday, 11:00 am – 12:30 pm, 4141 Geary Blvd. 3rd Floor, Group Room 3 (French campus).

**Fee:** No fee. Members only.

**Registration:** No appointment necessary; simply drop in.

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

**Fee:** No Fee. Members only.

**Dates/Times:** Offered week nights 6-8:30 pm, and weekends 12-2:30 pm or 1-3:30 pm.

**Location:** Both 2425 Geary and Mission Bay Campus.

Breastfeeding & Working Moms
This class is offered to postpartum mothers who plan to return to work, school or other activities and want to continue breastfeeding. **Babies are welcome.**

**Fee:** No Fee. Members only.

**Dates/Times/Location:** Offered monthly. Alternates between **Geary** on Fridays, 1:30-3:30 pm and **Mission Bay**, Tuesdays, 10 am – 12 pm.

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**CPR for Infants and Children**
Learn basic lifesaving skills for choking, drowning, poisoning, suffocation, and electric shock for babies and children up to age 10. Teaches quick emergency response, home babyproofing and accident prevention. This course does not provide first-aid training or Emergency Medical Services Authority (EMSA) certification for licensed childcare providers.

**Adults only.**

**Fee:** $41.50 for members; $56.50 for non-members.

**Dates/Times:** Offered monthly;
- Wed., 10 a.m. – 12:30 pm or 6:30-8:30 pm; Sat., 10 am – 12:30 pm.

**Location:** Both Geary and Mission Bay Campus.

**Baby Sign Language Programs**
1-Session Workshop and 6-Session Playgroup offered for infants from birth to 18 months. Learn basic American Sign Language in fun playtime activities that help early communication. Signs include beginning words, snack & meal time, animals, family, and daily routines.

**Workshop Fee:** $40/$70 couple; **Playgroup fee:** $110/$199

**Dates/Times:** Wednesday or Saturday mornings.

**Location:** Both Geary and Mission Bay Campus.

**Touch and Movement:**
*Your Baby’s First Language (8 weeks to 6 months)*
In this series based on the Child’Space® method, parents learn techniques to help support their baby’s emerging gross motor abilities, for bonding and calming baby, and face-to-face play to encourage focus/sound/pre-verbal skills. **Babies are welcome.**

**Fee:** Members: $80; Twins $115.

- Non-members: $105; Twins $140.

**Dates/Times:** Four sessions; Weekdays.

**Location:** Both Geary and Mission Bay Campus.

**Feeding Your Baby- Infants to 6 months**
Intro to Solid Foods – We’ll discuss the benefits of continued breastfeeding, food allergies, and how to introduce solids. Taught by a registered dietitian. **Babies are welcome.**

**Fee:** No fee for members; $30 for non-members.

**Dates/Times:** One session; Offered monthly, Tuesday or Thursday, 10 am – 12 pm. Some evenings.

**Location:** Both Geary and Mission Bay Campus.
Feeding Your Baby - 7+ months
Intro to Finger Foods - This class covers guidelines for introducing finger foods, table foods, advancing to three meals a day, milk intake, and preventing picky eating. Taught by a Registered Dietitian. Babies are welcome.
Fee: No fee for members; $30 for non-members.
Dates/Times: One session; Offered 8 times/year.
Tuesday or Thursday, 10 am – 12 pm.
Location: Both Geary and Mission Bay Campus.

Feeding Your Toddler - 1 to 3 years old
This class helps parents manage developmental changes that occur during the toddler years to avoid the challenging mealtimes and picky eating that may result. Learn nutrition guidelines and healthy eating for this age group. Taught by a registered dietitian.
Fee: No fee for members; $30 for non-members.
Dates/Times: One session; Offered 8 times/year.
Tuesday or Thursday, 10 am – 12 pm.
Location: Both Geary and Mission Bay Campus.

Parenting Your Toddler Workshop (12 to 36 months)
Workshop supports parents by offering a glimpse into their child's rapidly developing brain, an overview of typical developmental milestones, and guidelines for setting developmentally appropriate expectations. Learn evidence-based positive discipline strategies. Adults only.
Fee: Members: $25/$40 couple. Non-members: $40/$55.
Dates/Times: One session offered 6x/year, Wed. 7-9 pm.
Location: Both Geary and Mission Bay Campus.

Parenting Your Toddler Five-Week Series (18 to 36 months)
Gain mastery of positive discipline strategies for typical toddler behavior such as tantrums, hitting, and more. This series also covers no-pressure potty training, nighttime sleep and nap regression, and transitioning to a bed.
Prerequisite: Parenting Your Toddler workshop. Adults only.
Fee: Members: $130 single / $150 couple.
Non-members: $150 single / $200 couple.
Dates/Times: Offered quarterly. 5 wk class. Wed. 7-9 pm.
Location: Both Geary and Mission Bay Campus.

Sibling Preparation (3 to 6 years)
Help your 3-6 year old prepare for your new baby’s arrival through discussion, play, and a tour of the hospital maternity area. Please accompany your child to this class.
Fee: No fee. Members only.
Dates: One session; Saturdays, 10-11:30 am or 11:30 am – 1 pm: 1/28, 2/25, 3/18, 4/29, 5/20, 6/24, 7/22, 8/19, 9/23, 10/21, 11/18
Location: Offered at 2425 Geary only.

Martial Play (7 to 12 years)
This 8-session program is an innovative combination of martial arts and social skills training. Children age 7-12 will learn anger management, conflict resolution, and more. Facilitator with 20+ years of experience. No sparring in this class.
Fee: $60 members; $120 non-members.
Dates: Eight 90-minute sessions; Saturday mornings.

Teen Clinic
The Teen Clinic is a special medical office for adolescents and young adults between 11 and 18. We offer primary care, general physical examinations, private counseling for personal and family problems, birth control, pregnancy testing, immunizations, and STD testing/treatment. Emergency contraceptives are available. Members only.
Dates/Times: Appointments available weekdays, 8:30 am – 5 pm. Call 415-833-2200 to schedule.
Location: Mission Bay, 1600 Owens St., 3rd Floor.

Passport to Health Program
Are you or your pediatrician concerned about your child’s weight? This free program for children up to age 18 teaches families skills to achieve a healthy lifestyle and prevent children from developing conditions such as diabetes, high blood pressure, heart disease, and joint and sleep problems. Does not require a referral by physician.
Fee: No Fee. Members only.
Registration: Call 415-833-3497 to schedule a 30-minute appointment.
Location: Both Geary and Mission Bay campus.

Telephonic Wellness Coaching (Parents Only)
Wellness coaching offers telephone-based personalized support and motivational tools to help you identify a behavior that you want to change, set goals, and achieve them – all of which occurs in a safe, supportive environment. Topics covered include: weight management, tobacco cessation, healthy eating, stress reduction, and physical activity. Also available in Spanish.
Fee: No fee. Members only.
Registration: Call 866-251-4514 to schedule your first 30-minute coaching appointment.

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.