



2021 Pediatric Online Classes

Health Education Department
(415) 833-3450 | Email: SFHealthEd@kp.org
Geary Campus: 2241 Geary Blvd., SF, CA 94115
Mission Bay: 1600 Owens St., SF, CA 94158
Hours: M-F, 9:00 am – 12:30 pm; 1:30 pm – 5:00 pm
Website: kp.org/sanfrancisco/healthed

HEALTH EDUCATION DEPARTMENT | KAISER PERMANENTE | SAN FRANCISCO

Preregistration is required. For class schedules and to register, call (415) 833-3450. Members only.
[Providers please use book now or online booking via eConsult: **San Francisco-Health Education**]

Baby & Me Support Group

Online 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. **For more information and to register, call 415-833-3450.**

Baby Sign Language Workshop

This 1-Session Workshop 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 & mealtime, animals, family, and daily routines. Members only. No class fee.

Baby Sign Language Playgroup

This 6-Session Playgroup is 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 & mealtime, animals, family, and daily routines.

Guiding your Toddler Workshop

(12 to 36 months)

Learn about your child's rapidly developing brain and the profound impact you have as a parent in these first 3 years. You will also learn how to increase connection and cooperation and developmentally appropriate positive discipline techniques.

Feeding Your Baby Solids (Oakland Class)

In this class you'll learn how to determine if your child is ready for solid foods, recommendations for introducing solid foods, healthy eating and habits, and preventing picky eating

Youth Thrive Program

This a multidisciplinary, case management program to help families develop a plan to support healthy behaviors and a healthy weight for their children. Families learn tools for healthy eating, physical activity, and their role in implementing healthy lifestyles for the whole family. Families will see a registered dietitian, clinical health educator, and a clinical social worker for individual consultation. **For more information and to register, call the Pediatrics Department at 415-833-4151 or 628-242-6362.**

Teen Clinic

The Teen Clinic is a special medical office for adolescents between 11 and 18 years. We offer primary care, general physical examinations, birth control, pregnancy testing, immunizations, STD testing/treatment, and private counseling for personal and family problems. Emergency contraceptives are also available. **For more information and to register, call 415-833-2200.**

Class Pass

Virtual exercise programs for the family. Visit kp.org/exercise to register.

Scan this code to view this flyer on your mobile device.

