Healthy Pregnancy
(For participants 6-28 weeks)
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.
Fee: No fee for members.
Location: 2425 Geary
Dates: Offered monthly, 6pm – 8:30pm
1/22, 2/5, 3/5, 4/2, 5/14, 6/4, 7/2, 8/6, 9/3, 10/1, 11/5

Late Pregnancy
(For participants 28-36 weeks)
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.
Do not take if taking Childbirth Preparation.
Fee: No fee for members.
Location: 2425 Geary
Dates: Offered monthly, 6pm-8:30pm
1/29, 2/19, 3/19, 4/16, 5/16, 6/16, 7/16, 8/20, 9/17, 10/15, 11/9, 12/17

Hospital Tour
(For participants 28-36 weeks)
Visit Labor & Delivery and Maternity areas. Tour included in Childbirth Preparation.
Fee: No fee for members.
Location: 2425 Geary
Dates: Offered various days and times:
Thursdays 5pm, 6pm, or 7pm: 1/3, 2/7, 3/7, 4/4, 5/2, 6/6, 7/11, 8/1, 9/5, 10/3, 11/7, 12/5
Saturday 3:30pm or 4:30pm: 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/13, 8/3, 9/7, 10/5, 11/2, 12/7
Sundays 10am or 11am: 1/6, 1/20, 2/3, 2/17, 3/3, 3/17, 5/5, 6/2, 6/23, 7/7, 7/21, 8/18, 9/8, 9/22, 10/6, 10/20, 11/3, 11/17, 12/1, 12/15

Breastfeeding Basics
(For participants 28-36 weeks)
Get breastfeeding off to a good start. Learn how your milk supply is established, positioning, latching, & how to tell your baby is getting enough milk.
Fee: No fee for members.
Geary: 2425 Geary
Dates: Offered week nights, 4pm – 6:30pm or 6pm - 8:30pm and weekends 1:00pm-3:30pm
Week night dates: 1/8, 1/25, 2/5, 2/22, 3/8, 3/19, 4/2, 4/16, 4/30, 5/7, 5/21, 6/4, 6/18, 7/16, 7/30, 8/6, 8/20, 8/22, 9/17, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17
Weekend 1:00 - 3:30pm dates: 1/6, 1/26, 2/3, 2/23, 3/3, 3/23, 4/13, 5/5, 6/2, 6/22, 7/7, 7/27, 9/8, 10/6, 11/3, 11/23, 12/1

Childbirth Preparation
(For participants 32-36 weeks)
Learn breathing, relaxation, positions, role of the partner, hospital policies, procedures and other information to prepare for labor and birth. Offered as a 2-day (week night) or 1-day (weekend) session. Please note: hospital tour and late pregnancy information is included in this class.
Fee: No fee for members.
Location: 2425 Geary
Dates: 2-day series- Mondays, 6pm – 9pm
1/7, 2/4, 3/18, 4/15, 5/13, 6/17, 7/15, 8/19, 9/16, 10/21, 12/9
2-day series- Wednesdays, 6pm – 9pm
12/11
2-day series- Thursdays, 6pm – 9pm
1/3, 1/17, 2/7, 3/7, 4/21, 4/4, 4/18, 5/2, 5/23, 6/6, 6/20, 7/11, 8/1, 8/15, 9/5, 9/19, 10/3, 10/17, 11/7
1-day Weekend Class 9am – 2:30pm
Saturdays: 1/5, 2/2, 2/16, 2/23, 3/2, 3/9, 3/30, 4/6, 4/13, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15, 7/16, 7/20, 8/3, 8/10, 8/11, 8/17, 8/24, 9/7, 9/14, 9/21, 10/5, 10/12, 10/19, 11/2, 11/9, 11/23, 11/16, 12/7, 12/14
Sundays: 1/20, 1/27, 2/10, 2/24, 3/10, 4/14, 4/28, 5/26, 6/23, 7/28, 8/25, 10/26, 11/17, 12/15

Preregistration is required. Early registration is recommended for all classes. To register, call 415-833-3450. Space is limited.
[Providers please use book now or online booking via eConsult: San Francisco-Health Education-Pregnancy Education]
Introduction to Pediatrics/Newborn Care  
*(For participants 28-36 weeks)*
Learn about the Pediatric Department, routine visits, and immunizations. In this class, we’ll teach information and skills you need to feel confident about caring for your newborn. We’ll cover topics such as feeding, bathing, diapering, and when to call your physician.

**Fee:** No fee for members.  
**Geary:** 2425 Geary  
**Dates:** Offered week nights 6pm – 8pm or weekends 12-2pm or 1pm-3pm  
**Week night dates:** 1/2, 1/14, 2/25, 4/18, 5/14, 5/8, 5/29  
**Weekend 12 noon-2pm dates:** 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/13, 8/3, 9/7, 10/5, 11/2, 12/7  
**Mission Bay:** 1600 Owens  
**Week night dates:** 1/16, 2/20, 3/11, 3/20, 4/8, 4/17, 5/6, 6/10, 6/19, 7/8, 7/17, 8/12, 8/21, 9/9, 9/18, 10/7, 10/16, 11/4, 11/20, 12/2, 12/18

Coping with Labor the Natural Way  
*(For participants 32-36 weeks)*
Focuses on non-medical comfort measures such as breathing, massage, relaxation and comfortable positions for labor & birth.

**Fee:** No fee for members  
**Location:** 2425 Geary  
**Dates:** Offered week nights, 6pm- 9pm  
1/9, 1/16, 1/23, 1/31, 2/6, 2/20, 2/27, 3/6, 3/20, 3/27, 4/3, 4/17, 4/24, 5/15, 5/22, 5/30, 6/5, 6/19, 6/26, 7/3, 7/17, 7/24, 7/25, 7/31, 8/7, 8/21, 8/28, 8/29, 9/4, 9/18, 9/25, 10/2, 10/16, 10/23, 10/31, 11/6, 11/20, 11/21, 12/4, 12/18

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:** $50 for members; $65 for non-members.  
**Dates/Times/Location:** Offered monthly; Wednesdays, 10am–12:30pm or 6pm-8:30pm; Saturdays, 10am–12:30pm. Offered at both Geary and Mission Bay Campuses.

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

**Fee:** No fee for members.  
**Location:** 2425 Geary  
**Dates:** Saturday mornings 10am-11:30am  

Emotional Wellbeing Support Group in Pregnancy and Postpartum
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.  
**Dates/Times/Location:** Every Thursday, 11am – 12:30pm, 4141 Geary Blvd. 3rd Floor, Group Room 3 (French Campus)  
**Call (415) 833-4523 to confirm prior to attending or for more information. No pre-registration required.

Baby and Me Postpartum Support Group
A drop-in support group for parents and infants from newborn to 9 months, providing discussion and support for parenting issues.

**Geary:** 2425 Geary, Mezzanine Level, Room 1  
**Dates:** Every Tuesday, 10am – 12pm  
**Mission Bay:** 1600 Owens St, 9th Floor, North Beach Room  
**Dates:** Every Thursday, 10am – 12 noon  
**Drop-in, no pre-registration required.

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 are welcome.*

**Fee:** No fee for members.  
**Dates:** Offered monthly.  
**Geary:** 2425 Geary, Fridays, 10am – 11:30am: 2/8, 4/5  
**Mission Bay:** 1600 Owens. Tuesdays, 10am – 12pm: 1/15, 3/19, 5/21, 7/16, 9/17, 11/19

Prenatal Classes in Chinese
懷孕及產後護理  
*(Pregnancy and Postpartum)*  
如你需預約粵語懷孕和產後護理班，請諮詢您的婦產科醫生或致電415-833-1639。

Prenatal Classes in Spanish  
Clases Prenatales en Español  
3rd Trimester of Pregnancy and a Visit to the Hospital.  
*(Late Pregnancy and Hospital Tour)*  
Preparación para la etapa final del Embarazo y un paseo por la Sala de Maternidad en el Hospital.  
*Sólo miembros.*  
Inscripción: Llame al 415-833-3450

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**Dates and times are subject to change.**  
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. For additional information call Kaiser Permanente Member Services at 1-800-390-3507.

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