

Health Education Online Classes



2021 • KAISER PERMANENTE • SAN FRANCISCO • HEALTH EDUCATION

Date	Day	Class	Time
1/2/2021	Saturday	Baby Sign Language Workshop (1 Session)	10:15-11:45am
1/5/2021	Tuesday	Managing Anger (6 Sessions)	6:00- 8:00 p.m.
1/5/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
1/7/2021	Thursday	Understanding Anxiety Series (6 Sessions)	4:00 - 6:00 p.m.
1/7/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
1/7/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
1/07/21 & 1/14/2021	Thursday	Childbirth Prep - 2 Session	6:00-8:00pm
1/8/2021	Friday	Cholesterol	9:30-11:30am
1/09/21	Saturday	Baby Sign Language Workshop (6 Sessions)	10:15-11:15am
1/11/21	Monday	Managing Depression Series (6 Sessions)	4:00 - 6:00 p.m.
1/11/2021	Monday	Improving Your Sleep Series (6 Sessions)	4:00 - 6:00 p.m.
1/11/2021	Monday	Living Heart Healthy	10-12PM
1/11/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
1/11/2021	Monday	Breastfeeding	6:00-8:00pm
1/12/2021	Tuesday	Managing Your Stress Series (6 Sessions)	4:00 - 6:00 p.m.
1/12/2021	Tuesday	Couples Communication Series (6 Sessions)	6:00- 8:00 p.m.
1/12/2021	Tuesday	Carb Counting for Type 1 or Multi Dose Insulin	2:00-4:00pm
1/12/2021	Tuesday	Chinese Cholesterol	9:30-11:30
1/13/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
1/13/2021	Wednesday	Plant Based Eating	12:00 - 1:30pm
1/13/2021	Wednesday	Diabetes Nutrition	4:30-6:30pm
1/14/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
1/14/2021	Thursday	Diabetes Basics	3-5PM
1/14/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
1/15/2021	Friday	Chinese Life Care Planning	10-12PM
1/16/2021	Saturday	Teens Mindfulness & Stress Reduction Series (6 Sessions)	10:00-12:00pm
1/16/2021	Saturday	Youth Mindfulness & Stress Reduction Series (6 Sessions)	1:00-3:00pm
1/16/2021	Saturday	Diabetes Nutrition	9:30-11:30am
1/16/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
1/19/2021	Tuesday	Diabetes Basics	10-12PM
1/19/2021	Tuesday	Chinese Prediabetes	10-12PM
1/20/2021	Wednesday	Chinese Diabetes Basics	2-5PM
1/21/2021	Thursday	Oncology Mindfulness & Stress Reduction (6 Sessions)	10:30-12:30pm
1/21/2021	Thursday	Understanding Anxiety Series (6 Sessions)	6:00- 8:00 p.m.
1/21/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm

Call (415) 833-3450 to Register

Or e-mail to find out more: SFHealthEd@kp.org

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

For individualized telephone wellness coaching call

1-866-251-4514

Topics include trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. You and your coach talk one-on-one by phone convenient a time.

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1/21/2021	Thursday	Life Care Planning	2-4PM
1/21/2021	Thursday	Newborn Care	6:00-8:00pm
1/21/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
1/25/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
1/26/2021	Tuesday	Healthy Kidney	2:00-4:00pm
1/26/2021	Tuesday	MBSR Series (6 Sessions)	6:00-8:30pm
1/26/2021	Tuesday	Diabetes Nutrition	9:30-11:30am
1/26/2021	Tuesday	Breastfeeding	6:00-8:00pm
1/27/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
1/27/2021	Wednesday	Plant Based Eating	3:00-4:30pm
1/27/2021	Wednesday	Newborn Care	6:00-8:00pm
1/28/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
1/28/2021	Thursday	Chinese Kidney Treatment	2:30-4:30pm
1/28/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
February			
2/1/2021	Monday	Newborn Care	6:00-8:00pm
2/2/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
2/4/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
2/4/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
2/8/2021	Monday	Understanding Anxiety Series (6 Sessions)	4:00 - 6:00 p.m.
2/8/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
2/8/2021	Monday	Breastfeeding	6:00-8:00pm
2/9/2021	Tuesday	Carb Counting for Type 1 or Multi Dose Insulin	2:00-4:00pm
2/10/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
2/10/2021	Wednesday	Plant Based Eating	12:00 - 1:30pm
2/10/2021	Wednesday	Healthy Kidney	2:00-4:00pm
2/10/2021	Wednesday	Diabetes Nutrition	4:30-6:30pm
2/11/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
2/11/2021	Thursday	Diabetes Healthy Eating	2-4PM
2/11/2021	Thursday	Diabetes Basics	3-5PM
2/11/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
2/11/2021	Thursday	Filipino Diabetes Basics	3:30-5:30pm
2/12/2021	Friday	Cholesterol	9:30-11:30am
2/13/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
2/16/2021	Tuesday	Diabetes Basics	10-12PM
2/16/2021	Tuesday	Managing Depression Series (6 Sessions)	4:00 - 6:00 p.m.
2/16/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
2/16/2021	Tuesday	Managing Anger Series (6 Sessions)	6:00- 8:00 p.m.
2/16/2021	Tuesday	Improving Your Sleep Series (4 Sessions)	4:00 - 6:00 p.m.
2/17/2021	Wednesday	Newborn Care	6:00-8:00pm

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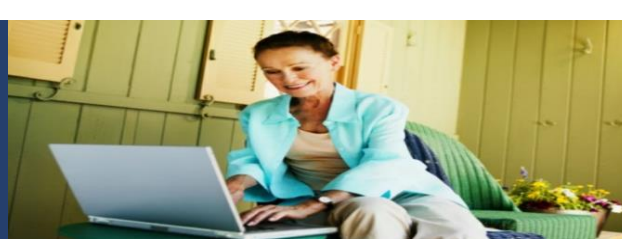
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2/18/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
2/18/2021	Thursday	Chinese Cholesterol	2:30-4:30pm
2/18/2021	Thursday	Life Care Planning	2:00-4:00pm
2/18/2021	Thursday	Chinese Diabetes Basics	9AM-12PM
2/18/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
2/18/21 & 2/25/2021	Thursday	Childbirth Prep - 2 Session	6:00-8:00pm
2/20/2021	Saturday	Diabetes Nutrition	9:30-11:30am
2/22/2021	Monday	Couples Communication Series (6 Sessions)	6:00- 8:00 p.m.
2/22/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
2/23/2021	Tuesday	Diabetes Nutrition	9:30-11:30am
2/23/2021	Tuesday	Breastfeeding	6:00-8:00pm
2/24/2021	Wednesday	Plant Based Eating	3:00-4:30pm
2/24/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
2/25/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
2/25/2021	Thursday	Managing Your Stress Series (6 Sessions)	6:00 - 8:00 p.m.
2/25/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
2/26/2021	Friday	Chinese Healthy Kidney	2:30-4:30pm
2/27/2021	Saturday	Baby Sign Language Workshop (1 Session)	10:15-11:45am
March			
3/2/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
3/4-4/1/21	Thursday	Assertiveness Training Series (5 Sessions)	6:00- 8:00 p.m.
3/4/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
3/4/2021	Thursday	Newborn Care	6:00-8:00pm
3/4/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
3/06/21	Saturday	Baby Sign Language Workshop (6 Sessions)	10:15-11:15am
3/8/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
3/9/2021	Tuesday	Carb Counting for Type 1 or Multi Dose Insulin	2:00-4:00pm
3/9/2021	Tuesday	Chinese Cholesterol	9:30-11:30
3/09/21 & 3/16/2021	Tuesday	Childbirth Prep - 2 Session	6:00-8:00pm
3/10/2021	Wednesday	Plant Based Eating	12:00 - 1:30pm
3/10/2021	Wednesday	Pathways to Emotional Wellness (Single class)	6:00-8:30pm
3/10/2021	Wednesday	Diabetes Nutrition	4:30-6:30pm
3/11-4/15/21	Thursday	MBSR Series (6 Sessions)	6:00-8:30pm
3/11/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
3/11/2021	Thursday	Diabetes Basics	3-5PM
3/11/2021	Thursday	Breastfeeding	6:00-8:00pm
3/11/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
3/12/2021	Friday	Cholesterol	9:30-11:30am

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3/16/2021	Tuesday	Diabetes Basics	10-12PM
3/16/2021	Tuesday	Chinese Prediabetes	10-12PM
3/16/2021	Tuesday	Understanding Anxiety Series (6 Sessions)	6:00- 8:00 p.m.
3/16/2021	Tuesday	Improving Your Sleep Series (4 Sessions)	4:00 - 6:00 p.m.
3/1/2021	Wednesday	Managing Anger Series (6 Sessions)	6:00- 8:00 p.m.
3/17/2021	Wednesday	Chinese Diabetes Basics	2-5PM
3/18/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
3/18/2021	Thursday	Life Care Planning	2-4PM
3/18/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
3/19/2021	Friday	Chinese Life Care Planning	10-12PM
3/20/2021	Saturday	Diabetes Nutrition	9:30-11:30am
3/22/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
3/22/2021	Monday	Newborn Care	6:00-8:00pm
3/23/2021	Tuesday	Healthy Kidney	2:00-4:00pm
3/23/2021	Tuesday	Diabetes Nutrition	9:30-11:30am
3/23/2021	Tuesday	Guiding Your Toddler	11:00a – 12:00pm
3/24/2021	Wednesday	Plant Based Eating	3:00-4:30pm
3/24/2021	Wednesday	Couples Communication Series (6 Sessions)	6:00- 8:00 p.m.
3/24/2021	Wednesday	Pathways to Emotional Wellness (single)	6:00-8:30pm
3/25/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
3/25/2021	Thursday	Chinese Kidney Treatment	2:30-4:30pm
3/25/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
3/27/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
3/30/2021	Tuesday	Breastfeeding	6:00-8:00pm
April			
4/1/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
4/1/2021	Thursday	Managing Depression Series (6 Sessions)	6:00 - 8:00 p.m.
4/1/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
4/3/2021	Saturday	Assertiveness Training Series (5 Sessions)	10:00- 12:00 p.m.
4/3/2021	Saturday	Teens Mindfulness & Stress Reduction Series (6 Sessions)	10:00-12:00pm
4/3/2021	Saturday	Youth Mindfulness & Stress Reduction Series (6 Sessions)	1:00-3:00pm
4/5/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
4/5/2021	Monday	Breastfeeding	6:00-8:00pm
4/6/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
4/7/2021	Wednesday	Couples Communication Series (6 Sessions)	4:00 - 6:00 pm
4/8/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
4/8/2021	Thursday	Diabetes Healthy Eating	2-4PM
4/8/2021	Thursday	Diabetes Basics	3-5PM
4/8/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm

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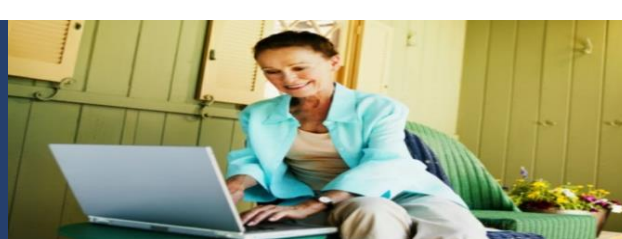
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4/8/2021	Thursday	Filipino Diabetes Basics	3:30-5:30pm
4/9/2021	Friday	Cholesterol	9:30-11:30am
4/12/2021	Monday	Living Heart Healthy	10-12PM
4/13/2021	Tuesday	Managing Your Stress Series (6 Sessions)	4:00 - 6:00 p.m.
4/13/2021	Tuesday	Carb Counting for Type 1 or Multi Dose Insulin	2:00-4:00pm
4/14/2021	Wednesday	Plant Based Eating	12:00 - 1:30pm
4/14/2021	Wednesday	Pathways to Emotional Wellness (Single class)	6:00-8:30pm
4/14/2021	Wednesday	Healthy Kidney	2:00-4:00pm
4/14/21 & 4/21/21	Wednesday	Childbirth Prep - 2 Session	6:00-8:00pm
4/14/2021	Wednesday	Diabetes Nutrition	4:30-6:30pm
4/15/2021	Thursday	Managing Anger Series (6 Sessions)	6:00- 8:00 p.m.
4/15/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
4/15/2021	Thursday	Chinese Cholesterol	2:30-4:30pm
4/15/2021	Thursday	Oncology Mindfulness & Stress Reduction Series (6 Sessions)	10:30-12:30pm
4/15/2021	Thursday	Life Care Planning	2-4PM
4/15/2021	Thursday	Chinese Diabetes Basics	9AM-12PM
4/15/2021	Thursday	Newborn Care	6:00-8:00pm
4/15/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
4/17/2021	Saturday	Diabetes Nutrition	9:30-11:30am
4/20/2021	Tuesday	Diabetes Basics	10-12PM
4/27/2021	Tuesday	MBSR Series (6 Sessions)	6:00-8:30pm
4/20/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
4/20/2021	Tuesday	Improving Your Sleep Series (4 Sessions)	4:00 - 6:00 p.m.
4/21/2021	Wednesday	Thrive Kitchen: Cooking to Reduce Food Waste	6:30-8:30pm
4/22/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
4/22/2021	Thursday	Breastfeeding	6:00-8:00pm
4/22/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
4/23/2021	Friday	Chinese Healthy Kidney	2:30-4:30pm
4/24/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
4/26/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
4/26/2021	Monday	Understanding Anxiety Series (6 Sessions)	4:00 - 6:00 p.m.
4/27/2021	Tuesday	Diabetes Nutrition	9:30-11:30am
4/27/2021	Tuesday	Newborn Care	6:00-8:00pm
4/27/2021	Tuesday	Guiding Your Toddler	2:00-3:00pm
4/28/2021	Wednesday	Plant Based Eating	3:00-4:30pm
4/28/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
4/29/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
4/29/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm

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May

5/1/2021	Saturday	Baby Sign Language Workshop (1 Session)	10:15-11:45am
5/3/2021	Monday	Breastfeeding	6:00-8:00pm
5/4/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
5/6/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
5/6/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
5/06/21 & 5/13/21	Thursday	Childbirth Prep - 2 Session	6:00-8:00pm
5/8/2021	Saturday	Couples Communication Series (6 Sessions)	10:00- 12:00 noon
5/08/21	Saturday	Baby Sign Language Workshop (6 Sessions)	10:15-11:15am
5/10/2021	Monday	Living Heart Healthy	10-12PM
5/10/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
5/11/2021	Tuesday	Carb Counting for Type 1 or Multi Dose Insulin	2:00-4:00pm
5/11/2021	Tuesday	Chinese Cholesterol	9:30-11:30
5/12/2021	Wednesday	Managing Depression Series (6 Sessions)	4:00 - 6:00 p.m.
5/12/2021	Wednesday	Plant Based Eating	12:00 - 1:30pm
5/12/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
5/12/2021	Wednesday	Diabetes Nutrition	4:30-6:30pm
5/12/2021	Wednesday	Newborn Care	6:00-8:00pm
5/13/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
5/13/2021	Thursday	Diabetes Basics	3-5PM
5/13/2021	Thursday	Improving Your Sleep Series (4 Sessions)	4:00 - 6:00 p.m.
5/13/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
5/14/2021	Friday	Cholesterol	9:30-11:30am
5/15/2021	Saturday	Diabetes Nutrition	9:30-11:30am
5/18/2021	Tuesday	Diabetes Basics	10-12PM
5/18/2021	Tuesday	Breastfeeding	6:00-8:00pm
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5/19/2021	Wednesday	Managing Your Stress Series (6 Sessions)	4:00 - 6:00 p.m.
5/19/2021	Wednesday	Thrive Kitchen: Healthy Asian Cooking	6:30-8:30pm
5/20/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
5/20/2021	Thursday	Life Care Planning	2-4PM
5/20/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
5/21/2021	Friday	Chinese Life Care Planning	10-12PM
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5/24/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
5/24/2021	Monday	Newborn Care	6:00-8:00pm
5/25/2021	Tuesday	Healthy Kidney	2:00-4:00pm
5/25/2021	Tuesday	Guiding Your Toddler	11:00a – 12:00p

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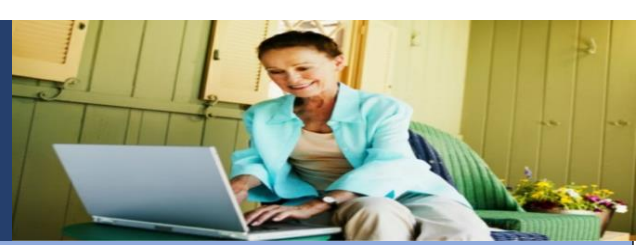
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5/26/2021	Wednesday	Plant Based Eating	3:00-4:30pm
5/26/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
5/27/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
5/27/2021	Thursday	Chinese Kidney Treatment	2:30-4:30pm
5/27/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
5/29/2021	Saturday	Managing Anger Series (6 Sessions)	12:30- 2:30 p.m.
June			
6/1/2021	Tuesday	Oncology Mindfulness & Stress Reduction Series (6 Sessions)	10:30-12:30pm
6/1/2021	Tuesday	Cancer Nutrition	4:00-5:00pm
6/3/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
6/3/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
6/3/2021	Thursday	Newborn Care	6:00-8:00pm
6/7/2021	Monday	Breastfeeding	6:00-8:00pm
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6/10/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
6/10/2021	Thursday	Filipino Diabetes Basics	3:30-5:30pm
6/11/2021	Friday	Cholesterol	9:30-11:30am
6/12/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
6/14/2021	Monday	Living Heart Healthy	10-12PM
6/14/2021	Monday	Spanish Diabetes Basics	5:30-7:30pm
6/15/2021	Tuesday	Diabetes Basics	10-12PM
6/15/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
6/16/2021	Wednesday	Understanding Anxiety Series (6 Sessions)	6:00- 8:00 p.m.
6/16/2021	Wednesday	Newborn Care	6:00-8:00pm
6/16/2021	Wednesday	Thrive Kitchen: Mediterranean Picnic	6:30-8:30pm
6/17/2021& 6/24/2021	Thursday	Childbirth Prep - 2 Session	6:00-8:00pm
6/17/2021	Thursday	Blood Sugar in Pregnancy	10:00am-12:00pm
6/17/2021	Thursday	Chinese Cholesterol	2:30-4:30pm

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6/17/2021	Thursday	Life Care Planning	2-4PM
6/17/2021	Thursday	Chinese Diabetes Basics	9AM-12PM
6/17/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
6/19/2021	Saturday	Diabetes Nutrition	9:30-11:30am
6/22/2021	Tuesday	Diabetes Nutrition	9:30-11:30am
6/22/2021	Tuesday	Breastfeeding	6:00-8:00pm
6/22/2021	Tuesday	Guiding Your Toddler	2:00-3:00pm
6/23/2021	Wednesday	Pathways to Emotional Wellness (Single class)	6:00-8:30pm
6/23/2021	Wednesday	Plant Based Eating	3:00-4:30pm
6/24/2021	Thursday	Blood Sugar in Pregnancy	2:00-4:00pm
6/24/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
6/25/2021	Friday	Chinese Healthy Kidney	2:30-4:30pm
6/26/2021	Saturday	Baby Sign Language Workshop (1 Session)	10:15-11:45am
6/28/2021	Monday	Irritable Bowel Syndrome	4:00-5:30pm
July			
7/1/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
7/3/2021	Saturday	Teen Mindfulness & Stress Reduction Series (6 Sessions)	10:00am-12:00pm
7/3/2021	Saturday	Youth Mindfulness & Stress Reduction Series (6 Sessions)	1:00pm-3:00pm
7/8/2021	Thursday	Newborn Care	6:00-8:00pm
7/8/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
7/13/2021	Tuesday	Managing Anger Series (6 Sessions)	4:00-6:00pm
7/13/2021	Tuesday	Understanding Anxiety Series (6 Sessions)	6:00-8:00pm
7/13/2021	Tuesday	Managing Your Stress Series (6 Sessions)	6:00-8:00pm
7/14/2021	Wednesday	Thrive Kitchen: Spanish Summer	6:30-8:30pm
7/14/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
7/15/2021	Thursday	Understanding Depression Series (6 Sessions)	6:00-8:00pm
7/15/2021	Thursday	Breastfeeding	6:00-8:00pm
7/15/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
7/20/2021	Tuesday	Childbirth Prep (Session 1)	6:00-8:00pm
7/21/2021	Wednesday	Newborn Care	6:00-8:00pm
7/22/2021	Thursday	Oncology Mindfulness & Stress Reduction Series (6 Sessions)	10:30am-12:30pm
7/22/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
7/24/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
7/26/2021	Monday	Improving Your Sleep Series (4 Sessions)	4:00-6:00pm
7/26/2021	Monday	Breastfeeding	6:00-8:00pm
7/27/2021	Tuesday	Childbirth Prep (Session 2)	6:00-8:00pm
7/27/2021	Tuesday	Guiding Your Toddler	11:00a – 12:00pm
7/28/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm

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7/29/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
7/31/2021	Saturday	Couples Communication Series (6 Sessions)	10:00am-12:00pm
August			
8/5/2021	Thursday	Newborn Care	6:00-8:00pm
8/5/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
8/9/2021	Monday	Understanding Depression Series (6 Sessions)	6:00-8:00pm
8/10/2021	Tuesday	Breastfeeding	6:00-8:00pm
8/11/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
8/11/2021	Wednesday	Thrive Kitchen: Back to School Lunch & Easy Weeknight Cooking	6:30-8:30pm
8/12/2021	Thursday	Managing Your Stress Series (6 Sessions)	4:00-6:00pm
8/12/2021	Thursday	MBSR Series (6 Sessions)	6:00-8:30pm
8/12/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
8/14/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
8/16/2021	Monday	Newborn Care	6:00-8:00pm
8/17/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
8/18/2021	Wednesday	Childbirth Prep (Session 1)	6:00-8:00pm
8/19/2021	Thursday	Improving Your Sleep Series (4 Sessions)	4:00-6:00pm
8/19/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
8/24/2021	Tuesday	Guiding Your Toddler	2-3pm
8/25/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
8/25/2021	Wednesday	Childbirth Prep (Session 2)	6:00-8:00pm
8/26/2021	Thursday	Understanding Anxiety Series (6 Sessions)	6:00-8:00pm
8/26/2021	Thursday	Breastfeeding	6:00-8:00pm
8/26/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
September			
9/1/2021	Wednesday	Managing Anger Series (6 Sessions)	6:00-8:00pm
9/2/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
9/6/2021	Monday	Assertiveness Training Series (5 Sessions)	6:00-8:00pm
9/7/2021	Tuesday	Understanding Depression Series (6 Sessions)	6:00-8:00pm
9/8/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
9/8/2021	Wednesday	Couples Communication Series (6 Sessions)	6:00-8:00pm
9/8/2021	Wednesday	Newborn Care	6:00-8:00pm
9/8/2021	Wednesday	Thrive Kitchen: iTaco Bar! Healthy Mexican Food	6:30-8:30pm
9/9/2021	Thursday	Managing Your Stress Series (6 Sessions)	6:00-8:00pm
9/9/2021	Thursday	Childbirth Prep (Session 1)	6:00-8:00pm
9/9/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
9/13/2021	Monday	Breastfeeding	6:00-8:00pm
9/14/2021	Tuesday	Understanding Anxiety Series (6 Sessions)	6:00-8:00pm
9/14/2021	Tuesday	Improving Your Sleep Series (4 Sessions)	4:00-6:00pm

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9/16/2021	Thursday	Oncology Mindfulness & Stress Reduction Series (6 Sessions)	10:30am-12:30pm
9/16/2021	Thursday	Childbirth Prep (Session 2)	6:00-8:00pm
9/16/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
9/22/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
9/23/2021	Thursday	Newborn Care	6:00-8:00pm
9/23/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
9/25/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
9/28/2021	Tuesday	Breastfeeding	6:00-8:00pm
9/28/2021	Tuesday	Guiding Your Toddler	11:00a – 12:00pm
9/30/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm

October

10/2/2021	Saturday	Teen Mindfulness & Stress Reduction Series (6 Sessions)	10:00am-12:00pm
10/2/2021	Saturday	Youth Mindfulness & Stress Reduction Series (6 Sessions)	1:00pm-3:00pm
10/2/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
10/4/2021	Monday	Improving Your Sleep Series (4 Sessions)	4:00-6:00pm
10/5/2021	Tuesday	MBSR Series (6 Sessions)	6:00-8:30pm
10/5/2021	Tuesday	Childbirth Prep (Session 1)	6:00-8:00pm
10/6/2021	Wednesday	Thrive Kitchen: Everything Pumpkin	6:30-8:30pm
10/6/2021	Wednesday	Newborn Care	6:00-8:00pm
10/7/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
10/11/2021	Monday	Managing Your Stress Series (6 Sessions)	4:00-6:00pm
10/12/2021	Tuesday	Childbirth Prep (Session 2)	6:00-8:00pm
10/13/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
10/14/2021	Thursday	Breastfeeding	6:00-8:00pm
10/14/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
10/18/2021	Monday	Understanding Anxiety Series (6 Sessions)	6:00-8:00pm
10/18/2021	Monday	Understanding Depression Series (6 Sessions)	6:00-8:00pm
10/19/2021	Tuesday	Couples Communication Series (6 Sessions)	6:00-8:00pm
10/19/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
10/21/2021	Thursday	Newborn Care	6:00-8:00pm
10/21/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
10/26/2021	Tuesday	Breastfeeding	6:00-8:00pm
10/26/2021	Tuesday	Guiding Your Toddler	2:00-3:00pm
10/27/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
10/28/2021	Thursday	Managing Anger Series (6 Sessions)	6:00-8:00pm
10/28/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm

November

11/1/2021	Monday	Newborn Care	6:00-8:00pm
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11/2/2021	Tuesday	Managing Your Stress Series (6 Sessions)	6:00-8:00pm
11/2/2021	Tuesday	Improving Your Sleep Series (6 Sessions)	4:00-6:00pm
11/4/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
11/6/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
11/9/2021	Tuesday	Understanding Anxiety Series (6 Sessions)	6:00-8:00pm
11/9/2021	Tuesday	Oncology Mindfulness & Stress Reduction Series (6 Sessions)	10:30am-12:30pm
11/9/2021	Tuesday	Breastfeeding	6:00-8:00pm
11/10/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
11/10/2021	Wednesday	Childbirth Prep (Session 1)	6:00-8:00pm
11/11/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
11/15/2021	Monday	Breastfeeding	6:00-8:00pm
11/17/2021	Wednesday	Childbirth Prep (Session 2)	6:00-8:00pm
11/17/2021	Wednesday	Thrive Kitchen: Plant-Based Thanksgiving	6:30-8:30pm
11/18/2021	Thursday	Newborn Care	6:00-8:00pm
11/18/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
11/23/2021	Tuesday	Guiding Your Toddler	11:00a – 12:00pm
11/24/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
December			
12/1/2021	Wednesday	Newborn Care	6:00-8:00pm
12/1/2021	Wednesday	Thrive Kitchen: Holiday Appetizer Party	6:30-8:30pm
12/2/2021	Thursday	Breastfeeding	6:00-8:00pm
12/2/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
12/4/2021	Saturday	Childbirth Prep (Single-Session)	9:30am-1:30pm
12/6/2021	Monday	Newborn Care	6:00-8:00pm
12/7/2021	Tuesday	Cantonese Breastfeeding	6:00-8:00pm
12/8/2021	Wednesday	Pathways to Emotional Wellness	6:00-8:30pm
12/9/2021	Thursday	Childbirth Prep (Session 1)	6:00-8:00pm
12/9/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
12/14/2021	Tuesday	Breastfeeding	6:00-8:00pm
12/16/2021	Thursday	Childbirth Prep (Session 2)	6:00-8:00pm
12/16/2021	Thursday	Baby and Me Support Group	10:00am-12:00pm
12/28/2021	Tuesday	Guiding Your Toddler	2:00-3:00pm

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