



# 2020 Prenatal and Postpartum Classes

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

HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

**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 e-Consult: **San Francisco-Health Education-Pregnancy Education**]

## Healthy Pregnancy

**(For participants 6-28 weeks)**

Learn about common symptoms in the first & 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

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

## 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

1/14, 2/11, 4/14, 5/12, 8/11, 9/8, 10/13, 12/8

## Hospital Tour

**(For participants 28-36 weeks)**

Visit Labor & Delivery and Maternity areas. **Tour included in Childbirth Preparation.**

**Please note: Rooms may not be available to view**

**Fee:** No fee for members.

**Location:** 2425 Geary

**Dates:** Offered various days and times:

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

**Saturday 1pm or 2pm:** 1/25, 2/22, 3/28, 4/25, 5/23, 6/27, 7/25, 8/22, 9/26, 10/24, 11/21

## Breastfeeding Basics

**(For participants 28-36 weeks)**

Studies show that breastfeeding offers many health benefits for you and your baby. In this class, you'll learn how to position your baby for nursing, how to tell if your baby is getting enough milk, and ways to prevent common breastfeeding discomforts and challenges.

**Fee:** No fee for members.

**Geary:** 2425 Geary

**Dates:** 6pm - 8:00pm

**Week night dates:** 1/13, 1/23, 2/24, 2/27, 3/16, 3/26, 4/13, 4/23, 5/18, 5/28, 6/22, 6/25, 7/6, 7/23, 8/27, 9/14, 9/24, 9/28, 10/19, 10/22, 11/9

**Mission Bay:** 1600 Owens St

**Week night dates:** 1/14, 1/21, 2/11, 2/18, 3/10, 4/14, 4/21, 5/12, 5/19, 6/9, 6/16, 7/14, 7/21, 8/11, 8/18, 9/8, 9/15, 10/13, 10/20, 11/10, 11/17, 12/8

## Childbirth Preparation

**(For participants 32-36 weeks)**

In this program, we'll teach you breathing and relaxation techniques to use during labor and delivery. We'll also discuss pain management options, your birthing coach's role, hospital procedures, and what to expect before, during, and after delivery. 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**

2/3, 2/10; 4/20, 4/27; 6/8, 6/15; 8/10, 8/17; 10/19, 10/26; 12/7, 12/14

**2-day series- Thursdays, 6pm – 9pm**

1/9, 1/16; 2/6, 2/13; 2/20, 2/27; 3/5, 3/12; 3/19, 3/26; 4/2, 4/9; 4/16, 4/23; 5/7, 5/14; 6/18, 6/25; 7/2, 7/9; 8/6, 8/13; 8/20, 8/27; 9/3, 9/10; 9/17, 9/24; 10/1, 10/8; 10/15, 10/22; 12/3/ 12/10

**1-day Weekend Class 9am – 2:30pm**

**Saturdays:** 1/4, 1/11, 2/1, 2/8, 2/15, 3/7, 3/14, 3/21, 4/4, 4/18, 5/2, 5/9, 6/6, 6/13, 6/20, 7/11, 8/1, 8/8, 8/15, 9/5, 9/12, 9/19, 10/3, 10/10, 10/17, 11/7, 11/14, 12/5, 12/12, 12/19

## Newborn Care

**(For participants 28-36 weeks)**

In this class, we'll teach you the 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

**Week night dates** 1/6, 1/15, 2/3, 2/19, 3/2, 3/18, 4/15, 5/4, 6/1, 6/17, 6/29, 7/13, 7/15, 8/3, 8/10, 8/19, 8/24, 9/16, 9/21, 10/5, 10/21, 10/26, 11/2, 11/16, 11/18, 12/14, 12/16

**Mission Bay:** 1600 Owens

**Week night dates:** 1/9, 1/13, 1/27, 2/13, 3/9, 3/12, 3/23, 5/11, 5/14, 5/18, 6/11, 7/6, 7/9, 7/20, 8/13, 9/10, 9/14, 9/28, 10/8, 11/9, 11/12, 11/23, 12/10

## 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

1/2, 1/8, 1/22, 2/5, 2/12, 2/26, 3/4, 3/11, 4/1, 4/22, 5/6, 5/13, 6/3, 6/10, 7/1, 7/8, 7/29, 8/5, 8/12, 9/2, 9/9, 9/30, 10/7, 10/14, 11/4, 11/11, 12/2, 12/9

## 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 the maternity area.

**Fee:** No fee for members.

**Location:** 2425 Geary

**Dates:** Saturday mornings 10am-11:30am

1/25, 2/22, 3/28, 4/25, 5/23, 6/27, 7/25, 8/22, 9/26, 10/24, 11/21

### **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.

## 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. Members only.

**Dates/Times/Location:** Every Thursday, 11am – 12:30pm, 4141 Geary Blvd. 3<sup>rd</sup> 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:** 2238 Geary, 3<sup>rd</sup>

**Dates:** Every Tuesday, 10am – 12pm, 2238 Geary, 3<sup>rd</sup> Floor, Diamond Room

**Mission Bay:** 1600 Owens St, 9<sup>th</sup> Floor, North Beach Room

**Dates:** Every Thursday, 10am – 12 noon

**Drop-in, no pre-registration required**

## 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

3<sup>rd</sup> Trimestre de Embarazo y visita al 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