

January-June 2022

Great Expectations Pregnancy Program

UCSF Women's Health Resource Center

UCSF is the only nationally designated Center of Excellence in Women's Health in Northern California.

With a mission to transform health and improve lives, we provide innovative services through research, preventive and therapeutic care, and community and patient education. We engage women at every stage of life, from adolescence to menopause and beyond.

Our UCSF National Center of Excellence in Women's Health, Women's Health Resource Center (WHRC) supports women and their families in making informed decisions about their health and encourages them to become active partners in their care. Come visit us at our Mission Bay or Mount Zion locations.

WHRC Great Expectations Pregnancy Program

The WHRC Great Expectations Pregnancy Program is designed to provide a continuum of educational and support services to prepare you and your partner for pregnancy, birth, and parenting.

☞ Breastpump rentals

☞ Prenatal classes

☞ Support Groups

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 514-2670. We're always happy to talk with you.



Breastfeeding

Breastpump Rentals

CenteringPregnancy® Healthcare

Childbirth Preparation

Class Packages

Expecting Twins or More

Emotional Self-Care

Outpatient Lactation Program

Pain Relief & Labor

Parenting & Baby Care

Support Groups

UCSF Women's Health Resource Center
whr@ucsf.edu

Betty Irene Moore Women's Hospital
1855 4th Street, A3473 (Mission Bay)
San Francisco, CA 94158
(415) 514-2670

Women's Health Center
2356 Sutter Street, Room J112 (Mt. Zion)
San Francisco, CA 94115
(415) 353-2667
Closed until further notice

womenshealth.ucsf.edu/whrc



Scan to visit our site for additional resources, webinars, updates and to register online.

Classes fill up, register early. Visit our website: womenshealth.ucsf.edu/whrc or to pay online: whrcportal.ucsf.edu



SAT 1
New Year's Holiday

SUN 2	MON 3	TUE 4 MILK 1:30	WED 5 Childbirth Prep 1 6:00	THU 6	FRI 7 MILK 10:00	SAT 8 Breastfeeding (Intensive) 9:30 Parenting 9:30
SUN 9	MON 10	TUE 11 MILK 1:30 Parenting 1 6:30	WED 12 Childbirth Prep 2 6:00	THU 13	FRI 14 MILK 10:00	SAT 15
SUN 16	MON 17 Martin Luther King Jr. Holiday	TUE 18 MILK 1:30 Parenting 2 6:30	WED 19 Childbirth Prep 3 6:00	THU 20	FRI 21 MILK 10:00	SAT 22 Breastfeeding (Intensive) 9:30 Parenting 1 9:30
SUN 23 Parenting 2 9:30	MON 24	TUE 25 MILK 1:30	WED 26 Childbirth Prep 4 6:00 Pain Relief & Labor 6:30	THU 27 Breastfeeding (B) 6:00	FRI 28 MILK 10:00	SAT 29 Childbirth (Intensive) 1 9:30 Parenting 9:30
SUN 30 Childbirth (Intensive) 2 9:30	MON 31					

Classes fill up, sign up early!

Great Expectations Classes 2022

"You were such a wonderful resource for us when we were expecting and after our child was born--from the tour of the facilities--to checking in at the lactation clinic--thank you! A friend is looking for prenatal care and I have been singing the praises of UCSF..."

-UCSF Great Expectations participant



Before Delivery-Prenatal Childbirth

Childbirth Preparation: Integrated Methods

You'll receive an overview of the stages and process of labor, breathing and relaxation techniques, support, medication options, variations in labor including cesarean birth, and immediate postpartum care for mother and baby.
Fee: \$190 per series, 4 classes in a series, 6:00-8:30 pm

Childbirth Preparation: Intensive

A one-day workshop designed to give participants the basic tools and information for preparing for birth. Childbirth Preparation: Integrated Methods class in an accelerated format.
Fee: \$200, Weekend 2-part class, Sat & Sun 9:30 am-1:00 pm
All day class, 9:30 am-4:30 pm, Sat or Sun

Pain Relief & Labor

Medical pain relief options for labor & delivery. UCSF Anesthesiologist will address concerns or questions. You will learn what medication (pharmacological) options are available to assist you during labor.
Fee: No charge, One session, 6:30-8:00 pm

Breastfeeding

In our classes, you will learn about breast physiology, milk production, optimal positioning, establishing a strong milk supply, pumping and bottle feeding basics, and the partner's role. Support persons are encouraged to attend.

Breastfeeding Basics (B)

Along with the basic overview, learn to recognize potential difficulties and when to seek additional assistance.
Fee: \$80, One session, 6:00-9:00 pm

Breastfeeding and the First Few Months (Intensive)

The basics of breastfeeding are covered and you will also learn practical tips for the first few months of breastfeeding, including insights for returning to the work environment.
Fee: \$110, Weeknight 2-part, 6:30-9:00 pm
All day class, 9:30 am-2:30 pm, Sunday

Breastfeeding Twins or More

This class is designed to prepare you how to confidently breastfeed multiples. Learn practical tips and special considerations for nursing twins or more including latch-on, positioning, establishing a plentiful milk supply, and overcoming breastfeeding challenges.
Fee: \$80, One session class, 6:00-9:00 pm

We recommend that you sign up EARLY, and take after 20 weeks. Fees are priced for two people.

UCSF Outpatient Lactation Program

The Lactation Program provides women and their families with supportive education and advice about breastfeeding. Once you are discharged, lactation support continues with available clinic appointments with a lactation consultant and referrals to our physicians and midwives as needed. Please call (415) 353-2566 for an appointment.

TUE 1 MILK 1:30 Childbirth Prep 1 6:00 Parenting 1 6:30	WED 2 Childbirth Prep 1 6:00	THU 3	FRI 4 MILK 10:00	SAT 5 Childbirth (Intensive) 1 9:30 Parenting 9:30
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Classes fill up, sign up early!

SUN 6 Childbirth (Intensive) 2 9:30	MON 7 The Afterglow 1 12:00	TUE 8 MILK 1:30 Childbirth Prep 2 6:00 Parenting 2 6:30	WED 9 Childbirth Prep 2 6:00	THU 10	FRI 11 MILK 10:00	SAT 12 Breastfeeding (Intensive) 9:30 Childbirth (Intensive) 9:30
SUN 13	MON 14 The Afterglow 2 12:00	TUE 15 MILK 1:30 Childbirth Prep 3 6:00 Expecting Twins 6:00	WED 16 Childbirth Prep 3 6:00	THU 17 Breastfeeding (B) 6:00	FRI 18 MILK 10:00 Third Trimester Webinar	SAT 19
SUN 20	MON 21 President's Day	TUE 22 MILK 1:30 Childbirth Prep 4 6:00 Breastfeeding Twins 6:00	WED 23 Childbirth Prep 4 6:00	THU 24	FRI 25 MILK 10:00	SAT 26 Breastfeeding (Intensive) 9:30 Parenting 1 9:30
SUN 27 Parenting 2 9:30	MON 28 The Afterglow 3 12:00 The New Nest PP 6:00					

Parenting/Baby Care

Parenting During the First Few Months

The workshop offers basic baby care and techniques to care for your newborn and emphasizes postpartum care for mom. Learn about newborn characteristics, infant milestones, bathing, hygiene, diapers, diapering, crying, comforting, sleep, and recognizing the signs of illness. Great for first-time parents.

Fee: \$110 per series

Weekdays 2-part series 6:30-9:00 pm

Weekend 2-part class, Sat & Sun 9:30 am-12:00 pm

Weekend all day Sat or Sun, 9:30 am-2:30 pm

Expecting Twins or More

This evening 3-hour workshop is designed to give expectant parents basic information on raising twins or more including reassuring advice and practical considerations. Topics include: important aspects of prenatal care, labor and delivery, feeding issues, and preparing home and family for the arrival of multiples. Recommended after 20 weeks.

Fee: \$80, One session class, 6:00-9:00 pm

Self-care

Mindfulness Basics during Pregnancy New

Develop a practice of mindfulness, both formal and informal in your life. To allow optimum learning, sharing and support to occur, capacity is limited. Each week we'll build on what was learned and practiced the week before.

You will learn and develop the ability to know:

- What is mindfulness of body/thoughts and feelings?
- How to apply mindfulness so it can support you in your life/relationships and caring for your baby
- How to make time for yourself. To pause, breathe and ground in your body.
- How to apply the skills of mindfulness of body, thoughts and feelings
- How to refocus your attention to moments of goodness during cycles of worry and anxiety.
- How to manage your anxiety and potential for depression in a positive and healthy way.

These classes also offer an opportunity for connection and support in a group of other women who are pregnant.

The skills of mindfulness have been shown through research to have a beneficial impact on your baby.

Capacity: 6-10 participants

Fee: \$100 per series

Sundays, Four week series, 4:00-5:00 pm

Beginning March 2022

The New Nest: From Partners to Parents (PP) & The New Nest: Emotional Aspects of Pregnancy (EA)

Discover how the birth of a baby alters you and learn how pregnancy can impact your emotional well-being and how to care for yourself. *Visit our website for more information.*

Fee: \$50, One session class, 6:00-7:30 pm

Birth Center Tour

Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor.

To view a virtual tour of the Birth Center, find FAQs and visitor information, please visit:

womenshealth.ucsf.edu/whrc

All UCSF Great Expectations classes and programs are facilitated by specialists, certified and trained educators.

TUE 1 MILK 1:30 Childbirth Prep 1 6:00	WED 2 Pain Relief & Labor 6:30	THU 3 Breastfeeding (B) 6:00 Childbirth Prep 1 6:00	FRI 4 MILK 10:00	SAT 5 Childbirth (Intensive) 9:30
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Classes fill up, sign up early!

SUN 6 Pregnancy: Mindfulness Basics 1 4:00	MON 7 The Afterglow 4 12:00	TUE 8 MILK 1:30 Childbirth Prep 2 6:00 Breastfeeding 1 6:30	WED 9	THU 10 Childbirth Prep 2 6:00	FRI 11 MILK 10:00	SAT 12 Breastfeeding (Intensive) 9:30 Parenting 9:30
SUN 13 Pregnancy: Mindfulness Basics 2 4:00	MON 14	TUE 15 MILK 1:30 Childbirth Prep 3 6:00 Breastfeeding 2 6:30	WED 16	THU 17 Childbirth Prep 3 6:00	FRI 18 MILK 10:00 Third Trimester Webinar	SAT 19 Childbirth (Intensive) 1 9:30 Parenting 9:30
SUN 20 Childbirth (Intensive) 2 9:30 Pregnancy: Mindfulness Basics 3 4:00	MON 21	TUE 22 MILK 1:30 Childbirth Prep 4 6:00	WED 23	THU 24 Childbirth Prep 4 6:00	FRI 25 MILK 10:00	SAT 26 Breastfeeding (Intensive) 9:30 Parenting 1 9:30
SUN 27 Parenting 2 9:30 Pregnancy: Mindfulness Basics 4 4:00	MON 28	TUE 29 MILK 1:30 Breastfeeding (B) 6:00	WED 30	THU 31		

Great Expectations Classes 2022



UCSF MILK Support Group

Mother & Infant Lactation Cooperative

A weekly breastfeeding support group. Moms and babies ranging in age from newborn to six months old are welcome. Share your experiences and learn how other mothers are adjusting to the demands of motherhood. Get your questions answered with evidence-based lactation information. Facilitated by the UCSF Outpatient Lactation team.

Fee: No charge

Tuesdays 1:30-1:30:00 pm
Fridays, 10:00-11:30 am

Pre-register today, call (415) 514-2670 or visit us online. *Space is limited.*

Note groups are not held on (UCSF) university holidays

“Before attending the group, all I knew is that I wanted to breastfeed... I came for the first time with my 5-day old baby and attending the group not only increased my confidence in breastfeeding, but transformed my transition into motherhood.”

MILK participant

After Delivery-Postpartum

The Afterglow: A Postpartum Support Group for new mothers

In this four-week postpartum support group, new moms will have a supportive space where they can discuss the highs and lows of motherhood, learn about the “Baby Blues” and support one another in their new days of parenting. (Recommended for mothers, support person(s) and babies 0-6 months), (415) 514-2670.

Facilitated by Juli Fraga, Psy.D. and Cherry Jones, CIMI, LMFT

More information is available on our website at: womenshealth.ucsf.edu/whrc

Fee: \$120 per series, Four sessions per series, 12:00-1:00 pm

Parenting and Breastfeeding Basics are classes you can also take after delivery.

Note that MILK is offered in postpartum.

Great Expectations Educators

Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, Holly Coates-Bash, MSW, IBCLC, Juli Fraga, Psy. D., Patty Lipinska, BA, ICCE, CD, Pedram Aleshi, MD, Renee Tavares, RD, IBCLC, Sarah Cardena, MPH, Sarah Quigley, MA, IBCLC, Shanda Manion B.A, CD/PCD (DONA), CLE

Other Programs and Groups

[Perinatal Wellness Program](#)

[Marin Parents Of Multiples Club](#)

www.mpomc.org

FRI 1
MILK 10:00

SAT 2
Childbirth (Intensive) 1
9:30

Classes fill up, sign up early!

SUN 3
Childbirth (Intensive) 2
9:30

MON 4
The Afterglow 1 12:00
The New Nest PP 6:00

TUE 5
MILK 1:30
Breastfeeding 1 6:30

WED 6
Childbirth Prep 1 6:00

THU 7

FRI 8
MILK 10:00

SAT 9
Breastfeeding (Intensive)
9:30

SUN 10
Parenting 9:30

MON 11
The Afterglow 2 12:00

TUE 12
MILK 1:30
Breastfeeding 2 6:30
Parenting 1 6:30

WED 13
Childbirth Prep 2 6:00
Pain Relief & Labor 6:30

THU 14

FRI 15
MILK 10:00
Third Trimester
Webinar

SAT 16
Breastfeeding (Intensive)
9:30

SUN 17

MON 18
The Afterglow 3 12:00

TUE 19
MILK 1:30
Expecting Twins 6:00
Parenting 2 6:30

WED 20
Childbirth Prep 3 6:00

THU 21
Parenting 1 6:30

FRI 22
MILK 10:00

SAT 23
Parenting 1 9:30

SUN 24
Parenting 2 9:30

MON 25
The Afterglow 4 12:00

TUE 26
MILK 1:30
Breastfeeding Twins 6:00

WED 27
Childbirth Prep 4 6:00

THU 28
Parenting 2 6:30

FRI 29
MILK 10:00

SAT 30
Childbirth (Intensive)
9:30

Third trimester patients: *live webinar/Q&A session*

Monthly, every 3rd Friday | 12-1:30pm

Topics will include:

- What to expect when going to the Birth Center
- How to be prepared for birth
- What to expect immediately after delivery
- What to expect Postpartum
 - Common discomforts post baby (and treatments)
 - Baby blues and PPD
 - Breastfeeding
 - What to expect at your Postpartum visit

Register on our member portal: whrcportal.ucsf.edu/whrc

For the monthly webinar recording and other resources, please visit:
<https://womenshealth.ucsf.edu/whrc> or email: whr@ucsf.edu



MAY

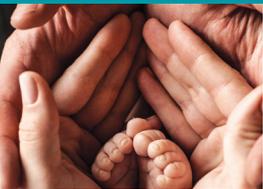
Great Expectations 2022 register online whrcportal.ucsf.edu/

SUN 1 Parenting 9:30	MON 2 Childbirth Prep 1 6:00	TUE 3 MILK 1:30 Breastfeeding 1 6:30	WED 4	THU 5	FRI 6 MILK 10:00	SAT 7 Breastfeeding (Intensive) 9:30
SUN 8 Mother's Day	MON 9 Childbirth Prep 2 6:00	TUE 10 MILK 1:30 Breastfeeding 2 6:30	WED 11	THU 12	FRI 13 MILK 10:00	SAT 14 Parenting 9:30 Childbirth (Intensive) 1 9:30
SUN 15 Childbirth (Intensive) 2 9:30	MON 16 Childbirth Prep 3 6:00	TUE 17 MILK 1:30	WED 18	THU 19 Breastfeeding (B) 6:00	FRI 20 MILK 10:00 Third Trimester Webinar	SAT 21 Childbirth (Intensive) 9:30
SUN 22 Parenting 9:30	MON 23 Childbirth Prep 4 6:00	TUE 24 MILK 1:30	WED 25 Pain Relief & Labor 6:30	THU 26	FRI 27 MILK 10:00	SAT 28
SUN 29	MON 30 Memorial Day	TUE 31 MILK 1:30				



JUNE

Great Expectations 2022 register online whrcportal.ucsf.edu/



			WED 1	THU 2	FRI 3 MILK 10:00	SAT 4
SUN 5 Parenting 9:30 Pregnancy: Mindfulness Basics 1 4:00	MON 6 The Afterglow 1 12:00	TUE 7 MILK 1:30 Childbirth Prep 1 6:00	WED 8 Childbirth Prep 1 6:00	THU 9	FRI 10 MILK 10:00	SAT 11 Childbirth (Intensive) 1 9:30 Breastfeeding (Intensive) 9:30
SUN 12 Childbirth (Intensive) 2 9:30 Pregnancy: Mindfulness Basics 2 4:00	MON 13 The Afterglow 2 12:00	TUE 14 MILK 1:30 Childbirth Prep 2 6:00 Expecting Twins 6:00	WED 15 Childbirth Prep 2 6:00	THU 16	FRI 17 MILK 10:00 Third Trimester Webinar	SAT 18
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SUN 26 Parenting 2 9:30 Pregnancy: Mindfulness Basics 4 4:00	MON 27 The Afterglow 4 12:00	TUE 28 MILK 1:30 Childbirth Prep 4 6:00	WED 29 Childbirth Prep 4 6:00	THU 30	FRI 31 MILK 10:00	

Classes fill up, sign up early!



We recommend signing up at around 20 weeks for classes you'll take at the beginning of your third trimester. Fees are priced for two people.

Try one and Save!

Basic Pregnancy Package **\$395 | Save \$15**

This Basic Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The three classes included:

- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding and the First Few Months
- Parenting During the First Few Months

Comprehensive Pregnancy Package **\$405 | Save \$15**

The Comprehensive Pregnancy Package integrates fundamental education for birthing, lactation, and newborn care. This package is similar to the basic pregnancy package but incorporates the accelerated one-day childbirth class in place of a childbirth series.

The three classes included:

- Childbirth Preparation: Intensive
- Breastfeeding and the First Few Months
- Parenting During the First Few Months

The best thing is building community with other new moms, spending the time to mentally prepare for birth and motherhood. -UCSF CenteringPregnancy®Healthcare Patient

CenteringPregnancy® Healthcare



UCSF offers an exciting and comprehensive way to receive group prenatal care with expectant moms who share similar due dates.

Spend quality time building community and networks with other moms while receiving quality prenatal care and health education with your prenatal care provider.

- Discuss health concerns and expectations in a supportive setting.
- Enjoy healthy snacks and refreshments.

Topics Include: Nutrition, Fetal Development, Comfort Measures, Exercise & Relaxation, Infant Care & Breastfeeding, Sexuality, Childbirth Preparation, Communication & Self Esteem, Postpartum Issues, Parenting, and much more.

Visit womenshealth.ucsf.edu/whrc to view our video and to learn more.

Join a group, contact the CenteringPregnancy® Healthcare Coordinator at centeringpregnancy@ucsf.edu.



Breastpump Rentals

Hospital-grade electric pumps are available for use during your hospital stay and for rent once you leave the hospital.

All rentals require a \$50 credit card deposit for security and cleaning which will be charged at the time of rental. The breastpump must be thoroughly cleaned and in good condition upon return to be refunded the \$50 deposit. For questions about pumps/pump availability, please call Great Expectations at (415) 514-2670.

Rental fees do not include deposit or purchase of any accessories.

Ameda Platinum

Ameda Platinum has separate, soft-touch, push-button vacuum and cycle controls, so it does not make decisions for mothers or limit their choices. Well-lit LCD displays include a timer that makes following pumping protocols easier day and night.

Weekly Rentals

\$30 plus tax, per week*

Monthly Rentals

\$100 plus tax, per month*



Ameda Elite

Ameda Elite has separate vacuum and cycle dials that lets mothers "follow their flow" to find their own most effective pump settings every time. It is convenient to carry and easy to clean and operate. It can be used for single or double pumping.

Weekly Rentals

\$30 plus tax, per week*

Monthly Rentals

\$100 plus tax, per month*



Medela Symphony

The first breastpump with 2-Phase Expression® technology which is proven to achieve faster milk ejection and faster milk flow.* It is efficient and comfortable with unique overflow protection. Features double or single pumping, one knob control and whisper quiet operation.

Weekly Rentals

\$30 plus tax, per week*

Monthly Rentals

\$100 plus tax, per month*



Pumps returned early will **not** receive a pro-rated refund.

Frequently Asked Questions

All prices, locations, times & dates are subject to change.

When should I take classes?

During Pregnancy:

- ↳ Birth Center tours: View virtual tour at womenshealth.ucsf.edu.
- ↳ Childbirth Classes/Parenting/Breastfeeding/Pain Relief (28 weeks and beyond)
- ↳ Expecting Twins/Breastfeeding Twins (20 weeks and beyond)
- ↳ The New Nest (20 weeks and beyond)

After Delivery/Postpartum:

- ↳ The Afterglow
- ↳ MILK Lactation Support Group (Babies up to 6 months)

When should I register for classes?

Classes fill up 2-3 months before the class start date. Childbirth, Breastfeeding and Parenting weekend classes are first to fill up. Please sign up well in advance.

When do I pay for classes?

You must register for all programs in advance and payment is required at the time of registration. Register and pay online at <https://whrcportal.ucsf.edu/whrcmember/> OR call (415) 514-2670.

What Class packages are available?

Basic Pregnancy Package \$395 - save \$15:

- ↳ Childbirth Preparation: Integrated Methods
- ↳ Breastfeeding & the First Few Months
- ↳ Parenting During the First Few Months

Comprehensive Pregnancy Package \$405 - save \$15

- ↳ Childbirth Preparation: Intensive
- ↳ Breastfeeding & the First Few Months
- ↳ Parenting During the First Few Months

What is the policy for rescheduling classes?

Due to the high demand, classes fill up quickly. All clients must reschedule no later than five business days before the date of the class. Additionally, if you reschedule later than five business days before the class, a one-time \$25 registration fee will be charged per class.

What is the policy for cancellations?

Class cancellations must be made five business days before the date of the class in order to receive a full refund. Additionally, if a cancellation is made less than five business days prior to the class, a one-time \$25 registration fee will be charged per class.

How do I register?

Register and pay online at <https://whrcportal.ucsf.edu/> OR call (415) 514-2670.

What forms of payment are accepted?

You may pay by credit card online or over the telephone (Visa, MasterCard, Discover, or American Express are accepted).

Are classes, pump rentals reimbursed by my insurance?

Great Expectations does NOT work with insurance companies. Please check with your health insurance provider for reimbursement or discount information.

Can my support person also attend the class?

Yes. UCSF's Great Expectations Program encourages support persons to attend classes. ALL class fees include two (2) people (*with the exception of the Afterglow class & MILK, which includes only mom/baby*). If you have more than one support person, they will need to pay for an additional enrollment.

Where are classes held?

All scheduled classes currently held via Zoom, registrants will receive a link by email at least 24 hours prior to class. Please contact WHRC at (415) 514-2670 or whr@ucsf.edu if you have not received the emailed link by that time.

Disclaimer: Due to instructor illness or circumstances beyond our control, UCSF Great Expectations Pregnancy Program reserves the right to reschedule or cancel scheduled classes. We are committed to your healthcare education and will make every effort for you to make-up your cancelled class. Participants will be given notice by UCSF Great Expectations Pregnancy Program within a 48-hour period regarding a make-up session or refund.



Contact us with questions, find more resources, webinars, updates and register online

Women's Health Resource Center | Betty Irene Moore Women's Hospital | 1855 4th Street, A3473 (Mission Bay)
phone: (415) 514-2670 | email: whr@ucsf.edu | website: womenshealth.ucsf.edu/whrc