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.
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

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

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.
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

**TUE 1**
- MILK 1:30
  - Childbirth Prep 1 6:00
  - Parenting 1 6:30

**WED 2**
- Childbirth Prep 1 6:00

**THU 3**
- Childbirth Prep 2 6:00

**FRI 4**
- Childbirth (Intensive) 1 9:30
- Parenting 9:30

**SAT 5**
- Expecting Twins or More 6:00
- Parenting 2 9:30

**Self-care**

**Mindfulness Basics during Pregnancy**

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

**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**
- Childbirth Prep 3 6:00

**FRI 11**
- MILK 10:00

**SAT 12**
- Breastfeeding (Intensive) 9:30
  - Childbirth (Intensive) 9:30

**SUN 13**
- Expecting Twins or More 6:00

**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**
- Breastfeeding (Intensive) 9:30

**SUN 20**
- President’s Day

**MON 21**
- The Afterglow 3 12:00
- The New Nest PP 6:00

**TUE 22**
- MILK 1:30
  - Childbirth Prep 4 6:00
  - Breastfeeding Twins 6:00

**WED 23**
- Childbirth Prep 4 6:00

**THU 24**
- MILK 10:00

**FRI 25**
- Breastfeeding Twins 6:00

**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

**TUE 29**
- MILK 1:30
  - Breastfeeding Twins 6:00

**WED 30**
- Childbirth Prep 4 6:00

**THU 31**
- Breastfeeding Twins 6:00

**FRI 1**
- Childbirth Prep 5 6:00

**SAT 2**
-乳房feeding (Intensive) 9:30
  - Childbirth (Intensive) 9:30

**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.

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**Parenting**

**During the First Few Months**

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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

“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
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, or call 415.919.7297.

Classes fill up, sign up early!

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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
### Classes fill up, sign up early!

#### MAY 2022

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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.

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**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

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

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**Class Packages**

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.

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All prices & dates are subject to change.
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.

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

Weekly Packages $405 - save $15

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 may be made five business days prior to 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

resources for you | womenshealth.ucsf.edu/whrc