

January-June 2024

Great Expectations Pregnancy Program

Offering
more
in-person
classes

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

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.

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
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



MON 1
New Year's Day

TUE 2
MILK 1:30
Breastfeeding 1 6:00

WED 3

THU 4

FRI 5
MILK 10:00

SAT 6
Parenting 1 9:30
Childbirth (Intensive)
9:30-IP MB

SUN 7
Parenting 2 9:30
Mindfulness Basics 1
4:00

MON 8

TUE 9
MILK 1:30
Breastfeeding 2 6:00

WED 10
Childbirth Prep 1 6:00

THU 11

FRI 12
MILK 10:00

SAT 13

SUN 14
Mindfulness Basics 2
4:00

MON 15
Martin Luther
King Jr. Day

TUE 16
MILK 1:30

WED 17
Childbirth Prep 2 6:00

THU 18
Breastfeeding
(B) 6:00

FRI 19
MILK 10:00
Third Trimester
Webinar

SAT 20

SUN 21
Childbirth (Intensive)
9:30-IP MB
Mindfulness Basics 3
4:00

MON 22

TUE 23
MILK 1:30

WED 24
Childbirth Prep 3 6:00
Pain Relief & Labor 6:30

THU 25

FRI 26
MILK 10:00

SAT 27
Parenting 1 9:30
Breastfeeding (Intensive)
9:30-IP MB

SUN 28
Parenting 2 9:30
Mindfulness Basics 4
4:00

MON 29
New Nest PP 6:00

TUE 30
MILK 1:30

Wed 31
Childbirth Prep 4 6:00

IP (In-Person) MB-Mission Bay: 1855 4th St., 3rd Fl. A3473
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Great Expectations Classes 2024

"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, 5:30-8:00pm
All day class, 9:30 am-2:30 pm, Sat or Sun

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.



IP (In-Person) MB-Mission Bay: 1855 4th St., 3rd Fl. A3473
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THU 1

FRI 2

MILK 10:00

SAT 3

Childbirth (Intensive) 1
9:30

SUN 4

Mindfulness Basics 5
4:00

MON 5

TUE 6

MILK 1:30

WED 7

THU 8

Childbirth Prep 1 6:00

FRI 9

MILK 10:00

SAT 10

SUN 11

Mindfulness Basics 6
4:00

MON 12

Expecting Twins 6:00

TUE 13

MILK 1:30
Breastfeeding (B) 6:00

WED 14

THU 15

Childbirth Prep 2 6:00

FRI 16

MILK 10:00

SAT 17

Parenting 1 9:30

SUN 18

Parenting 2 9:30

MON 19

President's Day

TUE 20

MILK 1:30
Parenting 1 6:00

WED 21

THU 22

Childbirth Prep 3 6:00

FRI 23

MILK 10:00

SAT 24

Breastfeeding Intensive
9:30-IP MB

SUN 25

Childbirth (Intensive)
9:30-IP MB
Mindfulness Basics 6
4:00

MON 26

Breastfeeding Twins 6:00
New Nest PP 6:00

TUE 27

MILK 1:30
Parenting 2 6:00

WED 28

THU 29

Childbirth Prep 4 6:00

Classes fill up, sign up early!

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.

Fee: \$120 per series, Sundays, Six-week series, 4:00-5:00 pm

The New Nest: From Partners to Parents (PP)

Learn how the birth of a baby alters your partnership during this workshop. Additional topics covered:

- Common relationship stressors that arise after the baby's birth and research outlining how the birth of a baby can impact partnerships.
- How to prepare your relationship for the life change of parenthood.
- Helpful family and Postpartum resources.

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.

I've taken some of the other classes and they've been so helpful. I really have loved them. My partner and I took the first 3 months class and the Breastfeeding class. Feeling much more prepared!

Great Expectations class participant



FRI 1

SAT 2

SUN 3

MON 4

TUE 5

MILK 1:30
Parenting 1 6:00

WED 6

Childbirth Prep 1 6:00
Pain Relief & Labor 6:30

THU 7

FRI 8

MILK 10:00

SAT 9

Childbirth (Intensive)
9:30-IP MB

SUN 10

MON 11

TUE 12

MILK 1:30
Parenting 2 6:00

WED 13

Childbirth Prep 2 6:00

THU 14

FRI 15

MILK 10:00
Third Trimester
Webinar

SAT 16

Breastfeeding (Intensive)
9:30-IP MB

SUN 17

MON 18

TUE 19

MILK 1:30
Breastfeeding (B) 6:00

WED 20

Childbirth Prep 3 6:00

THU 21

FRI 22

MILK 10:00

SAT 23

SUN 24/31

MON 25

TUE 26

MILK 1:30

WED 27

Childbirth Prep 4 6:00

THU 28

FRI 29

MILK 10:00

SAT 30

IP (In-Person) MB-Mission Bay: 1855 4th St., 3rd Fl. A3473

IP (In-Person) MZ-Mt. Zion: 2356 Sutter, 3rd Fl.



UCSF MILK Support Group

Mother & Infant Lactation Kooperative

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

Great Expectations Educators/Lactation Consultants

Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, Juli Fraga, Psy. D.,

Patty Lipinska, BA, ICCE, CD, Pedram Aleshi, MD, Sarah Cardena, MPH, Sarah Quigley, MA, IBCLC,

Shanda Manion B.A, CD/PCD (DONA), CLE

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

Note that MILK is offered in postpartum.



MON 1

TUE 2
MILK 1:30

WED 3

THU 4
Childbirth Prep 1 6:00

FRI 5

SAT 6
Parenting 1 9:30*Classes fill up, sign up early!*SUN 7
Parenting 2 9:30
Mindfulness Basics 1
4:00

MON 8

TUE 9
MILK 1:30
Childbirth Prep 1 6:00

WED 10

THU 11
Childbirth Prep 2 6:00FRI 12
MILK 10:00

SAT 13

SUN 14
Childbirth (Intensive)
9:30-IP MB
Mindfulness Basics 2
4:00

MON 15

TUE 16
MILK 1:30
Childbirth Prep 2 6:00WED 17
Pain Relief & Labor 6:30THU 18
Childbirth Prep 3 6:00FRI 19
MILK 10:00SAT 20
Breastfeeding (Intensive)
9:30-IP MBSUN 21
Mindfulness Basics 3
4:00MON 22
New Nest PP 6:00-IP MB
Expecting Twins 6:00TUE 23
MILK 1:30
Childbirth Prep 3 6:00

WED 24

THU 25
Childbirth Prep 4 6:00FRI 26
MILK 10:00SAT 27
Childbirth (Intensive)
9:30-IP MB
Parenting 1 9:30SUN 28
Parenting 2 9:30
Mindfulness Basics 4
4:00MON 29
Breastfeeding Twins 6:00TUE 30
MILK 1:30
Childbirth Prep 4 6:00IP (In-Person) MB-Mission Bay: 1855 4th St., 3rd Fl. A3473
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Third trimester patients: live webinar/Q&A session

Every other month, 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

The Third Trimester webinar...truly answered all of my questions regarding what will happen "day-of".

Webinar participant





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

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Classes fill up, sign up early!

						SAT 1 Parenting 1 9:30
SUN 2 Parenting 2 9:30 Mindfulness Basics 1 4:00	MON 3 Expecting Twins 6:00 New Nest PP 6:00-IP MB	TUE 4 MILK 1:30 Childbirth Prep 1 6:00	WED 5	THU 6 Childbirth Prep 1 6:00	FRI 7 MILK 10:00	SAT 8
SUN 9 Childbirth (Intensive) 9:30-IP MB Mindfulness Basics 2 4:00	MON 10 Breastfeeding Twins 6:00	TUE 11 MILK 1:30 Childbirth Prep 2 6:00	WED 12	THU 13 Childbirth Prep 2 6:00	FRI 14 MILK 10:00	SAT 15
SUN 16 Father's Day Mindfulness Basics 3 4:00	MON 17 Juneteenth Holiday	TUE 18 MILK 1:30	WED 19	THU 20 Childbirth Prep 3 6:00	FRI 21 MILK 10:00	SAT 22 Childbirth (Intensive) 9:30-IP MB Parenting 1 9:30
SUN 23 Parenting 2 9:30 Mindfulness Basics 4 4:00	MON 24	TUE 25 MILK 1:30	WED 26	THU 27 Childbirth Prep 4 6:00	FRI 28 MILK 10:00	SAT 29
SUN 30 Mindfulness Basics 5 4:00						

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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.

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
- 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*

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

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/whrc.
- ⇒ 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)
- ⇒ Mindfulness Basics during Pregnancy

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

Where are classes held?

Most classes are currently held via Zoom, registrants will receive a link by email at least 24 hrs prior to class. Please call WHRC at (415) 514-2670 or email whr@ucsf.edu if you have not received the emailed link by that time. If class is **in-person (IP)**, location is listed, and on the member portal upon registration (whrcportal.ucsf.edu/whrcmember/).

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

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