

WHRC Great Expectations Pregnancy Program

The Women's Health Resource Center (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.



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

Jan 5, 12, 19, 26; Feb 2, 9, 16, 23;

Feb 3, 10, 17, 24; March 2, 9, 16, 23

Childbirth Preparation: Intensive

A one-day workshop designed to give participants the basic tools and information for preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class into an accelerated format.

Fee: \$200, Weekend class-2 part class, Sat & Sun 9:30 am-1:00 pm

Jan 30/31, Feb 20/21, Mar 6/7

All day class, 9:30 am-4:30 pm

Jan 9, 24, Feb 7, Mar 14

Pain Relief & Labor

Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist. **Fee:** No charge, One session, 6:30-8:00 pm

Jan 13, Feb 24

Breastfeeding

In our Breastfeeding classes, you will learn about breast physiology, milk production, optimal positioning for mom and baby, establishing a strong milk supply, the basics of pumping and bottle feeding, and the partner's role. Techniques to overcome breastfeeding challenges and establish a successful breastfeeding relationship right from the start are also covered. 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 class, 6:00-9:00 pm

Jan 20, 28, Feb 22 and Mar 4, 8

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, Saturday, 9:30 am-2:30 pm

Jan 23, Feb 6 and Mar 20

Breastfeeding Twins or More

This class is designed to prepare expectant mothers 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

Feb 23

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, Weekend class-2 part class,

Sat & Sun, 9:30 am-12 pm

Jan 23/24, Feb 6/7, Feb 27/28, March 27/28

All day class, Sat, 9:30 am-2:30 pm

Jan 9, Mar 13

Mondays-2 part class, 6:30-9:00 pm

Jan 4/11, Feb 1/8, Mar 22/29

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

Feb 16

Self-care

The New Nest: From Partners to Parents (PP)

Discover how the birth of a baby alters your partnership and common relationship stressors that arise after the baby's birth. Learn how to prepare your relationship for the life change of parenthood and get helpful family and postpartum resources.

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

Feb 8

The New Nest: Emotional Self Care During Pregnancy (EA)

Learn how pregnancy can impact your emotional well-being, how to care for yourself and to recognize signs and symptoms of common maternal mental health concerns, like anxiety and depression. Also learn how to emotionally caring for yourself during pregnancy. Get helpful psychological resources to help you navigate pregnancy and new motherhood. *(This workshop is helpful for women experiencing prenatal mood concerns, like depression or anxiety, or concerned about postpartum mood concerns).*

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

Mar 15

Birth Center Tour

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

Due to the recent Coronavirus (COVID19) outbreak and to help limit community transmission, the walking tour of the Birth Center is cancelled until further notice. View the video at: womenshealth.ucsf.edu/whrc.

UCSF Lactation Program

Our program provides women and their families with supportive education and advice about breastfeeding. Once you're discharged, lactation support continue with available clinic appointments with a lactation consultant. **Call (415) 353-2566 for an appointment.**

Great Expectations Educators: Atisa Britton, MD, Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, 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

After Delivery-Postpartum

Pumping & Returning to Work (PRW)

This postpartum class teaches practical tips and advice on transitioning to the world of working and continuing to breastfeed your baby.

Topics include: preserving a breastfeeding relationship, maintaining your milk supply, pumping schedules, collecting/storing/ transporting breastmilk, bottle feeding, and more. Support persons are encouraged to attend and babies are welcome.

Fee: \$60, One postpartum session, 6:30-8:30 pm

Jan 25, Mar 17

The Afterglow

A postpartum support group for new mothers taken after your baby is born. In this six-week postpartum support group, new mothers, gather to share their experiences and support one another in their new days of parenting. Learn about the "Baby Blues" and the emotional changes that can occur after childbirth, practice self-care, relaxation techniques. The highs and lows of motherhood in a supportive space are discussed.

Facilitated by Juli Fraga, Psy.D.

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

Feb 8, 22, Mar 1, 8, 15, 22

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. Facilitated by Carole Hanson, CCE, IBCLC, Renée Tavares RD, IBCLC., and Sarah Quigley, MA, IBCLC.

Fee: No charge



Mondays, 2-4 pm via Zoom

Tuesdays, 11:30 am-1 pm via Zoom

Register online or call (415) 514-2670.

Note groups are not held on university holidays

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

\$27.75 plus tax, per week*

Monthly Rentals

\$111 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

\$25.75 plus tax, per week*

Monthly Rentals

\$103 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

\$25.75 plus tax, per week*

Monthly Rentals

\$103 plus tax, per month*

Pumps returned early will **not** receive a pro-rated refund. Prices are subject to change.*



CenteringPregnancy® Healthcare

Visit womenshealth.ucsf.edu/whrc to view our video and to learn more. Join a group, contact centeringpregnancy@ucsf.edu.

Frequently Asked Questions

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)
- » Pumping & Returning to Work (PRW) (4-6 weeks before returning to work)

When should I register for classes?

Classes fill up 2-3 months before the class start date. Childbirth, Breastfeeding and Parenting weekend classes and Birth Center Tours 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 Basics and Breastfeeding & the First Few Months
- » Parenting During the First Few Months

Comprehensive Pregnancy Package \$405 - save \$15

- » Childbirth Preparation Intensive
- » Breastfeeding Basics and 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.

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). Financial assistance available for those inquiring.

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, which covers only one person*). 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

Women's Health Resource Center | Betty Irene Moore Women's Hospital | 1855 4th Street, A3473 (Mission Bay)
phone: (415) 514-2670 | email: WHRC2@ucsf.edu | website: womenshealth.ucsf.edu/whrc

UCSF Health
Women's Health



All prices, times & dates are subject to change.