

July-December 2020

# Great Expectations

*childbirth | baby care | breastfeeding*



PRENATAL  
POSTPARTUM  
SUPPORT

## 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 and enjoy reading, browsing or just relaxing in our comfortable environment.

## 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.

- ⌘ Baby care products
- ⌘ Prenatal & postpartum classes
- ⌘ Breastpump rentals
- ⌘ Lactation supplies
- ⌘ Support Groups
- ⌘ Emotional Wellness

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667 or (415) 514-2670. We're always happy to talk with you.

Visit our website: [womenshealth.ucsf.edu/whrc](https://womenshealth.ucsf.edu/whrc) or to pay online: [whrcportal.ucsf.edu](https://whrcportal.ucsf.edu)

*Classes fill up, register early.*



- Breastfeeding
- Breastpump Rentals
- CenteringPregnancy® Healthcare
- Childbirth Preparation
- Class Packages
- Emotional Wellness
- Expecting Twins or More
- Lactation Supplies
- Outpatient Lactation Program
- Pain Relief & Labor
- Parenting & Baby Care
- Support Groups

**Women's Health Resource Center**  
**WHRC2@ucsf.edu**

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

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

[womenshealth.ucsf.edu/whrc](https://womenshealth.ucsf.edu/whrc)



	WED 1	THU 2	FRI 3	SAT 4
		Prenatal Yoga 12:00 MB		4th of July Holiday
SUN 5	MON 6	TUE 7	WED 8	THU 9
	MILK 2:00 MB	MILK 11:30 MZ The Afterglow 5 11:30 MB		Prenatal Yoga 12:00 MB Childbirth Prep 1 6:00 MB
SUN 12	MON 13	TUE 14	WED 15	THU 16
	MILK 2:00 MB Parenting 1 6:30 MZ	MILK 11:30 MZ The Afterglow 6 11:30 MB Breastfeeding (B) 6:00 MZ	Breastfeeding (B) 6:00 MB	Prenatal Yoga 12:00 MB Childbirth Prep 2 6:00 MB
SUN 19	MON 20	TUE 21	WED 22	THU 23
Childbirth (Intensive) 9:30 MB Infant Massage P/P 11:00 MZ Infant Massage P/N 2:00 MZ	MILK 2:00 MB Parenting 2 6:30 MZ	MILK 11:30 MZ Expecting Twins 6:00 MZ		Prenatal Yoga 12:00 MB Childbirth Prep 3 6:00 MB
SUN 26	MON 27	TUE 28	WED 29	FRI 31
Childbirth (Intensive) 9:30 MZ	MILK 2:00 MB	MILK 11:30 MZ Breastfeeding Twins 6:00 MZ	Pain Relief & Labor 6:30 MB	Prenatal Yoga 12:00 MB Childbirth Prep 4 6:00 MB

Classes fill up, sign up early!

MB-Mission Bay: 1855 4th St., 3rd Fl., A3473  
MZ-Mt. Zion: 2356 Sutter St., 3rd Fl., J-308  
MZ-Mt. Zion: 2356 Sutter St., 1st Fl., Ida's Café  
Please note: Some classes may be held virtually.

## Great Expectations Classes 2020

*"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: Birth Alternatives

This class addresses the needs and interests of women who wish to have an intimate, fully-involved birth experience. This class covers the basic childbirth preparation content with an added emphasis on natural delivery and making choices in response to the birthing process. A variety of labor support techniques and comfort measures is covered.

**Fee:** \$200 per series, 4 classes in a series, 6:00-8:30 pm

#### 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:** \$200 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. This class incorporates all information from the Childbirth Preparation: Integrated Methods class into an accelerated format.

**Fee:** \$225, One session class, 9:30 am-4:30 pm

#### 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, 6:30-8:00/7:00-8:30 pm

### 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:** \$85, One session class, 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:** \$120 per series, Two-part series, 6:30-9 pm or Saturday or Sunday, 9:30 am-2:30 pm

#### 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:** \$85, One session class, 6:00-9:00 pm

**Note:** Please bring two pillows, a blanket and a meal to Childbirth Preparation classes. We recommend that you sign up EARLY, and take after 20 weeks. Fees are priced for two people.

### UCSF Employee Discount

All UCSF badge wearers (staff, students, faculty, etc.) receive a special 15% discount on our products, including books and lactation supplies (discount excludes: classes, breastpump rentals and library memberships).



*Classes fill up, sign up early!*

**SAT 1**  
Parenting 9:30 MZ  
Infant CPR 11:00 MB  
Infant CPR 2:00 MB

<b>SUN 2</b> Childbirth (Intensive) 9:30 MB Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 3</b> MILK 2:00 MB Breastfeeding (B) 6:00 MB	<b>TUE 4</b> MILK 11:30 MZ Pumping/Work(PRW) 6:30 MZ	<b>WED 5</b> Childbirth Prep 1 6:00 MZ	<b>THU 6</b> Prenatal Yoga 12:00 MB	<b>FRI 7</b>	<b>SAT 8</b> Childbirth (Intensive) 9:30 MB
<b>SUN 9</b>	<b>MON 10</b> MILK 2:00 MB	<b>TUE 11</b> MILK 11:30 MZ	<b>WED 12</b> Childbirth Prep 2 6:00 MZ	<b>THU 13</b> Prenatal Yoga 12:00 MB	<b>FRI 14</b>	<b>SAT 15</b>
<b>SUN 16</b> Childbirth (Intensive) 9:30 MZ Infant CPR 11:00 MB Infant CPR 2:00 MB	<b>MON 17</b> MILK 2:00 MB Breastfeeding (B) 6:00 MZ The New Nest PP 6:00 MZ	<b>TUE 18</b> The Afterglow 1 11:30 MB MILK 11:30 MZ Expecting Twins 6:00 MZ	<b>WED 19</b> Childbirth Prep 3 6:00 MZ	<b>THU 20</b> Prenatal Yoga 12:00 MB	<b>FRI 21</b>	<b>SAT 22</b> Breastfeeding (Intensive) 9:30 MB
<b>SUN 23</b> Childbirth (Intensive) 9:30 MB	<b>MON 24</b> MILK 2:00 MB Parenting 1 6:30 MZ	<b>TUE 25</b> The Afterglow 2 11:30 MB MILK 11:30 MZ Breastfeeding Twins 6:00 MZ	<b>WED 26</b> Childbirth Prep 4 6:00 MZ	<b>THU 27</b> Prenatal Yoga 12:00 MB	<b>FRI 28</b>	<b>SAT 29</b> Childbirth (Intensive) 9:30 MZ Breastfeeding (Intensive) 9:30 MB
<b>SUN 30</b>	<b>MON 31</b> MILK 2:00 MB Breastfeeding (B) 6:00 MB Parenting 2 6:30 MZ					

## 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:** \$120 per series, Two-part series 6:30-9:00 pm or Saturday or Sunday, 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:** \$85, One session class, 6:00-9:00 pm

### Infant Safety and CPR

Learn vital skills to handle an emergency. The two hour class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat, and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members and childcare providers. *Note: This is not a CPR Certification course.*

**Fee:** \$110, One session class, 11:00 am-1:00 pm or 2:00-4:00 pm

### Infant Massage-Prenatal (P/N) (0-6 wks)

Learn techniques, before delivery, that help promote the development and overall physical and emotional health of your baby, as well as enhance the bonding and attachment with caregivers.

You will learn a full body massage that meets the needs of your new baby. A few topics include: newborn stages, getting to know and respond to your baby's cues, sensory stimulation tolerance, addressing early feeding and digestive difficulties and more. *Taught without babies.*

**Fee:** \$60, One session class, 2:00-4:00 pm



### Birth Center Tour

Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Call (415) 353-2667 or (415) 514-2670 or [whrcportal.ucsf.edu](http://whrcportal.ucsf.edu) for recent updates on tour dates and times.

Alternatively, you can view the video at: [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc)

Due to hospital policy, children are not allowed on the tour. The In-person tours are elective.

## Self-care

### The New Nest: From Partners to Parents (PP)

Discover how the birth of a baby alters your partnership.

- Common relationship stressors that arise after the baby's birth
- How to prepare your relationship for the life change of parenthood
- Helpful family and postpartum resources

**Fee:** \$45, One session class, 6:00-7:30 pm

### The New Nest: Emotional Aspects of Pregnancy (EA)

Learn how pregnancy can impact your emotional well-being and how to care for yourself.

- How to recognize signs and symptoms of common maternal mental health concerns, like anxiety and depression
- Emotionally caring for yourself during pregnancy
- Helpful psychological resources to help you navigate pregnancy and new motherhood

*(The workshop is helpful for women experiencing prenatal mood concerns, like depression or anxiety, or concerned about postpartum mood concerns).*

**Fee:** \$45, One session class, 6:00-7:30 pm

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

## UCSF Outpatient Lactation Program

The Outpatient 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 or more information.

<b>TUE 1</b> The Afterglow 3 11:30 MB MILK 11:30 MZ Childbirth Prep 1 6:00 MB Breastfeeding (Intensive) 1 6:30 MZ	<b>WED 2</b> Pain Relief & Labor 6:30 MB	<b>THU 3</b> Prenatal Yoga 12:00 MB	<b>FRI 4</b>	<b>SAT 5</b>
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*Classes fill up, sign up early!*

<b>SUN 6</b>	<b>MON 7</b> Labor Day Holiday	<b>TUE 8</b> The Afterglow 4 11:30 MB MILK 11:30 MZ Childbirth Prep 2 6:00 MB Breastfeeding (Intensive) 2 6:30 MZ	<b>WED 9</b>	<b>THU 10</b> Prenatal Yoga 12:00 MB	<b>FRI 11</b>	<b>SAT 12</b> Breastfeeding (Intensive) 9:30 MB Parenting 9:30 MZ
<b>SUN 13</b> Infant Massage P/P 11:00 MZ Infant Massage P/N 2:00 MZ	<b>MON 14</b> MILK 2:00 MB The New Nest PP 6:00 MZ Pumping/Work (PRW) 6:30 MZ	<b>TUE 15</b> The Afterglow 5 11:30 MB MILK 11:30 MZ Childbirth Prep 3 6:00 MB Expecting Twins 6:00 MZ	<b>WED 16</b>	<b>THU 17</b> Prenatal Yoga 12:00 MB	<b>FRI 18</b>	<b>SAT 19</b> Childbirth (Intensive) 9:30 MB Childbirth (Intensive) 9:30 MZ
<b>SUN 20</b> Childbirth (Intensive) 9:30 MB Childbirth (Intensive) 9:30 MZ	<b>MON 21</b> MILK 2:00 MB Parenting 1 6:30 MZ	<b>TUE 22</b> The Afterglow 6 11:30 MB MILK 11:30 MZ Childbirth Prep 4 6:00 MB Breastfeeding Twins 6:00 MZ	<b>WED 23</b>	<b>THU 24</b> Prenatal Yoga 12:00 MB	<b>FRI 25</b>	<b>SAT 26</b> Breastfeeding (Intensive) 9:30 MB Parenting 9:30 MZ
<b>SUN 27</b> Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 28</b> MILK 2:00 MB Parenting 2 6:30 MZ	<b>TUE 29</b> MILK 11:30 MZ Breastfeeding (B) 6:00 MB	<b>WED 30</b>	MB-Mission Bay: 1855 4th St., 3rd Fl., A3473 MZ-Mt. Zion: 2356 Sutter St., 3rd Fl., J-308 MZ-Mt. Zion: 2356 Sutter St., 1st Fl., Ida's Café Please note: Some classes may be held virtually.		

*Great Expectations Classes 2020*



**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 Holly Coates-Bash, MSW, IBCLC, Renée Tavares RD, IBCLC., and Sarah Quigley, MA, IBCLC.

**Fee:** No charge

Mission Bay-1855 4th Street, 3rd floor, A3473  
Mondays, 2-4pm

Mount Zion-2356 Sutter Street, J112  
Tuesdays, 11:30am-1pm

**Pre-register today**, call (415) 353-2667 or visit us online. *Space is limited. No drop-ins, please.*  
*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**

**Pumping & Returning to Work (PRW)**

This postpartum class teaches practical tips and advice on transitioning to the world of working, while pumping and continuing to breastfeed your baby. Topics include: preserving a breastfeeding relationship, maintaining your milk supply, pumping schedules, collecting/storing/ transporting breastmilk, bottle feeding, problem solving, creating a supportive work environment for the breastfeeding mom, and more. Individualized suggestions are provided for each participant. Support persons are encouraged to attend and babies are welcome.

**Fee:** \$45, One session postpartum class, 6:30-8:30 pm

**The Afterglow**

A postpartum support group for new mothers taken after your baby is born. In this six-week postpartum support group, new mothers, along with their babies, gather to share their experiences and support one another in their new days of parenting. During this group, participants will learn about the “Baby Blues” and the emotional changes that can occur after childbirth. They will practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom’s well-being. They will also discuss the highs and lows of motherhood in a supportive space and connect with other new mothers. Facilitated by Melissa Whippon, LCSW & Juli Fraga, Psy.D.

More information is available on our website at: [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc)

**Fee:** \$150 per series, Six sessions per series, 11:30 am-1:00 pm

*“Afterglow gives me a safe place to share feelings and thoughts during postpartum. It’s a space where moms get together in an environment led by compassionate and qualified professionals; a time where I don’t feel isolated with what I’m going through, good or bad, which carries me through the rest of the week.”*

-UCSF Great Expectations participant

**Great Expectations Educators**

Atisa Britton, MD, Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, Holly Coates-Bash, MSW, IBCLC, Juli Fraga, Psy. D., Melissa Whippon, LCSW, Patty Lipinska, BA, ICCE, CD, Pedram Aleshi, MD, Renee Tavares, RD, IBCLC, Sarah Cardena, MPH, Sarah Quigley, MA, IBCLC, Shanda Manion



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 MZ-Mt. Zion: 2356 Sutter St., 1st Fl., Ida's Café  
 Please note: Some classes may be held virtually.

**THU 1**  
 Prenatal Yoga 12:00 MB

**FRI 2**  
**SAT 3**  
 Parenting 9:30 MB

<b>SUN 4</b>	<b>MON 5</b> MILK 2:00 MB	<b>TUE 6</b> MILK 11:30 MZ Parenting 1 6:30 MZ	<b>WED 7</b> Birth Alternatives 1 6:00 MZ	<b>THU 8</b> Prenatal Yoga 12:00 MB Childbirth Prep 1 6:00 MB	<b>FRI 9</b>	<b>SAT 10</b> Childbirth (Intensive) 9:30 MB Parenting 9:30 MZ
<b>SUN 11</b> Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 12</b> MILK 2:00 MB Pumping/Work (PRW) 6:30 MZ	<b>TUE 13</b> MILK 11:30 MZ Parenting 2 6:30 MZ	<b>WED 14</b> Birth Alternatives 2 6:00 MZ	<b>THU 15</b> Prenatal Yoga 12:00 MB Childbirth Prep 2 6:00 MB	<b>FRI 16</b>	<b>SAT 17</b> Breastfeeding (Intensive) 9:30 MB Childbirth (Intensive) 9:30 MZ
<b>SUN 18</b>	<b>MON 19</b> MILK 2:00 MB The New Nest EAP 6:00 MZ Parenting 1 6:30 MB Breastfeeding (Intensive) 1 6:30 MZ	<b>TUE 20</b> The Afterglow 1 11:30 MB MILK 11:30 MZ Expecting Twins 6:00 MZ	<b>WED 21</b> Birth Alternatives 3 6:00 MZ	<b>THU 22</b> Prenatal Yoga 12:00 MB Childbirth Prep 3 6:00 MB	<b>FRI 23</b>	<b>SAT 24</b> Childbirth (Intensive) 9:30 MB Parenting 9:30 MZ
<b>SUN 25</b> Childbirth (Intensive) 9:30 MB Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 26</b> MILK 2:00 MB Parenting 2 6:30 MB Breastfeeding (Intensive) 2 6:30 MZ	<b>TUE 27</b> The Afterglow 2 11:30 MB MILK 11:30 MZ Breastfeeding Twins 6:00 MZ	<b>WED 28</b> Birth Alternatives 4 6:00 MZ	<b>THU 29</b> Prenatal Yoga 12:00 MB Childbirth Prep 4 6:00 MB	<b>FRI 30</b>	<b>SAT 31</b>

*Classes fill up, sign up early!*

### Infant Massage Postpartum (P/P) (3 wks-10 months)

Babies three weeks to pre-crawling (10 months) are welcome to attend. Review techniques taught in the prenatal Infant Massage class with your newborn. The focus is primarily on you and your baby. It is also an opportunity to ask questions about the different techniques you have been practicing. Some areas covered:

- A full body massage (including additional techniques and playful stretches for older infants)
- Massage techniques to support your baby's physical development
- Techniques to help with gas, colic and digestive pain
- Calming techniques to soothe a fussy or tired baby
- Techniques to address discomfort or ear ache and cold congestion

**Fee:** \$60, One session class, 11:00 am-1:00 pm

*Infant CPR, Parenting and Breastfeeding Basics are classes you can also take after delivery.*

*Note that Pumping & Returning to Work and MILK are offered in postpartum.*



## Fitness during Pregnancy

### Prenatal Yoga

In prenatal yoga, the poses are specifically designed to alleviate common pregnancy discomforts such as back pain, nausea, and fatigue while strengthening the body and increasing the flow of circulation. Pre-registration is recommended. As a courtesy to the instructor and other students, please arrive by 12:15, late arrivals are not permitted.

**Fee:** \$15 per person, One session class, 12:00-1:00pm, Thursdays, led by Melissa Whippe, LCSW

Mission Bay campus in the Betty Irene Moore Women's Hospital, 1855 4th St., 3rd Fl. A3473

# NOVEMBER

Great Expectations 2020 register online [whrcportal.ucsf.edu/](http://whrcportal.ucsf.edu/)

<b>SUN 1</b>	<b>MON 2</b> MILK 2:00 MB Childbirth Prep 1 6:00 MB Parenting 1 6:30 MZ	<b>TUE 3</b> The Afterglow 3 11:30 MB MILK 11:30 MZ	<b>WED 4</b>	<b>THU 5</b> Prenatal Yoga 12:00 MB	<b>FRI 6</b>	<b>SAT 7</b> Breastfeeding (Intensive) 9:30 MB Parenting 9:30 MZ
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*Classes fill up, sign up early!*

<b>SUN 8</b> Childbirth (Intensive) 9:30 MB Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 9</b> MILK 2:00 MB Childbirth Prep 2 6:00 MB The New Nest PP 6:00 MZ Parenting 2 6:30 MZ	<b>TUE 10</b> The Afterglow 4 11:30 MB MILK 11:30 MZ Expecting Twins 6:00 MZ	<b>WED 11</b> Veteran's Day Holiday	<b>THU 12</b> Prenatal Yoga 12:00 MB	<b>FRI 13</b>	<b>SAT 14</b> Breastfeeding (Intensive) 9:30 MB Childbirth (Intensive) 9:30 MZ
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<b>SUN 15</b>	<b>MON 16</b> MILK 2:00 MB Breastfeeding (Intensive) 1 6:30 MZ Childbirth Prep 3 6:00 MB	<b>TUE 17</b> The Afterglow 5 11:30 MB MILK 11:30 MZ Breastfeeding (B) 6:00 MB Breastfeeding Twins 6:00 MZ	<b>WED 18</b>	<b>THU 19</b> Prenatal Yoga 12:00 MB	<b>FRI 20</b>	<b>SAT 21</b> Parenting 9:30 MZ
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<b>SUN 22</b> Childbirth (Intensive) 9:30 MB Infant Massage P/P 11:00 MZ Infant Massage P/N 2:00 MZ	<b>MON 23</b> MILK 2:00 MB Breastfeeding (Intensive) 2 6:30 MZ Childbirth Prep 4 6:00 MB	<b>TUE 24</b> The Afterglow 6 11:30 MB MILK 11:30 MZ	<b>WED 25</b>	<b>THU 26</b> Thanksgiving Holiday	<b>FRI 27</b> Thanksgiving Holiday	<b>SAT 28</b>
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 MZ-Mt. Zion: 2356 Sutter St., 1st Fl., Ida's Café  
 Please note: Some classes may be held virtually.

# DECEMBER

Great Expectations 2020 register online [whrcportal.ucsf.edu/](http://whrcportal.ucsf.edu/)



	<b>TUE 1</b> MILK 11:30 MZ Parenting 1 6:30 MB	<b>WED 2</b>	<b>THU 3</b> Prenatal Yoga 12:00 MB	<b>FRI 4</b>	<b>SAT 5</b> Parenting 9:30 MZ
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<b>SUN 6</b> Infant CPR 11:00 MZ Infant CPR 2:00 MZ	<b>MON 7</b> MILK 2:00 MB Breastfeeding (Intensive) 1 6:30 MZ	<b>TUE 8</b> MILK 11:30 MZ Expecting Twins 6:00 MZ Parenting 2 6:30 MB	<b>WED 9</b>	<b>THU 10</b> Prenatal Yoga 12:00 MB	<b>FRI 11</b>	<b>SAT 12</b> Breastfeeding (Intensive) 9:30 MB Childbirth (Intensive) 9:30 MZ
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<b>SUN 13</b> Parenting 9:30 MZ	<b>MON 14</b> MILK 2:00 MB Breastfeeding (Intensive) 2 6:30 MZ	<b>TUE 15</b> MILK 11:30 MZ Breastfeeding (B) 6:00 MB Breastfeeding Twins 6:00 MZ	<b>WED 16</b>	<b>THU 17</b> Prenatal Yoga 12:00 MB	<b>FRI 18</b>	<b>SAT 19</b>
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<b>SUN 20</b>	<b>MON 21</b>	<b>TUE 22</b>	<b>WED 23</b>	<b>THU 24</b> Christmas Holiday	<b>FRI 25</b> Christmas Holiday	<b>SAT 26</b>
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No classes 12/21-12/31

<b>SUN 27</b>	<b>MON 28</b>	<b>TUE 29</b>	<b>WED 30</b>	<b>THU 31</b> New Year's Holiday
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No classes 12/21-12/31

MB-Mission Bay: 1855 4th St., 3rd Fl., A3473  
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 MZ-Mt. Zion: 2356 Sutter St., 1st Fl., Ida's Café  
 Please note: Some classes may be held virtually.

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



*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 \$425 | 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 \$450 | 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

### **Infant Massage Package \$110 | Save \$10**

- Infant Massage (P/N) (0-6 weeks)
- Infant Massage Postpartum (P/P) (3 weeks-10 months)

### **Deluxe Pregnancy Package \$530 | Save \$20**

The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks, and beyond, including nursing. This package features:

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

### **Deluxe Pregnancy Package (Intensive) \$555 | Save \$20**

The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks, and beyond, including nursing. This package features:

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

*Please note: Some classes may be held virtually.*

**Note: Please bring two pillows, a blanket and a meal to Childbirth Preparation classes.**

# 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.

**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](https://womenshealth.ucsf.edu/whrc) to view our video and to learn more.

Join a group, contact the CenteringPregnancy® Healthcare Coordinator at [centeringpregnancy@ucsf.edu](mailto:centeringpregnancy@ucsf.edu), or call 415.919.7297.



# 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) 353-2667 or (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**  
\$28 plus tax, per week

**Monthly Rentals**  
\$112 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**  
\$26 plus tax, per week

**Monthly Rentals**  
\$104 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**  
\$26 plus tax, per week

**Monthly Rentals**  
\$104 plus tax, per month



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

## Frequently Asked Questions

### When should I take classes?

#### During Pregnancy:

- ↳ Birth Center tours: It's recommended that the guided walking tour be taken around 34 weeks and enrollment is available within 90 days of your due date. Sign up well in advance, as they book up early. *Note: Registration is limited to two people per tour. Due to hospital policy, children are not allowed on the tour.*
- ↳ Childbirth Classes/Parenting/Breastfeeding/Pain Relief (28 weeks and beyond)
- ↳ Expecting Twins/Breastfeeding Twins (20 weeks and beyond)
- ↳ Prenatal Yoga
- ↳ The New Nest/Infant Massage (Prenatal)/Infant CPR (20 weeks and beyond)

#### After Delivery/Postpartum:

- ↳ Infant Massage (Babies 3 weeks to 10 months)
- ↳ 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 one-day/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) 353-2667/(415) 514-2670.

### 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 \$30 registration fee will be charged per class.

### Do you offer a refund if I miss a class?

We do not prorate for any missed sessions within a multiple session class.

### Where can I get more information?

Please contact us at (415) 353-2667 or (415) 514-2670 for more information or visit [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc).

All prices, times & dates are subject to change.

### How do I register?

Register and pay online at <https://whrcportal.ucsf.edu/> OR call (415) 353-2667 or (415) 514-2670. Come in person to the UCSF Women's Health Resource Center, at Mount Zion: 2356 Sutter Street, First Floor, Suite J112, or Mission Bay: 1855 4th Street, Suite A3473

### 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 or pump purchases 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 Prenatal Yoga and Afterglow class, which covers only one person*). If you have more than one support person, they will need to pay for an additional enrollment.

### Are nursing (or other students) allowed to observe a childbirth class?

Yes. There is a \$50 fee per class. One student maximum is allowed to observe any class. In addition, all students are required to submit proof of current health clearance and completed compliance documents. Please call UCSF Great Expectations at (415) 353-2667 to reserve a spot. Please have class date and registration fee payment ready at the time of enrollment.

### Where are classes held?

We hold classes at two convenient locations: Mission Bay-Betty Moore Irene Moore Women's Hospital, Mt. Zion-Women's Health Center. Class time and locations are subject to change, you will be notified accordingly. Please note: Some classes may be held virtually.

**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.