

July-December 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
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



FRI 1
MILK 10:00

SAT 2

Classes fill up, sign up early!

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

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.

MON 1

TUE 2
MILK 1:30

WED 3
Childbirth Prep 1 6:00

THU 4

FRI 5
MILK 10:00

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 The Afterglow 1 12:00 Childbirth Prep 1 6:00	TUE 9 MILK 1:30	WED 10 Childbirth Prep 2 6:00	THU 11	FRI 12 MILK 10:00	SAT 13 Childbirth (Intensive) 9:30
SUN 14 Breastfeeding (Intensive) 9:30 Mindfulness Basics 2 4:00	MON 15 The Afterglow 2 12:00 Childbirth Prep 2 6:00	TUE 16 MILK 1:30 Expecting Twins 6:00	WED 17 Childbirth Prep 3 6:00 Pain Relief & Labor 6:30	THU 18	FRI 19 MILK 10:00	SAT 20 Parenting 9:30 Breastfeeding (Intensive) 9:30
SUN 21 Mindfulness Basics 3 4:00	MON 22 The Afterglow 3 12:00 Childbirth Prep 3 6:00	TUE 23 MILK 1:30 Breastfeeding Twins 6:00	WED 24 Childbirth Prep 4 6:00	THU 25	FRI 26 MILK 10:00	SAT 27 Childbirth 1 (Intensive) 9:30
SUN 28 Childbirth 2 (Intensive) 9:30 Mindfulness Basics 4 4:00	MON 29 The Afterglow 4 12:00 Childbirth Prep 4 6:00	TUE 30 MILK 1:30	Wed 31 Breastfeeding (B) 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.

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.

THU 1

FRI 2
MILK 10:00

SAT 3

Classes fill up, sign up early!

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

Great Expectations Classes 2022



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

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/Lactation Consultants

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

Other Programs and Groups

Perinatal Wellness Program

Marin Parents Of Multiples Club

www.mpomc.org



SAT 1
Childbirth (Intensive)
9:30

SUN 2
Mindfulness Basics 1
4:00

MON 3
The Afterglow 2 12:00
New Nest PP 6:00
Childbirth Prep 4 6:00

TUE 4
MILK 1:30
Childbirth Prep 1 6:00

WED 5

THU 6

FRI 7
MILK 10:00

SAT 8
Parenting 1 9:30

SUN 9
Parenting 2 6:30
Mindfulness Basics 2
4:00

MON 10
The Afterglow 3 12:00

TUE 11
MILK 1:30
Childbirth Prep 2 6:00

WED 12

THU 13

FRI 14
MILK 10:00

SAT 15
Breastfeeding (Intensive)
9:30

SUN 16
Mindfulness Basics 3
4:00

MON 17
The Afterglow 4 12:00

TUE 18
MILK 1:30
Childbirth Prep 3 6:00
Expecting Twins 6:00

WED 19

THU 20

FRI 21
MILK 10:00

SAT 22
Childbirth (Intensive)
9:30

SUN 23
Parenting 9:30
Mindfulness Basics 4
4:00

MON 24

TUE 25
MILK 1:30
Breastfeeding Twins 6:00
Childbirth Prep 4 6:00

WED 26

THU 27
Breastfeeding (B) 6:00

FRI 28
MILK 10:00

SAT 29
Breastfeeding (Intensive)
9:30

SUN 30
Mindfulness Basics 5
4:00

MON 31
The Afterglow 1 12:00

Classes fill up, sign up early!

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



NOVEMBER

Great Expectations 2022 register online whrcportal.ucsf.edu/

TUE 1
MILK 1:30
Breastfeeding (B) 6:00

WED 2
Childbirth Prep 1 6:00

THU 3

FRI 4
MILK 10:00

SAT 5
Childbirth (Intensive)
9:30
Parenting 1 9:30

SUN 6
Parenting 2 9:30
Mindfulness Basics 6
4:00

MON 7
The Afterglow 2 12:00

TUE 8
MILK 1:30
Parenting 1 6:30

WED 9
Childbirth Prep 2 6:00
Pain Relief & Labor 6:30

THU 10

FRI 11
Veteran's Day Holiday

SAT 12
Breastfeeding (Intensive)
9:30

SUN 13

MON 14
The Afterglow 3 12:00
New Nest PP 6:00

TUE 15
MILK 1:30
Parenting 2 6:30

WED 16
Childbirth Prep 3 6:00

THU 17
Breastfeeding (B) 6:00

FRI 18
MILK 10:00
Third Trimester
Webinar

SAT 19
Childbirth 1 (Intensive)
9:30
Parenting 9:30

SUN 20
Childbirth 2 (Intensive)
9:30
Breastfeeding (Intensive)
9:30

MON 21
The Afterglow 4 12:00

TUE 22
MILK 1:30

WED 23
Childbirth Prep 4 6:00

THU 24
Thanksgiving Holiday

FRI 25
Thanksgiving Holiday

SAT 26

SUN 27

MON 28

TUE 29
MILK 1:30
Breastfeeding (B) 6:00

WED 30

DECEMBER

Great Expectations 2022 register online whrcportal.ucsf.edu/



THU 1

FRI 2
MILK 10:00

SAT 3
Parenting 1 9:30

SUN 4
Parenting 2 9:30

MON 5

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

WED 7

THU 8

FRI 9
MILK 10:00

SAT 10
Breastfeeding (Intensive)
9:30

SUN 11

MON 12

TUE 13
MILK 1:30
Breastfeeding Twins 6:00
Parenting 2 6:30

WED 14
Pain Relief & Labor 6:30

THU 15
Breastfeeding (B) 6:00

FRI 16
MILK 10:00

SAT 17
Childbirth 1 (Intensive)
9:30
Parenting 1 9:30

SUN 18
Childbirth 2 (Intensive)
9:30

MON 19
Winter Holiday
No Classes

TUE 20

WED 21

THU 22

FRI 23

SAT 24

SUN 25
Winter Holiday
No Classes

MON 26

TUE 27

WED 28

THU 29

FRI 30

FRI 31

Classes fill up, sign up early!

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 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

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

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

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