

July-December 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 location.

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	TUE 2 MILK 1:30	WED 3	THU 4 Independence Day	FRI 5	SAT 6 Parenting 1 9:30
SUN 7 Parenting 2 9:30 Mindfulness Basics 6 4:00	MON 8	TUE 9 MILK 1:30 Parenting 1 6:00	WED 10 Childbirth Prep 1 6:00 Pain Relief & Labor 6:30	THU 11	FRI 12 MILK 10:00	SAT 13 Breastfeeding (Intensive) 9:30-IP MB
SUN 14 Childbirth (Intensive) 9:30-IP MB	MON 15	TUE 16 MILK 1:30 Parenting 2 6:00	WED 17 Childbirth Prep 2 6:00	THU 18	FRI 19 MILK 10:00 Third Trimester Webinar	SAT 20 Childbirth (Intensive) 9:30-IP MB Parenting 1 9:30
SUN 21 Parenting 2 9:30	MON 22	TUE 23 MILK 1:30 Breastfeeding (B) 6:00	WED 24 Childbirth Prep 3 6:00	THU 25	FRI 26	SAT 27
SUN 28 Mindfulness Basics 1 4:00	MON 29	TUE 30 MILK 1:30	Wed 31 Childbirth Prep 4 6:00	IP (In-Person) MB-Mission Bay: 1855 4th St., 3rd Fl. A3473		

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, 6:30-9:00pm
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 patients 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) 353-3400 for an appointment.



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

THU 1
Childbirth Prep 1 6:00

FRI 2

SAT 3
Childbirth (Intensive)
9:30-IP MB
Parenting 1 9:30

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

MON 5

TUE 6
MILK 1:30

WED 7

THU 8
Childbirth Prep 2 6:00

FRI 9

SAT 10

SUN 11
Mindfulness Basics 3
4:00

MON 12

TUE 13
MILK 1:30
Parenting 1 6:00

WED 14

THU 15
Childbirth Prep 3 6:00

FRI 16
MILK 10:00

SAT 17

SUN 18
Childbirth (Intensive)
9:30-IP MB
Mindfulness Basics 4
4:00

MON 19
Expecting Twins 6:00

TUE 20
MILK 1:30
Parenting 2 6:00

WED 21
Pain Relief & Labor 6:30

THU 22
Childbirth Prep 4 6:00

FRI 23
MILK 10:00

SAT 24
Parenting 1 9:30

SUN 25
Parenting 2 9:30
Mindfulness Basics 5
4:00

MON 26
Breastfeeding Twins 6:00

TUE 27
MILK 1:30
Breastfeeding (B) 6:00

WED 28
The New Nest PP 6:00

THU 29

FRI 30
MILK 10:00

SAT 31
Breastfeeding Intensive
9:30-IP MB

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 6:00-8:30 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

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

 SUN 1	MON 2 Labor Day Holiday	TUE 3 MILK 1:30 Childbirth Prep 1 6:00	WED 4	THU 5	FRI 6 MILK 10:00	SAT 7 Parenting 1 9:30
SUN 8 Parenting 2 9:30 Mindfulness Basics 6 4:00	MON 9	TUE 10 MILK 1:30 Childbirth Prep 2 6:00	WED 11	THU 12	FRI 13 MILK 10:00	SAT 14
SUN 15	MON 16	TUE 17 MILK 1:30 Breastfeeding (B) 6:00 Childbirth Prep 3 6:00	WED 18	THU 19	FRI 20 MILK 10:00 Third Trimester Webinar	SAT 21 Breastfeeding (Intensive) 9:30-IP MB
SUN 22	MON 23	TUE 24 MILK 1:30 Childbirth Prep 4 6:00	WED 25	THU 26	FRI 27	SAT 28 Parenting 1 9:30
SUN 29 Childbirth (Intensive) 9:30-IP MB Parenting 2 9:30	MON 30	IP (In-Person) MB -Mission Bay: 1855 4th St., 3rd Fl. A3473				



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,
Sydney Jones, 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.



**TUE 1**

MILK 1:30
Childbirth Prep 1 6:00

WED 2

Pain Relief & Labor 6:30
New Nest PP 6:00

THU 3

Childbirth Prep 1 6:00

FRI 4

MILK 10:00

SAT 5

Childbirth (Intensive)
9:30-IP MB

SUN 6

Mindfulness Basics 1
4:00

MON 7**TUE 8**

MILK 1:30
Childbirth Prep 2 6:00

WED 9**THU 10**

Childbirth Prep 2 6:00

FRI 11

MILK 10:00

SAT 12**SUN 13**

Mindfulness Basics 2
4:00

MON 14**TUE 15**

MILK 1:30
Childbirth Prep 3 6:00

WED 16**THU 17**

Childbirth Prep 3 6:00

FRI 18

MILK 10:00

SAT 19

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

SUN 20

Parenting 2 9:30
Mindfulness Basics 3
4:00

MON 21

Expecting Twins 6:00

TUE 22

MILK 1:30
Childbirth Prep 4 6:00

WED 23**THU 24**

Childbirth Prep 4 6:00

FRI 25

MILK 10:00

SAT 26**SUN 27**

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

MON 28

Breastfeeding Twins 6:00

TUE 29

MILK 1:30

Wed 30**Wed 31**

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

Classes fill up, sign up early!

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

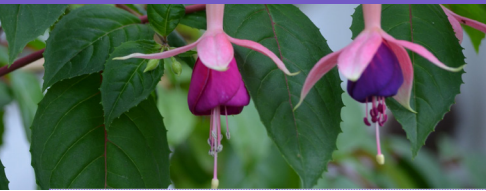
Register on our member portal: whrcportal.ucsf.edu/whrc

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





FRI 1

SAT 2

Classes fill up, sign up early!

SUN 3 Childbirth (Intensive) 9:30- IP MB Mindfulness Basics 5 4:00	MON 4	TUE 5 MILK 1:30 Parenting 1 6:00	WED 6 Childbirth Prep 1 6:00	THU 7	FRI 8 MILK 10:00	SAT 9 Parenting 1 9:30
SUN 10 Parenting 2 9:30 Mindfulness Basics 6 4:00	MON 11 Veteran's Day	TUE 12 MILK 1:30 Parenting 2 6:00	WED 13 Childbirth Prep 2 6:00 Pain Relief & Labor 6:30 The New Nest PP 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 Childbirth (Intensive) 9:30- IP MB
SUN 24	MON 25	TUE 26 MILK 1:30	WED 27 Childbirth Prep 4 6:00	THU 28 Thanksgiving Day	FRI 29 Thanksgiving Holiday	SAT 30 Parenting 1 9:30

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

SUN 1 Parenting 2 9:30	MON 2	TUE 3 MILK 1:30 Parenting 1 6:00	WED 4	THU 5 Childbirth Prep 1 6:00	FRI 6	SAT 7
SUN 8	MON 9 The New Nest PP 6:00 Expecting Twins 6:00	TUE 10 MILK 1:30 Parenting 2 6:00	WED 11	THU 12 Childbirth Prep 2 6:00	FRI 13 MILK 10:00	SAT 14 Breastfeeding (Intensive) 9:30- IP MB
SUN 15 Childbirth (Intensive) 9:30- IP MB	MON 16 Breastfeeding Twins 6:00	TUE 17 MILK 1:30 Breastfeeding (B) 6:00	WED 18 Pain Relief & Labor 6:30	THU 19 Childbirth Prep 3 6:00	FRI 20 Third Trimester Webinar	SAT 21
SUN 22	MON 23	TUE 24 Christmas Eve Holiday	WED 25 Christmas Day	THU 26	FRI 27	SAT 28
SUN 29	MON 30	MON 31 New Year's Holiday	IP (In-Person) MB -Mission Bay: 1855 4th St., 3rd Fl. A3473			

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
- 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, and due to privacy classes are not recorded.

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.

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

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*



**Rental fees do not include deposits.*

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:

- » 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 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

Can I view a recording if I miss a class?

Due to our policy around patient privacy, classes are not recorded. If you are unable to attend a class, please note our cancellation policy or contact us at (415) 514-2670.

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

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 MILK, which includes only mom/baby*). If you have more than one support person, they will need to pay for an additional enrollment.

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