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, June 25, 30, July 1, 6; August 2, 9, 16, 23; August 4, 11, 18, 25; September 1, 8, 15, 22; September 2, 9, 16, 23

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 class 2 part class, Sat & Sun 9:30 am-1:00 pm July 10/11; July 31/August 1; August 7/8; September 11/12;
All day class, 9:30 am-4:30 pm August 21, 28, September 19

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 August 11, September 22

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.

Fee: $80, One session class, 6:00-9:00 pm August 26

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, All day class, 9:30 am-2:30 pm, Sat or Sun July 17, July 31, August 14, September 18 and 25
Weeknight 2 part class, 6:30-9:00 pm July 19/26; August 2/9, September 8/15 & 23/30

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 August 24

After Delivery-Postpartum

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.

Fee: $110 per series, Weekend class 2 part class, Sat & Sun, 9:30 am-12 pm July 24/25, August 21/22, September 25/26
All day class, Sat, 9:30 am-2:30 pm July 10, August 7, August 14, September 11
Weeknight 2 part class, Tuesdays, 6:30-9:00 pm July 6/13, August 3/10, September 7/14

Expecting Twins or More
The 3-hour workshop covers 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 August 17

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 August 30

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.

Fee: $50, One session class, 6:00-7:30 pm July 12, September 13

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.

Fee: No charge

Great Expectations Educators: Alissa Britton, MD, Carole Hanson, CCE, IBCLC, Cherry Jones, CIMI, LMFT, Juli Fraga, Psy. D., Patty Lipinski, BA, ICCE, CD, Pedram Aleshi, MD, Renee Tavares, RD, IBCLC, Sarah Cardena, MPH, CLE, Sarah Quigley, MA, IBCLC, Shanda Marion, CLE

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

UCSF Lactation Program
Our program provides women and their families with supportive education and advice about breastfeeding.

Call (415) 353-2566 for an appointment.
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.

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)

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 Basics and the First Few Months
- Parenting During the First Few Months

Weekly Rentals
- Ameda Elite: $25.75 plus tax, per week
- Medela Symphony: $27.75 plus tax, per week
- Ameda Symphony: $29.75 plus tax, per week

Monthly Rentals
- Ameda Elite: $103 plus tax, per month
- Medela Symphony: $111 plus tax, per month
- Ameda Symphony: $125 plus tax, per month

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 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 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