



July-September 2021

# 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. Register and find more resources at: [womenshealth.ucsf.edu/whrc](http://womenshealth.ucsf.edu/whrc)

## 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

July 6, 13, 20, 27; July 7, 14, 21, 28; 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.*

### 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  
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, 6:30-9:00 pm  
July 19/26; August 17/24; 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

## 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

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. 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  
July 12, September 13

**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, CLE, Sarah Quigley, MA, IBCLC, Shanda Manion, CLE

## 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 (COVID-19) 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](http://womenshealth.ucsf.edu/whrc).

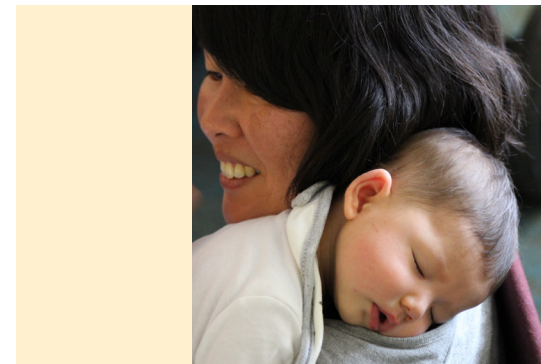
## UCSF Lactation Program

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.**

## After Delivery-Postpartum

### 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. and Cherry Jones, CIMI, LMFT  
**Fee:** \$120 per series, Six sessions, 12:00-1:00 pm  
August 30, September 13, 20, 27, October 4, 7



### 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. Facilitated by Carole Hanson, CCE, IBCLC and Sarah Quigley, MA, IBCLC.

**Fee:** No charge  
Mondays, 2-4 pm via Zoom  
Tuesdays, 11:30 am-1:30 pm via Zoom  
Register online or call (415) 514-2670.  
*Note groups are not held on university holidays*



Scan to visit our site for additional resources, webinars, updates and to register online.

# 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.\*

Breastpump Kits sold separately at the UCSF Friend to Friend Gift Shop, 1825-4th Street, 1st Floor, (415) 353-7776 (opt. 2)



CenteringPregnancy® Healthcare

Visit [womenshealth.ucsf.edu/whrc](https://womenshealth.ucsf.edu/whrc) to view our video and to learn more. Join a group, contact [centeringpregnancy@ucsf.edu](mailto:centeringpregnancy@ucsf.edu).

## Frequently Asked Questions

All prices, times & dates are subject to change.

### When should I take classes?

#### During Pregnancy:

- ⇒ Birth Center tours: View virtual tour at [womenshealth.ucsf.edu](https://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

### 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](mailto: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](mailto:whr@ucsf.edu) | website: [womenshealth.ucsf.edu/whrc](https://womenshealth.ucsf.edu/whrc)

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