



New mother & baby classes

UCSF Postpartum Village at Mission Bay



Join us 10-11:00 am for July-September 2019 sessions.

July 16: Nutrition for Mother and Baby

July 23: Mood & Temperament

July 30: Co-Parents & Caregivers

August 6: Get Moving: Breathe and Stretch for New Moms

August 13: A Moment for Me

August 20: Sleep

August 27: Safety First

September 3: Finance Workshop for New Parents

September 10: Bedroom Talk

September 17: Pump, Strollers & Concerns

September 24: Back to Work

To sign up, please call (415) 514.2670. Space is limited.

UCSF Women's Health Resource Center, 1855 4th Street, 3rd floor, A3473

*UCSF Obstetric Services has designed the UCSF Postpartum Village, a pilot program created for your **first 16 weeks after birth**, to increase access to the UCSF Health resources available to you. Our services range from postpartum and infant education, lactation consults and specialized obstetric care.*

Classes & dates are subject to change

UCSF Health