Women’s Health Resource Center

UCSF is the only nationally designated Center of Excellence in Women’s Health in Northern California.

We are dedicated to transform health, to improve lives and serve as a model of women’s health by providing 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 either Mission Bay or Mount Zion location and enjoy reading, browsing or just relaxing in our comfortable environment.

Educational Materials  Community Resources  Baby Care Products

Great Expectations Pregnancy Program

The WHRC Great Expectations Pregnancy Program is designed to provide a continuum of educational and support services to prepare you for pregnancy, birth and parenting.

Classes  Breastpump rentals and sales  Lactation supplies  Baby care products

For more information, to sign up for classes, or if you have questions about preparation for birth and parenting, call us at (415) 353-2667. We are always happy to talk with you.

Classes fill up, register early & pay online: whrcportal.ucsf.edu/whrcmember

Baby Sign Language  New
Breastfeeding
Breastpump Rentals and Sales
CenteringPregnancy® Program
Childbirth Preparation
Class Packages
Expecting Twins or More
Lactation Resources
Pain Relief & Labor
Parenting-Newborn Care
Prenatal Yoga  New
The New Nest  New

Women’s Health Resource Centers
whrc.ucsf.edu/whrc

Women’s Health Center
2356 Sutter Street, Room J112 (Mt. Zion)
San Francisco, CA 94115
(415) 353-2667

Betty Irene Moore Women’s Hospital
1855 4th Street, A3471 (Mission Bay)
San Francisco, CA 94158
(415) 514-2670
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Breastfeeding 2 6:30 MZ | Birth Center Tour 6:00 MB  
Childbirth Prep 1 6:30 SERR  
Parenting 1 6:30 MZ | Birth Center Tour 6:00 MB  
Childbirth Prep 2 6:30 SERR  
Parenting 2 6:30 MZ | Breastfeeding 9:30 MZ  
Breastfeeding 9:30 MB  
Baby Sign 1 11:00 MB  
Ida's Birth Center Tour 11:00 MB |

**Great Expectations classes 2016**

**Birth Center Tour**

Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Tours are approximately one hour. Sign up well in advance as tours fill up quickly. Group tours meet in the hospital lobby of 1855 4th Street.

**Register early!** Please call 415-353-2667 to register or to sign up on-line visit whrcportal.ucsf.edu/whrcmember/  
**No drop-ins please.**

**Fee:** No charge, One session, Tue/Thu 6:00-7:00 pm and Saturdays at 11:00 am-12:00 pm

**Childbirth**

**Childbirth Preparation:** Birth Alternatives

This class addresses the needs and interests of women who wish to have an intimate, fully-involved birth experience. This class covers the basic childbirth preparation content with an added emphasis on natural delivery and making choices in response to the birth process. Labor support techniques and comfort measures from home birth and other cultures are emphasized. **Fee:** $165 per series, 4 classes in a series, 6:30-9:00 pm  
(Exception: Nov. series is three-part)

**Childbirth Preparation: Integrated Methods**

This class provides 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:** $165 per series, 4 classes in a series.  
(Exception: Nov. & Dec. series are three-part), 6:30-9:00 pm

**Intensive Childbirth Preparation**

A one-day workshop designed to give participants the basic tools and information for preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class into an accelerated format.

**Fee:** $180, One session class, 9:30 am-4:30 pm

**Pain Relief & Labor**

Learn about the pain medication options available to assist you during labor and childbirth. Discuss your concerns or questions with a UCSF Anesthesiologist.

**Fee:** No charge, One session, 7:00-8:30 pm

**Parenting-Newborn Care**

Parenting during the first few months: Basic Baby Care with a new baby

This workshop offers basic 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:** $90 per series, Two-part series 6:30-9:00 pm or all day on Saturday or Sunday, 9:30 am-2:30 pm

We recommend that you sign up around 20 weeks for these classes. **Note:** Please bring two pillows, a blanket and a snack to Childbirth Preparation classes.

**All classes and programs are facilitated by specialists, certified and trained educators.**

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**CenteringPregnancy® Program**

UCSF is introducing an exciting new way to care for women during their pregnancy. In CenteringPregnancy® prenatal groups, women:

- Spend quality time with their health provider, up to two hours.
- Discuss health concerns and expectations in a supportive setting.
- Enjoy healthy snacks and refreshments.


To learn more and join a group, please call the Centering Pregnancy coordinator (415) 514-6509.

**UCSF 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 more information.
### August Schedule

**MON 1**
The New Nest 1 6:00 MB
Birth Alternatives 1 6:30 MZ

**TUE 2**
The Afterglow 1 10:30 MB
MILK 11:30 MB
Birth Center Tour 6:00 MB
Childbirth Prep 1 6:30 MB

**WED 3**
Breastfeeding 1 6:30 MB

**THU 4**
Birth Center Tour 6:00 MB
Childbirth Prep 1 6:30 MB

**FRI 5**
MILK 11:30 MB
Birth Center Tour 9:30 MB
Birth Center Tour 11:00 MB

**SAT 6**
Breastfeeding 9:30 MB
Birth Center Tour 11:00 MB

**SUN 7**
Intensive Childbirth 9:30 MB
Infant Massage Pre-Delivery 11:00 MZ

**MON 8**
Birth Alternatives 2 6:30 MZ

**TUE 9**
The Afterglow 2 10:30 MB
MILK 11:30 MB
Birth Center Tour 6:00 MB
Childbirth Prep 2 6:30 MB
Parenting 1 6:30 MB

**WED 10**
Breastfeeding 2 6:30 MB
Parenting 1 6:30 MB

**THU 11**
Birth Center Tour 6:00 MB
Childbirth Prep 2 6:30 MB
Parenting 1 6:30 MB

**FRI 12**
MILK 11:30 MB
Birth Center Tour 9:30 MB
Birth Center Tour 11:00 MB

**SAT 13**
Breastfeeding 9:30 MB
Birth Center Tour 11:00 MB

**SUN 14**
Infant CPR 11:00 MZ

**MON 15**
Birth Alternatives 3 6:30 MZ

**TUE 16**
The Afterglow 3 10:30 MB
MILK 11:30 MB
Birth Center Tour 6:00 MB
Childbirth Prep 3 6:30 MB
Parenting 2 6:30 MB

**WED 17**
Parenting 2 6:30 MB

**THU 18**
Prenatal Yoga 12:00 MB
Birth Center Tour 6:00 MB
Childbirth Prep 3 6:30 MB
Parenting 2 6:30 MB

**FRI 19**
MILK 11:30 MB
Birth Center Tour 11:00 MB

**SAT 20**
Birth Center Tour 11:00 MB

**SUN 21**
Breastfeeding 9:30 SERR
Parenting 9:30 MB
Parenting 9:30 MZ

**MON 22**
Birth Alternatives 4 6:30 MZ

**TUE 23**
The Afterglow 4 10:30 MB
MILK 11:30 MB
Birth Center Tour 6:00 MB
Expecting Twins 6:00 MB
Childbirth Prep 4 6:30 MB

**WED 24**
Breastfeeding 1 6:30 MB
Pain Relief & Labor 7:00 MB

**THU 25**
Birth Center Tour 6:00 MB
Childbirth Prep 4 6:30 MB

**FRI 26**
MILK 11:30 MB
Birth Center Tour 9:30 MB
Birth Center Tour 11:00 MB

**SAT 27**
Breastfeeding 9:30 MB
Birth Center Tour 11:00 MB

**MON 28**
Infant CPR 11:00 MB

**MON 29**
The Afterglow 5 10:30 MB
MILK 11:30 MB
Birth Center Tour 6:00 MB

**MON 30**
Breastfeeding Twins 6:00 MB

**MON 31**
Breastfeeding 2 6:30 MB

### Infant CPR
Learn vital skills to handle an emergency. This class covers recognizing an infant or child in distress, performing emergency measures to relieve airway obstruction in a choking infant or child, performing CPR on an infant or child who is not breathing or is without a heartbeat, and identifying risks of preventable infant and childhood injuries. This is a great class for parents, family members, and childcare providers.

**Note:** This is not a CPR Certification course.

**Fee:** $110, One session class, 11:00 am-1:30 pm

### Infant Massage – Pre Delivery
Learn playful stretches and soothing ways to communicate with touch that will benefit the physical and emotional health of your infant. This class will cover massage techniques that can help regulate sleep for your infant and help alleviate the physical discomforts of colic, gas, and congestion. Learn how to attune to the body language cues of your baby so that you can feel more confident and self-assured in your responses as a parent.

**Fee:** $50, One session class, 11:00 am-1:00 pm

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### UCSF MILK Support Group

**Mother & Infant Lactation Kooperative**

Mothers and babies ranging in age from newborn to six months old are welcome. Share your experiences and learn how other breastfeeding mothers are adjusting to the demands of motherhood. Get your questions answered with evidence-based lactation information.

**Fee:** $15 per session, Tuesdays/Fridays 11:30 am-1:30 pm
Mt. Zion (2356 Sutter Street, 3rd fl., J-308)
SERR (Serramonte: 333 Gellert Blvd, Ste. 114, Daly City)

Registration is required. Registrants must sign in at the Womens Health Resource Center, 1st floor. Space is limited. No drop-ins. Call (415) 353-2667 or visit us online.

“I cannot emphasize enough how great it has been to participate in the MILK group. Being a parent brings on a huge range of emotions and is a journey that is constantly changing. Participating in this group has really kept my spirits up...”

MILK participant

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### UCSF Employee Discount
All UCSF badge wearers (staff, students, faculty, etc) receive a special 15% discount on our products, including books and lactation supplies (discount excludes classes, breastpump rentals and library memberships).

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### Resources for You

[whrce.ucsf.edu/whrc/](whrce.ucsf.edu/whrc/)

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**Mom Mobile**

After your baby's birth, enjoy the convenience of educational and support services right in your hospital room! If you are interested in viewing the Mom Mobile catalog during your hospital stay, please ask your nurse or call the Mom Mobile coordinator at (415) 514-2670.

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**Class packages available!**

We have a number of packages that offer a discount when classes are grouped together. Ask for our recommendation, try one and save.

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**UCSF MILK Support Group**

**Class participants receive a $25 discount on breastpump purchases at the UCSF Women's Health Resource Center. Please mention discount at the time of purchase.**
Great Expectations classes 2016

### Expecting Twins or More

This one-day 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:** $55, One session class, 6:00-9:00 pm

### The New Nest: Emotional Self-Care During Pregnancy

In this three-part series, you will learn about the importance of emotional self-care during pregnancy. We will share practical tools that will help you transition from pregnancy to parenthood.

- **Week 1:** Babies & Biology: Discuss how pregnancy impacts your mood and offer tools for self-care.
- **Week 2:** From Partners to Parents: Talk about some common transitions partners experience as they prepare for baby’s arrival, and how you can prepare for and cope with these changes.
- **Week 3:** The Mom Tribe: Review resources many new families and mothers need to help them navigate the first weeks of parenthood. We will also discuss emotional and parenting resources that you can prepare before the baby’s arrival.

Recommened after 20 weeks.

**Fee:** $75 per Three-part series, 6:00-7:30 pm

### The Afterglow

A postpartum support group for new mothers. Can be taken after your baby is born. In this six-week postpartum support group, new mothers with their babies will gather to share their experiences and support one another in their new days of parenting. During this group participants will learn about the “Baby Blues” and the emotional changes that can occur after childbirth. They will practice self-care, relaxation techniques, including yoga, which is clinically proven to reduce stress and increase mom’s wellbeing. They will also discuss the highs and lows of motherhood in a supportive space and connect with other new parents. This six-week series is facilitated by Melissa Whippo, LCSW & Juli Fraga, Psy.D. For more information please visit our website at http://www.whrc.ucsf.edu/whrc/gex/afterglow.html

**Fee:** $150 per series, Six sessions per series, 10:30 am-12:00pm

### Infant Massage with Newborns

Babies two weeks to pre-crawling babies (10 months) are more than welcome to attend. This class provides an opportunity to review techniques taught in the first Infant Massage class along with your baby in the room. It is a fun class to take as the focus is primarily on you and your baby enjoying the infant massage together.

**Techniques to address:**
- Discomfort or ear ache and cold congestion
- Self-relaxation skill for new parents
- A full body massage (including additional techniques and playful stretches for older infants)
- Massage techniques to support your baby’s physical development
- Tips on how to monitor the amount of sensory stimulation your baby can tolerate
- Techniques to help your baby deal with gas, colic and digestive pain
- Calming techniques to soothe a fussy or tired baby
- Techniques to address discomfort or ear ache and cold congestion

Fee: $50, One session class, 11:00 am-1:00 pm

### Great Expectations Educators, Facilitators & Patient Navigators


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**Classes fill up, sign up early!**

### Great Expectations 2016

Register online: https://whrcportal.ucsf.edu/whrc/member/
Great Expectations classes 2016

Communicating with Baby Sign Language
An interactive session for parents/caregivers and babies or toddlers ages birth to 18 months. It will include a summary of signs for the names of food, clothing, people, feelings, animals etc.
At the end of each class, the participants will have the opportunity to videotape a demonstration of the signs, an effective avenue for review and practice.
**Fee:** $100 per series, 4 classes a series, only offered in July, 11:00am-12:30pm

Prenatal Yoga
In prenatal yoga, the poses are specifically designed to alleviate common pregnancy discomforts such as back pain, nausea and fatigue while strengthening the body and increasing the flow of circulation. The practice of prenatal yoga has also been proven to help prepare the body for childbirth, and to help prepare the mind to cope with the unexpected should it arise.
Melissa Whippo, Certified Yoga Instructor
**Fee:** $15 per class, 3rd Thursday, 12:00-1:00pm

Other Programs and Groups
Marin Parents of Multiples Club
www.mpomc.org

Prenatal Pilates Mat
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe, yet challenging class. Discover breathing and relaxation techniques that will support your pregnancy. Ease your labor and quicken your postpartum recovery. Classes are offered at Bakar Fitness & Recreation Center, UCSF Mission Bay Campus. To register or for more information, contact (415) 514-4538.

Mindfulness-Based Childbirth and Parenting (MBCP)
The UCSF National Center of Excellence in Women's Health in collaboration with the Osher Center for Integrative Medicine is currently offering Mindfulness-Based Childbirth and Parenting Education (MBCP). The MBCP Program is an invitation to begin or deepen the practice of mindfulness for meeting the profound changes in our bodies and minds during pregnancy, childbirth and parenting.
The MBCP Program was developed by Nancy Bardacke, CNM, author of *Mindful Birthing: Training the Mind, Body and Heart for Childbirth and Beyond*. It is a nine-week course that integrates childbirth education with stress reduction, pain coping, and parenting skills. It includes an all-day session after the sixth week and a reunion after the birth.
**Fee:** UCSF Discount for Faculty/Staff/Students: $571 per couple, $305.50 per single
$630 per couple, $335 per single with mindful-birthing book, workbook and two audio CD's.

The Mind in Labor: Working with Pain in Childbirth:
A three-day mind/body skills workshop
Friday/Saturday/Sunday | Fri-6:45-9:30 pm, Saturday-9:30 am-4:30 pm, Sunday-10:00 am-4:30 pm
Based on the mind/body work at the pioneering Mindfulness-Based Stress Reduction Clinic founded by Jon Kabat-Zinn, PhD at UMass Medical Center, this workshop will be a time for looking deeply at pain and fear during childbirth and for cultivating mindfulness for working with them in the process of giving birth. The workshop is an excellent complement to any childbirth education class, including refresher classes. It can be helpful for those who anticipate a birth experience that needs special medical attention or who have had a difficult previous birth experience.
Osher Center for Integrative Medicine, 1545 Divisadero Street (at Post)
**Fee:** $360 per couple, $180 per single. Partners are encouraged to attend.

Osher Center for Integrative Medicine, Mount Zion: 1545 Divisadero Street (at Post).
For more information or to register, please call (415) 353-7718 or visit www.oshercf.ucsf.edu.
### NOVEMBER

**Great Expectations 2016**

Register online whrcportal.ucsf.edu/whrcmember

#### REMINDER

*Classes fill up, sign up early!*

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© MB-Mission Bay: 1855 4th St., 3rd Fl, A3473, Tours-1855 4th St. Lobby
MZ-Mt. Zion: 2356 Sutter, 3rd Fl, J-308
SERR-Serramonte: 333 Gellert Blvd, Ste. 114, Daly City

### DECEMBER

**Great Expectations 2016**

Register online whrcportal.ucsf.edu/whrcmember

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MZ-Mt. Zion: 2356 Sutter, 3rd Fl, J-308
SERR-Serramonte: 333 Gellert Blvd, Ste. 114, Daly City
Basepump Sales Program

For women who prefer to purchase a breastpump, the Great Expectations Pregnancy Program sells a variety of pumps to accommodate different needs and situations. Ask us about new innovations in pumping and other products that may be available. We also have a variety of replacement pieces for Medela and Ameda pumps. Breastpumps cannot be returned. Specific products and their prices are listed below. All prices are subject to change and do not include sales tax. All sales are final. UCSF does NOT work with insurance companies on reimbursements for pumps, (purchase or rental pumps) and lactation visits. Please check with your insurance provider for reimbursement or discount information.

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!

Ameda Purely Yours Breastpump
This value-packed portable pump includes microprocessor technology that offers both adjustable suction and cycle speeds for “natural” and individual comfort. It only takes a turn of the dial to adjust to a setting that closely mimics your baby and helps maximize your milk production.

Ameda Purely Yours Carryall
A portable breastpump that simulates a baby's nursing pattern, with adjustable suction and cycle settings. This lightweight and compact pump may be operated using either an AC adapter, car adapter, or AA batteries. Includes compartmentalized tote bag for the complete system.

Ameda Purely Yours Ultra
CustomControl™—Dual suction and speed adjustability allows moms to choose from a total of 32 combinations to customize your pumping experience. The Purely Yours Ultra also features the CustomFit Flange System because flange fit can change with birth, breastfeeding and pumping. The three most popular flange sizes are included, ensuring a good flange fit as long as you continue to pump. All pieces are included.

Medela Pump In Style Advanced Shoulder Bag
Portable breastpump with breakthrough 2-Phase Expression technology. 2-Phase Expression is an advanced pumping pattern that mimics a baby's nursing rhythm by pumping in two distinct modes. Features a one-touch “let-down” button designed for maximum flow, customized pumping with adjustable speed and vacuum control, and a stylish shoulder bag that contains everything you need to pump.

Medela Pump In Style Advanced Backpack or Metro Bag
Portable breastpump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s nursing rhythm by pumping in two distinct modes, including a let-down and expression mode. Includes stylish backpack or metro baby option that contains everything you need to pump.

Medela Freestyle Hands-Free Breastpump
Freestyle is the first rechargeable, hands-free, double-electric breast pump. This breast pump is portable and weighs less than a pound, but is as efficient as a the other Medela breast pumps. All pieces included.

*Medela product images used with permission of Medela, Inc., McHenry, IL

Note: All sales are final.

To shop our online store visit whrcportal.ucsf.edu/whrcmember

Class Packages

All prices are subject to change and do not include sales tax.

Try one and SAVE!

Basic Pregnancy Package
The Basic Pregnancy Package combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. This package includes three classes:
- Childbirth Preparation: Integrated Methods or Birth Alternatives
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months

Comprehensive Pregnancy Package
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. This package includes three classes:
- Intensive Childbirth Preparation
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months

Deluxe Pregnancy Package
The Deluxe Pregnancy Package features all classes that prepare expectant parents for the birth experience, the first few weeks and beyond, including nursing. This package features:
- Childbirth Preparation: Integrated Methods or Birthing Alternatives
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months
- Infant CPR

Twins or More Class Package
- Expecting Twins or More
- Breasftfeeding Twins or More
- The Art of Parenting Twins by Patricia Maxwell Malmstrom and Janet Poland

Infant Massage Package
- Infant Massage Pre-delivery
- Infant Massage with Newborn

Infant Massage with Newborn
Patricia Maxwell Malmstrom and Janet Poland

Breastfeeding Twins or More

Breastfeeding & Returning to Work

Infant CPR

Parenting During the First Few Months

Infant Massage Pre-delivery

Infant Massage with Newborn

Try one and SAVE!

Basic Pregnancy Package

Comprehensive Pregnancy Package

Deluxe Pregnancy Package

Twins or More Class Package

Infant Massage Package

Medela Pump In Style Advanced Shoulder Bag

Medela Pump In Style Advanced Backpack or Metro Bag

Medela Freestyle Hands-Free Breastpump

Breastfeeding class participants are eligible for a $25 discount on select breastpump purchases!

Ameda Purely Yours Breastpump

Ameda Purely Yours Carryall

Ameda Purely Yours Ultra

Medela Purely Yours Breastpump

Medela Purely Yours Carryall

Medela Purely Yours Ultra

Medela Pump In Style Advanced Shoulder Bag

Medela Pump In Style Advanced Backpack or Metro Bag

Medela Freestyle Hands-Free Breastpump

To shop our online store visit whrcportal.ucsf.edu/whrcmember

Note: All sales are final.
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 security and cleaning deposit which will be charged at the time of rental. The breast pump 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) 353-2667 or (415) 514-2670.

Rental fees do not include deposit or purchase of any accessories.

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** $18.75 plus tax per week  
**Monthly Rentals** $75.00 plus tax per month

**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** $20.00 plus tax per week  
**Monthly Rentals** $80.00 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** $18.75 plus tax per week  
**Monthly Rentals** $75.00 plus tax per month

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

When should I take classes?

**During Pregnancy:**
- Expecting Twins/Breastfeeding Twins (20 weeks and beyond)
- The New Nest/Infant Massage (Pre-Delivery)/Infant CPR (20 weeks and beyond)
- Childbirth Classes/Parenting/Breastfeeding/Pain Relief (28 weeks and beyond)

Tour classes can be taken anytime during pregnancy, although we recommend you take a tour 34 weeks and beyond.

**After Delivery:**
- Infant Massage with Newborns (Babies 2 weeks to 10 months)
- 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 start date. Childbirth, Breastfeeding and Parenting one-day/weekend classes and Birth Center Tours 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) 353-2667.

What is the policy for rescheduling classes?

Due to the high demand, classes fill up quickly. All clients must cancel or reschedule no later than three full working days (72 hours) before the date of the class.

What is the policy for cancellations?

Class cancellations must be made three full working days (72 hours) before the date of the class in order to receive a full refund. Additionally, if a cancellation is made less than three days (72 hours) 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/whrcmember OR call (415) 353-2667. Come in person to the UCSF Women’s Health Resource Center, at Mount Zion: 2356 Sutter Street, First Floor, Suite J112 San Francisco, CA 94115 or Mission Bay: 1855 4th Street, Suite A3471

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). You may also pay by check through the mail. Make checks payable to: UC Regents

Are classes, pump rentals or pump purchases reimbursable by my insurance?

Great Expectations does NOT work with insurance companies. Please check with your health insurance provider for reimbursement or discount information. All sales are final.

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. If you have more than one support person, they will need to pay for an additional enrollment.

Are nursing (or other students) allowed to observe a childbirth class?

Yes. There is a $40 fee per class. Two students maximum are allowed to observe any class. Please call UCSF Great Expectations at (415) 353-2667 to reserve a spot. Please have class date and registration fee payment ready at the time of 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 health care 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 24-hour period regarding a make-up session or refund.

Where can I get more information? Please contact us at (415) 353-2667 for more information or visit http://whrc.ucsf.edu/whrc/.

“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. I thought she'd be in great hands with you!”

Great Expectations participant