GREAT EXPECTATIONS PREGNANCY PROGRAM

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

- Classes
- Mini library & bookstore
- Lactation supplies
- Breastpump rentals and sales
- 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.

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
- Never wait for appointments
- Enjoy healthy snacks and refreshments
- Discuss health concerns and expectations in a supportive setting

Topics Include: nutrition, fetal development, comfort measures, exercise & relaxation, infant care & breastfeeding, sexuality, childbirth preparation, communication & self-esteem, postpartum issues, parenting, and much more!

To learn more and join a group, please call the CenteringPregnancy® Coordinator at (415) 885-3658.

UCSF LACTATION CENTER

The Lactation Program, part of the UCSF Center for Mothers and Newborns, provides women and their families with supportive education and advice about breastfeeding. Lactation counseling and assistance are provided to women during their stay at the birth center. 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.

UCSF WOMEN’S HEALTH RESOURCE CENTER LIBRARY

Regular Membership: $35 per year; Senior/ Special Discount Membership: $15

Our lending library includes a collection of various women-centered books that address women’s health issues across the lifespan. As a member, you may check out up to four titles per month. Come in and browse!

Mom Mobile

After your baby’s birth, enjoy the convenience of Great Expectations’ continuum of educational and support services right in your hospital room! The Mom Mobile cart travels throughout the birth center unit providing patients with everything a new mother may need including nursing bras, Lansinoh ointment, nursing pads, books, breastpump sales and patient education. If you are interested in having the Mom Mobile cart visit you during your hospital stay, call the Mom Mobile coordinator at (415) 885-3658.

UCSF EMPLOYEE DISCOUNT

All UCSF badge wearers (staff, students, faculty, etc.) will receive a special 15% discount off of our products, including books, and lactation supplies (discount excludes classes and library memberships).

Register and pay for classes online at:
http://whrc.ucsf.edu/whrc//gex/classes.html
Great Expectations 2012 Class Schedule

Infant Nutrition

**BREASTFEEDING BASICS AND BREASTFEEDING & RETURNING TO WORK**

**BREASTFEEDING BASICS**
Learn about breast physiology, milk production, let-down, latch-on and positioning. This class teaches participants how to overcome breastfeeding challenges, problem solve and how to establish a successful breastfeeding relationship right from the start.

**BREASTFEEDING & RETURNING TO WORK**
This class is designed to provide you with practical tips and advice on continuing to breastfeed your baby while working. Topics include preserving a breastfeeding relationship, choosing a breastpump, storing/collecting/transporting breastmilk, problem solving, exploring child care options, and how to establish a successful breastfeeding relationship right from the start.

This class is offered as a two-part series or all day on Saturday.

*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.

**Fee:** $70 per series

Baby Care/Parenting

**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. This class is offered in a two-part series or all day Saturday or Sunday.

**Fee:** $90 per series

**EMOTIONAL ASPECTS OF PREGNANCY AND POSTPARTUM: WHAT TO DO IF YOU'RE JUST NOT GLOWING**
Learn what is “normal” in terms of the emotional ups and downs of pregnancy and postpartum. This class covers who is “at risk” for pregnancy/postpartum depression and anxiety as well as how to recognize the symptoms. Participants will have the chance to ask questions and bring up concerns. This class also addresses treatment options including support groups, relaxation classes, therapy and the pros and cons of medication.

**Fee:** One session class, $35

**INFANT CPR**
Class can be taken before or after the birth of the baby.
Learn vital skills to handle an emergency. This class covers recognizing when an infant is in distress, performing emergency measures to relieve airway obstruction in a choking infant, performing CPR on an infant 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.

**Fee:** One session class, $45 per person

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

---

**Second Trimester Classes (3-6 months of pregnancy)**

**Monday (6:30-9:00 pm)**
Jan 23, *Mar 5, 12*
Apr 2, 9*, Jun 4, 11
Aug 20, 27*, Sep 17, 24*

**Tuesday (6:30-9:00 pm)**
Feb 21, 28*  Jul 10, 17*
Oct 2, 9*, Nov 6, 13*

**Wednesday (6:30-9:00 pm)**
Mar 14, 21  May 2, 9
Jul 11, 18  Aug 15, 22
Oct 3, 10  Nov 7, 14

**Saturday (9:30 am-2:30 pm)**
Jan 19, 26  Sep 20, 27
Dec 6, 13

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City

**Fee:** $70 per series

---

**Second Trimester Classes (3-6 months of pregnancy)**

**Monday (6:00-7:30 pm)**
Apr 30  Sep 10

**Location:**
2356 Sutter Street, First Floor, Suite J112

---

**Third Trimester Classes (6-9 months of pregnancy)**

**Monday (6:30-9:00 pm)**
Feb 6, 13  May 7, 14*
Aug 6, 13  Oct 22, 29
Dec 3, 10

**Tuesday (6:30-9:00 pm)**
Jan 3, 10  Jul 24, 31
Dec 4, 11

**Wednesday (6:30-9:00 pm)**
Apr 11, 18  Jun 13, 20

**Saturday (9:30 am-2:30 pm)**
Jan 22  Mar 11
Aug 5  Oct 14

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Gellert Blvd, Suite 114, Daly City

**Fee:** One session class, $35

---

**Second Trimester Classes (3-6 months of pregnancy)**

**Monday (6:00-7:30 pm)**

**Location:**
2356 Sutter Street, First Floor, Suite J112

---

**Second Trimester Classes (3-6 months of pregnancy)**

**Sunday (11:00 am-1:00 pm)**
Jan 8, 28  Feb 12, 26
Mar 11, 25  Apr 15, 29
Jun 3, 10, 24  Jul 8
Aug 12, 19  Sept 9, 23
Oct 7, 21  Nov 4, 18
Dec 2, 16

**Tuesday (11:00 am-1:00 pm)**
Mar 13*  Jun 26*
Oct 9*  Nov 13*

**Location:**
2356 Sutter Street, Third Floor, Suite J308
*2356 Sutter Street, Third Floor, Suite J308
**Great Expectations 2012 Class Schedule**

**Baby Care/Parenting**

**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:** One session class, $45

**INFANT MASSAGE WITH NEWBORNS**
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. **Babies two weeks to pre-crawling babies (ten months) are more than welcome to attend.**

**Fee:** One session class, $45

**Expecting Twins or More**

**BREASTFEEDING TWINS OR MORE**
This class is designed to prepare expectant mothers on 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.

*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*

**Fee:** One session class, $50

**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.

**Fee:** One session class, $50

**Childbirth**

**CHILDBIRTH PREPARATION: INTEGRATED METHODS**
Classes are a 4-week series

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:** $160 per series

*Note: Please bring two pillows, a blanket and a snack to all classes.*

**Classes recommended after 20 weeks of pregnancy**

**Sunday (11:00 am-1:00 pm)**
Jan 8 • Mar 25
Jul 8 • Sep 9
Nov 18

**Saturday (11:00 am-1:00 pm)**
May 5

**Location:**
2356 Sutter Street, Third Floor, Suite J308

**This class can be taken after your baby is born**

**Sunday (11:00 am-1:00 pm)**
Feb 5 • Apr 22
Jun 3 • Aug 19
Oct 21 • Dec 9

**Location:**
2356 Sutter Street, Third Floor, Suite J308

**Classes recommended after 20 weeks of pregnancy**

**Wednesday (6:30-9:00 pm)**
Jan 11 • Mar 7 • May 9
July 11 • Sept 5 • Nov 7

**Location:**
Please call for class location

**Classes recommended after 20 weeks of pregnancy**

**Monday (6:00-9:00 pm)**
Feb 27

**Wednesday (6:00-9:00 pm)**
Apr 25 • June 27 • Aug 29
Oct 24 • Dec 12

**Location:**
2356 Sutter Street, Third Floor, Suite J308

**Third Trimester Classes (6-9 months of pregnancy)**

**Monday (6:30-9:00 pm)**
Jun 4, 11, 18, 25*
Mar 6, 13, 20, 27
Apr 3, 10, 17, 24
May 1, 8, 15, 22*
Jun 5, 12, 19, 26
Oct 2, 9, 16, 23
Nov 6, 13, 20, 27

**Wednesday (6:30-9:00 pm)**
Jan 4, 11, 18, 25
Feb 8, 15, 22, 29
Sep 5, 12, 19, 26

**Thursday (6:30-9:00 pm)**
Apr 5, 12, 19, 26
Jul 5, 12, 19, 26
Aug 2, 9, 16, 23

**Location:**
2356 Sutter Street, Third Floor, Suite J308

*Serramonte: 333 Gellert Blvd, Suite 114, Daly City*
CHILDBIRTH PREPARATION: 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. Through mindfulness meditation, yoga, and group dialogue we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise parenting.

Course is a 9-week series that integrates childbirth education with mind/body skills. It includes an all-day session after the 6th week and a reunion class after the birth.

Fee: $590 per couple, $295 single, plus $40 for materials

UCSF Discount for Faculty/Staff/Students: $531 per couple, $265.50 per single

For more information or to register, please call (415) 353-7718 or visit www.osh.ucsf.edu
THE MIND IN LABOR: WORKING WITH PAIN IN CHILDBIRTH: A ONE-DAY MIND/BODYSKILLS WORKSHOP

Based on the mind/body work at the pioneering Mindfulness-Based Stress Reduction Clinic at UMass Medical Center, this will be a weekend for looking deeply at pain and fear during childbirth and for cultivating tools to work 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.

Location: Osher Center for Integrative Medicine, 1545 Divisadero Street, (At Post)
Fee: $385/ per couple. Partners are encouraged to attend.

For more information or to register, please call (415) 353-7718 or visit www.oshcr.ucsf.edu

<table>
<thead>
<tr>
<th>Weekend #1</th>
<th>Weekend #2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri, Feb 10, 7:00 – 9:30 pm</td>
<td>Fri, May 4, 7:00 – 9:30 pm</td>
</tr>
<tr>
<td>Sat, Feb 11, 9:30 am – 4:30 pm</td>
<td>Sat, May 5, 9:30 am – 4:30 pm</td>
</tr>
<tr>
<td>Sun, Feb 12, 10:00 am – 4:30 pm</td>
<td>Sun, May 6, 10:00 am – 4:30 pm</td>
</tr>
</tbody>
</table>

FAQ’s

How early should I sign up?
Classes fill up quickly, 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.

What is the policy for rescheduling classes?
Classes fill up quickly. In order to accommodate all clients, including on the waiting list, clients must 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 http://www.whrc.ucsf.edu/whrc
• Call (415) 353-2667
• Come in person to the UCSF Women’s Health Resource Center, 2356 Sutter Street, First Floor, Suite J112 San Francisco, CA 94115

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 reimbursed by my insurance?
Great Expectations does not deal 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 Great Expectations Program encourages support persons to attend classes. All class fees include two (2) people EXCEPT Infant/Child CPR.

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.

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

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 a 24-hour period regarding a make-up session or refund.
Other Programs and Groups

SAN FRANCISCO PARENTS OF MULTIPLES CLUB
Monthly Support Group
Call (415) 440-TWIN (8946) for more information

PRENATAL PILATES
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe yet challenging prenatal pilates class. Discover breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery.

Prenatal Pilates are offered as a group exercise class at the Bakar Fitness and Recreation Center located at the UCSF Mission Bay Campus.

To register or for more information, please contact Adrienne Chambers, Group Fitness Manager, (415) 514-4538 or email adrienne.chambers@ucsf.edu

UCSF WOMEN’S HEALTH
We recognize that women have unique health needs that call for a different kind of care. We are pleased to offer a comprehensive array of services geared to the specific needs of women at each stage of life. We have three clinical practice sites that provide Primary Care and/or Obstetrics and Gynecology services:

- 2356 Sutter St, San Francisco (between Divisadero & Scott)
- 333 Gellert Blvd, Suite 114, Daly City (one block south of Serramonte Plaza off I-280)
- 400 Parnassus Ave, San Francisco Plaza level

For more information about UCSF Women’s Health, call (415) 353-2668 or visit our website at http://whrc.ucsf.edu/whrc/.

NEW Class Packages
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. The 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 combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. The 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 Birth Alternatives
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months
- Infant CPR for 1 person

TWINS OR MORE CLASS PACKAGE

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

$305
Save $15

$320
Save $15

$345
Save $20

$106
Save $10
**Breastpump 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.

<table>
<thead>
<tr>
<th>Product Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AMEDA PURELY YOURS BREASTPUMP</strong></td>
<td>$199</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="AMIa.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>AMEDA PURELY YOURS CARRYALL</strong></td>
<td>$269</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="AMIb.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>AMEDA PURELY YOURS BREASTPUMP WITH BACKPACK</strong></td>
<td>$269</td>
</tr>
<tr>
<td>A portable breastpump with backpack that offers both adjustable suction and cycle speeds to feel both natural and comfortable. This lightweight and compact pump may be operated using an AC adapter, car adapter, or AA batteries. Includes compartmentalized backpack for the utmost flexibility and up-to-date styling.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="AMIc.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>AMEDA PURELY YOURS ULTRA</strong></td>
<td>$299</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="AMId.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>MEDELA PUMP IN STYLE ADVANCED SHOULDER BAG</strong></td>
<td>$269</td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="MEDELA PUMP IN STYLE ADVANCED SHOULDER BAG.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>MEDELA PUMP IN STYLE ADVANCED BACKPACK</strong></td>
<td>$279</td>
</tr>
<tr>
<td>Portable breastpump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s nursing distinct modes, including a let-down and expression mode. Includes stylish backpack that contains everything you need to pump.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="MEDELA PUMP IN STYLE ADVANCED BACKPACK.png" /></td>
<td></td>
</tr>
<tr>
<td><strong>MEDELA FREESTYLE HANDS-FREE BREASTPUMP</strong></td>
<td>$369</td>
</tr>
<tr>
<td>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 the other Medela breast pumps. All pieces included.</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="MEDELA FREESTYLE HANDS-FREE BREASTPUMP.png" /></td>
<td></td>
</tr>
</tbody>
</table>

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

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