



HEALTHY LIFESTYLE

KAISER PERMANENTE HEALTH EDUCATION | GROUP CLASSES | SANTA ROSA

PRENATAL AND PARENTING 2024

CLASSES OFFERED MAR - DEC 2024

CLASS	FORMAT	DAY	DATE	TIME	TO REGISTER	FEE
EARLY PREGNANCY This 2-hour online group session includes information on what your prenatal care will consist of, including pregnancy-related resources and genetic testing options. You will also learn about early fetal development, safety precautions, and steps to take for a healthy pregnancy. 1 session	ONLINE	Fri	3/8/24	9:00a-11:00a	ONLINE class: Call (707) 393-4167	NO FEE for Kaiser Members
	ONLINE	Mon	3/18/24	6:00p-8:00p		
	ONLINE	Wed	4/3/24	3:00p-5:00p		
	ONLINE	Mon	4/15/24	6:00p-8:00p		
	ONLINE	Wed	5/1/24	6:00p-8:00p		
	ONLINE	Mon	5/20/24	6:00p-8:00p		
	ONLINE	Fri	6/7/24	9:00a-11:00a		
	ONLINE	Thu	6/20/24	6:00p-8:00p		
	ONLINE	Thu	7/11/24	3:00p-5:00p		
	ONLINE	Mon	7/22/24	6:00p-8:00p		
	ONLINE	Wed	8/7/24	6:00p-8:00p		
	ONLINE	Thu	8/22/24	3:00p-5:00p		
	ONLINE	Thu	9/12/24	3:00p-5:00p		
	ONLINE	Mon	9/23/24	6:00p-8:00p		
	ONLINE	Wed	10/2/24	6:00p-8:00p		
	ONLINE	Thu	10/17/24	3:00p-5:00p		
	ONLINE	Thu	11/7/24	3:00p-5:00p		
	ONLINE	Mon	11/18/24	6:00p-8:00p		
ONLINE	Fri	12/6/24	9:00a-11:00a			
ONLINE	Thu	12/19/24	3:00p-5:00p			

MID PREGNANCY

During the middle stage of pregnancy, expect even more dramatic changes to your body. In this class, we'll help you understand these changes and tell you how to help keep your energy level high by eating well and exercising. We're here to support you in handling all the changes that come with pregnancy and inform you of how to relieve common discomforts. Take this class when you are 18 to 22 weeks pregnant.

1 session

ONLINE	Tue	3/12/24	6:00p-8:00p
ONLINE	Thu	3/28/24	6:00p-8:00p
ONLINE	Thu	4/11/24	6:00p-8:00p
ONLINE	Thu	4/25/24	6:00p-8:00p
ONLINE	Mon	5/6/24	6:00p-8:00p
ONLINE	Tue	5/14/24	6:00p-8:00p
ONLINE	Thu	6/13/24	6:00p-8:00p
ONLINE	Tue	6/25/24	6:00p-8:00p
ONLINE	Tue	7/9/24	6:00p-8:00p
ONLINE	Mon	7/15/24	6:00p-8:00p
ONLINE	Thu	8/8/24	6:00p-8:00p
ONLINE	Mon	8/12/24	6:00p-8:00p
ONLINE	Tue	9/10/24	6:00p-8:00p
ONLINE	Mon	9/16/24	6:00p-8:00p
ONLINE	Mon	10/7/24	6:00p-8:00p
ONLINE	Tue	10/22/24	6:00p-8:00p
ONLINE	Tue	11/12/24	6:00p-8:00p
ONLINE	Tue	11/26/24	6:00p-8:00p
ONLINE	Tue	12/10/24	6:00p-8:00p
ONLINE	Mon	12/23/24	6:00p-8:00p

ONLINE class:
Call (707) 393-4167

NO FEE
for Kaiser
Members

LATE PREGNANCY

This class is designed to help you and your partner learn what to expect during the final weeks of pregnancy and get ready for labor and delivery. We'll discuss an overview of labor and delivery, what you can expect in the hospital, your options for pain management, postpartum recovery, and how to care for yourself after the baby is born. This class doesn't take the place of Preparing for Childbirth. Ideal to take this class when you are 32 to 36 weeks pregnant.

1 session

ONLINE	Thu	3/14/24	6:00p-8:00p
ONLINE	Wed	3/27/24	6:00p-8:00p
ONLINE	Tue	4/9/24	6:00p-8:00p
ONLINE	Wed	4/24/24	6:00p-8:00p
ONLINE	Thu	5/9/24	6:00p-8:00p
ONLINE	Tue	5/28/24	6:00p-8:00p
ONLINE	Tue	6/11/24	6:00p-8:00p
ONLINE	Mon	6/17/24	6:00p-8:00p
ONLINE	Thu	7/11/24	6:00p-8:00p
ONLINE	Mon	7/22/24	6:00p-8:00p
ONLINE	Tue	8/13/24	6:00p-8:00p
ONLINE	Thu	8/29/24	6:00p-8:00p
ONLINE	Thu	9/12/24	6:00p-8:00p
ONLINE	Tue	9/24/24	6:00p-8:00p
ONLINE	Tue	10/8/24	6:00p-8:00p
ONLINE	Tue	10/29/24	6:00p-8:00p
ONLINE	Mon	11/4/24	6:00p-8:00p
ONLINE	Mon	11/18/24	6:00p-8:00p
ONLINE	Mon	12/2/24	6:00p-8:00p
ONLINE	Thu	12/19/24	6:00p-8:00p

ONLINE class:
Call (707) 393-4167

NO FEE
for Kaiser
Members

CHILD BIRTH PREPARATION

Few events are more exciting than the birth of your baby. Get prepared by learning what to expect before, during, and after delivery. Practice breathing and relaxation techniques to ease labor and delivery and understand your options for managing labor and using a birthing coach for support. Bring a couple of pillows or a mat as some of the exercises are performed on the floor. You should register for the class before your sixth month of pregnancy and complete the class four weeks before your due date. Early registration is recommended.

1 session or 2 sessions

		1 SESSION		IN PERSON class: Call (707) 393-4167	NO FEE for Kaiser Members
IN PERSON	Sat	4/20/24	10:00a-2:00p		
IN PERSON	Sat	6/15/24	10:00a-2:00p		
IN PERSON	Sat	8/17/24	10:00a-2:00p		
IN PERSON	Sat	10/19/24	10:00a-2:00p		
IN PERSON	Sat	12/7/24	10:00a-2:00p		
		2 SESSIONS			
IN PERSON	Wed	3/6/24	5:30p-8:00p		
IN PERSON	Tue	3/19/24	5:30p-8:00p		
IN PERSON	Wed	4/3/24	5:30p-8:00p		
IN PERSON	Tue	4/23/24	5:30p-8:00p		
IN PERSON	Wed	5/1/24	5:30p-8:00p		
IN PERSON	Tue	5/14/24	5:30p-8:00p		
IN PERSON	Wed	6/5/24	5:30p-8:00p		
IN PERSON	Tue	6/18/24	5:30p-8:00p		
IN PERSON	Wed	7/10/24	5:30p-8:00p		
IN PERSON	Tue	7/23/24	5:30p-8:00p		
IN PERSON	Wed	8/7/24	5:30p-8:00p		
IN PERSON	Tue	8/20/24	5:30p-8:00p		
IN PERSON	Wed	9/4/24	5:30p-8:00p		
IN PERSON	Tue	9/17/24	5:30p-8:00p		
IN PERSON	Wed	10/2/24	5:30p-8:00p		
IN PERSON	Tue	10/15/24	5:30p-8:00p		
IN PERSON	Wed	11/6/24	5:30p-8:00p		
IN PERSON	Tue	11/19/24	5:30p-8:00p		
IN PERSON	Wed	12/4/24	5:30p-8:00p		
IN PERSON	Tue	12/10/24	5:30p-8:00p		

1 SESSION				ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167 <i>Additional times and dates are available</i> <i>Available in Spanish</i>
ONLINE	Sat	3/2/24	10:00a-2:00p	
ONLINE	Sat	5/4/24	10:00a-2:00p	
ONLINE	Sat	7/6/24	10:00a-2:00p	
ONLINE	Sat	9/7/24	10:00a-2:00p	
ONLINE	Sat	11/2/24	10:00a-2:00p	
2 SESSIONS				ONLINE class: Visit kpdoc.org/classes or call (707) 393-4167 <i>Additional times and dates are available</i> <i>Available in Spanish</i>
ONLINE	Mon	3/25/24	6:00p-8:00p	
ONLINE	Mon	4/22/24	6:00p-8:00p	
ONLINE	Thu	5/16/24	6:00p-8:00p	
ONLINE	Mon	6/24/24	6:00p-8:00p	
ONLINE	Thu	7/18/24	6:00p-8:00p	
ONLINE	Mon	8/19/24	6:00p-8:00p	
ONLINE	Thu	9/19/24	6:00p-8:00p	
ONLINE	Mon	10/21/24	6:00p-8:00p	
ONLINE	Thu	11/14/24	6:00p-8:00p	
ONLINE	Mon	12/9/24	6:00p-8:00p	

NEWBORN CARE

Wouldn't it be nice if babies came with instruction manuals? In this class, we'll teach you the information and skills you need to feel confident about caring for your newborn. We'll cover essential topics such as signs of illness, keeping your baby safe, feeding, bathing, diapering, and when to call your physician.

1 session

IN PERSON	Sat	3/9/24	1:00p-3:00p
IN PERSON	Wed	3/20/24	6:00p-8:00p
IN PERSON	Sat	4/13/24	1:00p-3:00p
IN PERSON	Wed	4/24/24	6:00p-8:00p
IN PERSON	Sat	5/4/24	1:00p-3:00p
IN PERSON	Wed	5/22/24	6:00p-8:00p
IN PERSON	Sat	6/8/24	1:00p-3:00p
IN PERSON	Wed	6/19/24	6:00p-8:00p
IN PERSON	Sat	7/13/24	1:00p-3:00p
IN PERSON	Wed	7/24/24	6:00p-8:00p
IN PERSON	Sat	8/10/24	1:00p-3:00p
IN PERSON	Wed	8/21/24	6:00p-8:00p
IN PERSON	Sat	9/7/24	1:00p-3:00p
IN PERSON	Wed	9/18/24	6:00p-8:00p
IN PERSON	Sat	10/12/24	1:00p-3:00p
IN PERSON	Wed	10/16/24	6:00p-8:00p
IN PERSON	Sat	11/2/24	1:00p-3:00p
IN PERSON	Wed	11/20/24	6:00p-8:00p
IN PERSON	Sat	12/14/24	1:00p-3:00p
IN PERSON	Wed	12/18/24	6:00p-8:00p
ONLINE	Thu	3/28/24	6:00p-8:00p
ONLINE	Tue	4/16/24	6:00p-8:00p
ONLINE	Mon	5/13/24	6:00p-8:00p
ONLINE	Mon	6/10/24	6:00p-8:00p
ONLINE	Mon	7/29/24	6:00p-8:00p
ONLINE	Tue	8/20/24	6:00p-8:00p
ONLINE	Mon	9/30/24	6:00p-8:00p
ONLINE	Thu	10/24/24	6:00p-8:00p
ONLINE	Mon	11/25/24	6:00p-8:00p
ONLINE	Mon	12/30/24	6:00p-8:00p

IN PERSON class:
Call (707) 393-4167

NO FEE
for Kaiser
Members

ONLINE class:
Visit kpdoc.org/classes
or call (707) 393-4167

*Additional times
and dates are available*

Available in Spanish

BREASTFEEDING

Breastfeeding offers many health benefits for you and your baby. Learn how to position your baby for optimal nursing, how to tell if your baby is getting enough milk, and ways to prevent and overcome common breastfeeding discomforts and challenges.

1 session

IN PERSON	Sat	3/9/24	10:00a-12:00p
IN PERSON	Sat	4/13/24	10:00a-12:00p
IN PERSON	Sat	5/4/24	10:00a-12:00p
IN PERSON	Sat	6/8/24	10:00a-12:00p
IN PERSON	Sat	7/13/24	10:00a-12:00p
IN PERSON	Sat	8/10/24	10:00a-12:00p
IN PERSON	Sat	9/7/24	10:00a-12:00p
IN PERSON	Sat	10/12/24	10:00a-12:00p
IN PERSON	Sat	11/2/24	10:00a-12:00p
IN PERSON	Sat	12/14/24	10:00a-12:00p

IN PERSON class:
Call (707) 393-4167

NO FEE
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Members

ONLINE	Mon	3/11/24	6:00p-8:00p
ONLINE	Mon	4/8/24	6:00p-8:00p
ONLINE	Mon	5/13/24	6:00p-8:00p
ONLINE	Mon	6/10/24	6:00p-8:00p
ONLINE	Mon	7/8/24	6:00p-8:00p
ONLINE	Mon	8/19/24	6:00p-8:00p
ONLINE	Mon	9/9/24	6:00p-8:00p
ONLINE	Mon	10/14/24	6:00p-8:00p
ONLINE	Mon	11/18/24	6:00p-8:00p
ONLINE	Mon	12/9/24	6:00p-8:00p

ONLINE class:
Visit kpdoc.org/classes
or call (707) 393-4167

*Additional times
and dates are available*

Available in Spanish

BREASTFEEDING SUPPORT GROUP
DROP-IN ONLINE

Join us for this weekly drop-in session for mothers and their babies. Get one-on-one and group support from lactation specialists. Kaiser Members only.

Meets weekly on Tuesdays

ONLINE	Tue	3/5/24	11:30a-12:00p
ONLINE	Tue	3/12/24	11:30a-12:00p
ONLINE	Tue	3/19/24	11:30a-12:00p
ONLINE	Tue	3/26/24	11:30a-12:00p
ONLINE	Tue	4/2/24	11:30a-12:00p
ONLINE	Tue	4/9/24	11:30a-12:00p
ONLINE	Tue	4/16/24	11:30a-12:00p
ONLINE	Tue	4/23/24	11:30a-12:00p
ONLINE	Tue	4/30/24	11:30a-12:00p
ONLINE	Tue	5/7/24	11:30a-12:00p
ONLINE	Tue	5/14/24	11:30a-12:00p
ONLINE	Tue	5/21/24	11:30a-12:00p
ONLINE	Tue	5/28/24	11:30a-12:00p
ONLINE	Tue	6/4/24	11:30a-12:00p
ONLINE	Tue	6/11/24	11:30a-12:00p
ONLINE	Tue	6/18/24	11:30a-12:00p
ONLINE	Tue	6/25/24	11:30a-12:00p

Call (707) 393-4167
for link

NO FEE
for Kaiser
Members

BABY AND ME SUPPORT GROUP	IN PERSON	Fri	3/1/24	11:00a-12:00p	In Person:	NO FEE
<p>For parents and their babies (birth to 12 months). Exchange information in a supportive environment and discuss topics such as breastfeeding, infant health and safety, responding to your baby's cues, maintaining a healthy relationship with your partner, sleeping, returning to work, and more. A health educator facilitates each group. Kaiser Members only.</p> <p>Meets weekly on Fridays</p>	IN PERSON	Fri	3/8/24	11:00a-12:00p	Kaiser Permanente Santa Rosa Mercury Way Medical Office 2240 Mercury Way Santa Rosa, 3rd Floor Conference Rooms: 35 A-C Call (707) 393-4167 with questions	for Kaiser Members
	IN PERSON	Fri	3/15/24	11:00a-12:00p		
	IN PERSON	Fri	3/22/24	11:00a-12:00p		
	IN PERSON	Fri	3/29/24	11:00a-12:00p		
	IN PERSON	Fri	4/5/24	11:00a-12:00p		
	IN PERSON	Fri	4/12/24	11:00a-12:00p		
	IN PERSON	Fri	4/19/24	11:00a-12:00p		
	IN PERSON	Fri	4/26/24	11:00a-12:00p		
	IN PERSON	Fri	5/3/24	11:00a-12:00p		
	IN PERSON	Fri	5/10/24	11:00a-12:00p		
	IN PERSON	Fri	5/17/24	11:00a-12:00p		
	IN PERSON	Fri	5/24/24	11:00a-12:00p		
	IN PERSON	Fri	5/31/24	11:00a-12:00p		
	IN PERSON	Fri	6/7/24	11:00a-12:00p		
	IN PERSON	Fri	6/14/24	11:00a-12:00p		
	IN PERSON	Fri	6/21/24	11:00a-12:00p		
	IN PERSON	Fri	6/28/24	11:00a-12:00p		

BABY AND ME SUPPORT GROUP DROP- IN ONLINE	ONLINE	Tue	3/5/24	10:30a-11:30a	Call (707) 393-4167 for link	NO FEE
<p>For parents and their babies (birth to 12 months). Exchange information in a supportive environment and discuss topics such as breastfeeding, infant health and safety, responding to your baby's cues, maintaining a healthy relationship with your partner, sleeping, returning to work, and more. A health educator facilitates each group. Kaiser Members only.</p> <p>Meets weekly on Tuesdays</p>	ONLINE	Tue	3/12/24	10:30a-11:30a	for Kaiser Members	
	ONLINE	Tue	3/19/24	10:30a-11:30a		
	ONLINE	Tue	3/26/24	10:30a-11:30a		
	ONLINE	Tue	4/2/24	10:30a-11:30a		
	ONLINE	Tue	4/9/24	10:30a-11:30a		
	ONLINE	Tue	4/16/24	10:30a-11:30a		
	ONLINE	Tue	4/23/24	10:30a-11:30a		
	ONLINE	Tue	4/30/24	10:30a-11:30a		
	ONLINE	Tue	5/7/24	10:30a-11:30a		
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	ONLINE	Tue	5/21/24	10:30a-11:30a		
	ONLINE	Tue	5/28/24	10:30a-11:30a		
	ONLINE	Tue	6/4/24	10:30a-11:30a		
	ONLINE	Tue	6/11/24	10:30a-11:30a		
	ONLINE	Tue	6/18/24	10:30a-11:30a		
ONLINE	Tue	6/25/24	10:30a-11:30a			

PARENTING THE EARLY YEARS

This class provides an overview of positive parenting techniques and offers strategies for managing challenging behaviors such as managing tantrums, how to handle power struggles and how to establish expectations. Learn about differing child temperaments and how to build a positive relationship with your child.

For parents of children ages 2 to 6 years.

1 session

ONLINE	Thu	3/14/24	6:00p-8:00p
ONLINE	Sat	4/6/24	10:00a-12:00p
ONLINE	Sat	5/11/24	10:00a-12:00p
ONLINE	Sat	6/8/24	10:00a-12:00p
ONLINE	Thu	7/11/24	6:00p-8:00p
ONLINE	Sat	8/10/24	10:00a-12:00p
ONLINE	Thu	9/12/24	6:00p-8:00p
ONLINE	Sat	10/5/24	10:00a-12:00p
ONLINE	Thu	11/14/24	6:00p-8:00p
ONLINE	Sat	12/7/24	10:00a-12:00p

ONLINE class:
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