

PRENATAL AND PARENTING 2024

CLASSES OFFERED MAR - DEC 2024

CLASS	FORMAT	DAY	DATE	TIME	TO REGISTER	FEE
EARLY PREGNANCY	ONLINE	Fri	3/8/24	9:00a-11:00a	ONLINE class:	NO FEE
This 2-hour online group session includes information on what your prenatal care	ONLINE	Mon	3/18/24	6:00p-8:00p	Call (707) 393-4167	for Kaiser Members
will consist of, including pregnancy-	ONLINE	Wed	4/3/24	3:00p-5:00p		
related resources and genetic testing options. You will also learn about early	ONLINE	Mon	4/15/24	6:00p-8:00p		
fetal development, safety precautions,	ONLINE	Wed	5/1/24	6:00p-8:00p		
and steps to take for a healthy	ONLINE	Mon	5/20/24	6:00p-8:00p		
pregnancy. 1 session	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	ONLINE	Tue	3/12/24	6:00p-8:00p	ONLINE class:	NO FEE
During the middle stage of pregnancy,	ONLINE	Thu	3/28/24	6:00p-8:00p	Call (707) 393-4167	for Kaiser
expect even more dramatic changes to	ONLINE	Thu	4/11/24	6:00p-8:00p		Members
your body. In this class, we'll help you understand these changes and tell you	ONLINE	Thu	4/25/24	6:00p-8:00p		
how to help keep your energy level high	ONLINE	Mon	5/6/24	6:00p-8:00p		
by eating well and exercising. We're here	ONLINE	Tue	5/14/24	6:00p-8:00p		
to support you in handling all the	ONLINE	Thu	6/13/24	6:00p-8:00p		
changes that come with pregnancy and	ONLINE	Tue	6/25/24	6:00p-8:00p		
inform you of how to relieve common	ONLINE	Tue	7/9/24	6:00p-8:00p		
discomforts. Take this class when you are 18 to 22 weeks pregnant.	ONLINE	Mon	7/15/24	6:00p-8:00p		
1 session	ONLINE	Thu	8/8/24	6:00p-8:00p		
2 50001011	ONLINE	Mon	8/12/24	6:00p-8:00p		
	ONLINE		9/10/24	6:00p-8:00p		
		Tue				
	ONLINE	Mon	9/16/24	6:00p-8:00p		
	ONLINE	Mon	10/7/24	6:00p-8:00p		
	ONLINE	Tue		6:00p-8:00p		
	ONLINE	Tue		6:00p-8:00p		
	ONLINE	Tue		6:00p-8:00p		
	ONLINE	Tue	12/10/24	6:00p-8:00p		
	ONLINE	Mon	12/23/24	6:00p-8:00p		
LATE PREGNANCY	ONLINE	Thu	3/14/24	6:00p-8:00p	ONLINE class:	NO FEE
This class is designed to help you and	ONLINE ONLINE	Thu Wed	3/14/24 3/27/24	6:00p-8:00p 6:00p-8:00p	ONLINE class: Call (707) 393-4167	for Kaiser
This class is designed to help you and your partner learn what to expect during						
This class is designed to help you and	ONLINE	Wed	3/27/24	6:00p-8:00p		for Kaiser
This class is designed to help you and your partner learn what to expect during the final weeks of pregnancy and get	ONLINE ONLINE	Wed Tue	3/27/24 4/9/24	6:00p-8:00p 6:00p-8:00p		for Kaiser
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	ONLINE ONLINE ONLINE	Wed Tue Wed	3/27/24 4/9/24 4/24/24	6:00p-8:00p 6:00p-8:00p 6:00p-8:00p		for Kaiser
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,	ONLINE ONLINE ONLINE	Wed Tue Wed Thu	3/27/24 4/9/24 4/24/24 5/9/24	6:00p-8:00p 6:00p-8:00p 6:00p-8:00p 6:00p-8:00p		for Kaiser
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	ONLINE ONLINE ONLINE ONLINE	Wed Tue Wed Thu Tue	3/27/24 4/9/24 4/24/24 5/9/24 5/28/24	6:00p-8:00p 6:00p-8:00p 6:00p-8:00p 6:00p-8:00p 6:00p-8:00p		for Kaiser
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CHILD BIRTH PREPARATION		1 SE	SSION		IN PERSON class:	NO FEE
Few events are more exciting than the	IN PERSON	Sat	4/20/24	10:00a-2:00p	Call (707) 393-4167	for Kaiser
birth of your baby. Get prepared by	IN PERSON	Sat	6/15/24	10:00a-2:00p		Members
learning what to expect before, during,	IN PERSON	Sat	8/17/24	10:00a-2:00p		
and after delivery. Practice breathing and relaxation techniques to ease labor and	IN PERSON			10:00a-2:00p		
delivery and understand your options for	IN PERSON		12/7/24	10:00a-2:00p		
managing labor and using a birthing	IN I ENSON		SSIONS	10.00а-2.00р	_	
coach for support. Bring a couple of	IN PERSON		3/6/24	E:20n 8:00n		
pillows or a mat as some of the exercises				5:30p-8:00p		
are performed on the floor. You should	IN PERSON		3/19/24	5:30p-8:00p		
register for the class before your sixth	IN PERSON		4/3/24	5:30p-8:00p		
month of pregnancy and complete the	IN PERSON	Tue	4/23/24	5:30p-8:00p		
class four weeks before your due date.	IN PERSON	Wed	5/1/24	5:30p-8:00p		
Early registration is recommended. 1 session or 2 sessions	IN PERSON	Tue	5/14/24	5:30p-8:00p		
1 30331011 01 2 303310113	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			5:30p-8:00p		
	IN PERSON			5:30p-8:00p		
	IN PERSON			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 SE	SSION		ONLINE class:
ONLINE	Sat	3/2/24	10:00a-2:00p	Visit kpdoc.org/classes
ONLINE	Sat	5/4/24	10:00a-2:00p	or call (707) 393-4167 Additional times
ONLINE	Sat	7/6/24	10:00a-2:00p	and dates are available
ONLINE	Sat	9/7/24	10:00a-2:00p	
ONLINE	Sat	11/2/24	10:00a-2:00p	Available in Spanish
	2 SE	SSIONS		ONLINE class:
ONLINE	Mon	3/25/24	6:00p-8:00p	Visit kpdoc.org/classes
ONLINE	Mon	4/22/24	6:00p-8:00p	or call (707) 393-4167 Additional times
ONLINE	Thu	5/16/24	6:00p-8:00p	and dates are available
ONLINE	Mon	6/24/24	6:00p-8:00p	
ONLINE	Thu	7/18/24	6:00p-8:00p	Available in Spanish
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	IN PERSON	Sat	3/9/24	1:00p-3:00p	IN PERSON class:	NO FEE
Wouldn't it be nice if babies came with	IN PERSON	Wed	3/20/24	6:00p-8:00p	Call (707) 393-4167	for Kaiser
instruction manuals? In this class, we'll teach you the information and skills you	IN PERSON	Sat	4/13/24	1:00p-3:00p		Members
need to feel confident about caring for	IN PERSON		4/24/24	6:00p-8:00p		
your newborn. We'll cover essential	IN PERSON		5/4/24	1:00p-3:00p		
topics such as signs of illness, keeping	IN PERSON		5/22/24	6:00p-8:00p		
your baby safe, feeding, bathing,						
diapering, and when to call your physician.	IN PERSON		6/8/24	1:00p-3:00p		
1 session	IN PERSON		6/19/24	6:00p-8:00p		
	IN PERSON		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			6:00p-8:00p		
	ONLINE	Thu	3/28/24	6:00p-8:00p	ONLINE class:	
	ONLINE	Tue	4/16/24	6:00p-8:00p	Visit kpdoc.org/classes	
	ONLINE		5/13/24	6:00p-8:00p	or call (707) 393-4167	
		Mon			Additional times	
	ONLINE	Mon	6/10/24	6:00p-8:00p	and dates are available	
	ONLINE	Mon	7/29/24	6:00p-8:00p		
	ONLINE	Tue	8/20/24	6:00p-8:00p	Available in Spanish	
	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		

BREASTFEEDING	IN PERSON	Sat	3/9/24	10:00a 12:00a	IN PERSON class:	NO FEE
Breastfeeding offers many health	IN PERSON		3/9/24 4/13/24	10.00a-12.00p	Call (707) 393-4167	for Kaiser
benefits for you and your baby. Learn						Members
how to position your baby for optimal	IN PERSON		5/4/24	10:00a-12:00p		
nursing, how to tell if your baby is getting	IN PERSON	Sat	6/8/24	10:00a-12:00p		
enough milk, and ways to prevent and	IN PERSON	Sat	7/13/24	10:00a-12:00p		
overcome common breastfeeding	IN PERSON	Sat	8/10/24	10:00a-12:00p		
discomforts	IN PERSON	Sat	9/7/24	10:00a-12:00p		
and challenges.	IN PERSON	Sat	10/12/24	10:00a-12:00p		
1 session	IN PERSON	Sat	11/2/24	10:00a-12:00p		
	IN PERSON	Sat	12/14/24	10:00a-12:00p		
	ONLINE	Mon	3/11/24	6:00p-8:00p		
	ONLINE	Mon	4/8/24	6:00p-8:00p	ONLINE class:	
	ONLINE	Mon	5/13/24	6:00p-8:00p	Visit kpdoc.org/classes	
	ONLINE	Mon	6/10/24	6:00p-8:00p	or call (707) 393-4167	
	ONLINE	Mon	7/8/24	6:00p-8:00p	Additional times	
	ONLINE	Mon	8/19/24	6:00p-8:00p	and dates are available	
	ONLINE	Mon	9/9/24	6:00p-8:00p		
	ONLINE	Mon	10/14/24	6:00p-8:00p	Available in Spanish	
	ONLINE	Mon		6:00p-8:00p		
	ONLINE	Mon	12/9/24	6:00p-8:00p		
	ONLINE	IVIOII	12/3/24	0.00μ-8.00μ		
BREASTFEEDING SUPPORT GROUP	ONLINE	Tue	3/5/24	11·20a-12·00n	Call (707) 393-4167	NO FEE
DROP-IN ONLINE				11:30a-12:00p		for Kaiser
Join us for this weekly drop-in session	ONLINE	Tue	3/12/24			Members
for mothers and their babies. Get one-on-	ONLINE	Tue	3/19/24	11:30a-12:00p		Mellibers
one and group support from lactation	ONLINE	Tue	3/26/24	11:30a-12:00p		
specialists. Kaiser Members only.	ONLINE	Tue	4/2/24	11:30a-12:00p		
Meets weekly on Tuesdays	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 ONLINE	Tue Tue	5/21/24 5/28/24	11:30a-12:00p 11:30a-12:00p		
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	ONLINE	Tue	5/28/24	11:30a-12:00p		
	ONLINE ONLINE	Tue Tue	5/28/24 6/4/24	11:30a-12:00p 11:30a-12:00p		
	ONLINE ONLINE ONLINE	Tue Tue Tue Tue	5/28/24 6/4/24 6/11/24 6/18/24	11:30a-12:00p 11:30a-12:00p 11:30a-12:00p 11:30a-12:00p		
	ONLINE ONLINE ONLINE	Tue Tue Tue	5/28/24 6/4/24 6/11/24	11:30a-12:00p 11:30a-12:00p 11:30a-12:00p		

BABY AND ME SUPPORT GROUP	IN PERSON	Fri	3/1/24	11:00a-12:00p		NO FEE
For parents and their babies (birth to 12	IN PERSON	Fri	3/8/24	11:00a-12:00p	Kaiser Permanente	for Kaiser
months). Exchange information in a supportive environment and discuss	IN PERSON	Fri	3/15/24	11:00a-12:00p	Santa Rosa Mercury Way	Members
topics such as breastfeeding, infant	IN PERSON	Fri	3/22/24	11:00a-12:00p	Medical Office	
health and safety, responding to your	IN PERSON	Fri	3/29/24	11:00a-12:00p	2240 Mercury Way	
baby's cues, maintaining a healthy	IN PERSON	Fri	4/5/24	11:00a-12:00p	Santa Rosa, 3rd Floor	
relationship with your partner, sleeping,	IN PERSON	Fri	4/12/24	11:00a-12:00p	Conference Rooms:	
returning to work, and more. A health	IN PERSON	Fri	4/19/24	11:00a-12:00p	35 A-C	
educator facilitates each group. Kaiser Members only.	IN PERSON	Fri	4/26/24		Call (707) 393-4167 with questions	
Meets weekly on Fridays	IN PERSON		5/3/24	11:00a-12:00p	with questions	
	IN PERSON		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		5/31/24	11:00a-12:00p		
	IN PERSON		6/7/24	11:00a-12:00p		
	IN PERSON		6/14/24	11:00a-12:00p		
	IN PERSON		6/21/24	11:00a-12:00p		
	IN PERSON		6/28/24	11:00a-12:00p		
			0, 20, 2	p		
BABY AND ME SUPPORT GROUP DROP-	ONLINE	Tue	3/5/24	10:30a-11:30a	Call (707) 393-4167 for	NO FEE
BABY AND ME SUPPORT GROUP DROP- IN ONLINE	ONLINE ONLINE	Tue Tue	3/5/24 3/12/24	10:30a-11:30a 10:30a-11:30a	Call (707) 393-4167 for link	NO FEE for Kaiser
IN ONLINE For parents and their babies (birth to 12			3/5/24 3/12/24 3/19/24			
IN ONLINE For parents and their babies (birth to 12 months). Exchange information in a	ONLINE	Tue	3/12/24 3/19/24	10:30a-11:30a		for Kaiser
IN ONLINE For parents and their babies (birth to 12 months). Exchange information in a supportive environment and discuss	ONLINE ONLINE	Tue Tue	3/12/24	10:30a-11:30a 10:30a-11:30a		for Kaiser
IN ONLINE For parents and their babies (birth to 12 months). Exchange information in a	ONLINE ONLINE ONLINE	Tue Tue Tue	3/12/24 3/19/24 3/26/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
IN ONLINE 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	ONLINE ONLINE ONLINE	Tue Tue Tue Tue	3/12/24 3/19/24 3/26/24 4/2/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
IN ONLINE 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,	ONLINE ONLINE ONLINE ONLINE	Tue Tue Tue Tue Tue Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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	ONLINE ONLINE ONLINE ONLINE ONLINE	Tue Tue Tue Tue Tue Tue Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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	ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE	Tue Tue Tue Tue Tue Tue Tue Tue Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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	ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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.	ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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.	ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24 5/14/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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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.	ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24 5/14/24 5/21/24 5/28/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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.	ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24 5/14/24 5/21/24 5/28/24 6/4/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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.	ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24 5/14/24 5/21/24 5/28/24 6/4/24 6/11/24 6/18/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser
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.	ONLINE	Tue	3/12/24 3/19/24 3/26/24 4/2/24 4/9/24 4/16/24 4/23/24 4/30/24 5/7/24 5/14/24 5/21/24 5/28/24 6/4/24 6/11/24	10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a 10:30a-11:30a		for Kaiser

PARENTING THE EARLY YEARS This class provides an overview of	ONLINE ONLINE	Thu Sat	3/14/24 4/6/24	6:00p-8:00p 10:00a-12:00p	ONLINE class: Call (707) 393-4167	NO FEE for Kaiser
positive parenting techniques and offers strategies for managing challenging behaviors such as managing tantrums,	ONLINE ONLINE	Sat Sat	5/11/24 6/8/24	10:00a-12:00p 10:00a-12:00p		Members
how to handle power struggles and how to establish expectations. Learn about	ONLINE ONLINE	Thu Sat	7/11/24 8/10/24	6:00p-8:00p 10:00a-12:00p		
differing child temperaments and how to build a positive relationship with your	ONLINE	Thu	9/12/24	6:00p-8:00p		
child. For parents of children ages 2 to 6 years.	ONLINE ONLINE	Sat Thu	10/5/24 11/14/24	10:00a-12:00p 6:00p-8:00p		
1 session	ONLINE	Sat	12/7/24	10:00a-12:00p		