



2022 ONLINE CLASS SCHEDULE

PRENATAL HEALTH

Oakland/Alameda 510-752-6150

Richmond 510-307-2210

Pinole 510-243-4020

REGISTRATION REQUIRED for all classes. Schedule subject to change without notice. Please call any of our Health Education locations to register. All registered participants will be emailed log-on instructions to their personal email within 24 hours of their class.

***Online Registration for some Health Classes available through your kp.org account under Appointments.**

We recommend taking prenatal classes between weeks 28-37 of your pregnancy.

PREPARING FOR CHILDBIRTH ONLINE (1-session)

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 the role of a support person. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2.5-hour session

Day & Time: 1st Tuesdays, 5:30-8 p.m.; 1st Saturdays 10 a.m.-12:30 p.m.; 2nd Wednesdays, 5:30-8 p.m.; 3rd Tuesdays, 5:30-8 p.m.; 4th Thursdays, 5:30-8 p.m. (closed holidays)

PREPARING FOR CHILDBIRTH ONLINE (2-session)

Our 2-session class offers all the same information as our single-session but allows for more time to practice techniques during and in between classes. If you prefer to receive information more slowly and have time to digest and process information between classes, this is the class for you. Early registration is recommended. *Take this class during the last six weeks of pregnancy. Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: Two 2.5-hour sessions

Day & Time: 1st and 2nd consecutive Mondays, 5:30-8 p.m. (2nd and 3rd consecutive Mondays on months with holidays)

MEET THE LABOR AND DELIVERY TEAM ONLINE

Learn about managing your labor and hospital stay, as well as pain management options from a panel of providers who are part of our labor and delivery team, including an ob-gyn, midwife, anesthesiologist, lactation consultant, and pediatrician. *Members only. Partners are welcome.*

Fee: No class fee.

Sessions: One 1-hour session

Day & Time: 2nd Fridays, 9:45-10:45 a.m. (closed holidays)

BREASTFEEDING ONLINE

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. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2-hour session

Day & Time: 2nd Saturdays, 10 a.m.-noon; 2nd Tuesdays, 6-8 p.m.; 3rd Wednesdays, 6-8 p.m.; 4th Mondays, 6-8 p.m. (closed holidays)

NEWBORN CARE ONLINE

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 more confident about caring for your newborn during the first weeks of life. We'll cover essential topics such as feeding, bathing, diapering, and when to call your baby's physician. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2-hour session

Day & Time: 1st and 3rd Thursdays, 6-8 p.m.; 3rd Saturdays, 10 a.m.-noon; 4th Tuesdays, 6-8 p.m. (closed holidays)

PREPARING FOR POSTPARTUM ONLINE

This class teaches you how to take care of yourself and nurture a new family after you have your baby. You will learn about self-care including, nutrition, exercise, sleep, time management, supportive relationships and more. *Members only. Partners are welcome.* This is a covered benefit for members.

Fee: No class fee.

Sessions: One 2-hour session

Day & Time: 1st Wednesdays, 6-8 p.m.; 2nd Thursdays, 6-8 p.m.; 4th Wednesdays, 6-8 p.m.; 4th Saturdays, 10 a.m.-noon (closed holidays)