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, improving 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
Great Expectations classes 2016

Centering Pregnancy® Program

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

- Spend quality time with their health provider, up to two hours.
- 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 (415) 353-2566.

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, 6:30-9:00pm

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: April Series is three-part), 6:00-9:00 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/Baby 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

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

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.

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.
### 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

### 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 solving and establishing 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, and more. Support persons are encouraged to attend.

**Fee:** $80 per series, Two-part series 6:30-9:00 pm or all day on Saturday or Sunday, 9:30 am-2:30 pm

### 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.

**Fee:** $55, One session class, 6:00-9:00 pm

*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.*

### UCSF MILK Support Group
Babies ranging in age from newborn to six months old are welcome. Share your experiences and learn how other mothers are adjusting to the demands of motherhood. Get your questions answered with evidence-based lactation information.

**Fee:** No charge, Tuesdays/Fridays, 11:30 am-1:30 pm Mount Zion (2356 Sutter Street, 3rd floor, J-308) Space is limited. No drop-ins.

“I’m not sure what I would have done without this support group, the lactation consultants are very knowledgeable and caring. It has helped me so much...”  
MLK participant
### 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. Recommended after 20 weeks.

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

### After Delivery

#### 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](http://www.whrc.ucsf.edu/whrc/gex/afterglow.html)

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

#### 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 also an opportunity to ask questions about the different techniques you have (hopefully) been practicing with your baby. In this class you will learn:

- A full body massage (including additional techniques and playful stretches for older infants)
- Self-relaxation skill for new parents
- Massage techniques to support your babies 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

#### Infant CPR, Parenting, and Breastfeeding can also be taken after delivery.

### Great Expectations Educators & Patient Navigators

Holly Coates-Bash, MSW, IBCLC, Jasmin Eshragh, RN, Juli Fraga, Psy. D., Irene Flores, Carole Hanson, Nailah Hunter, MA, MPH candidate, Cherry Jones, CIMI, LMFT, Patty Lipinska, BA, ICCE, CD, Shanda Manion, Michelle Ryan, Ian Navarro, Renee Tavares, RD, IBCLC, Melissa Whippo, LCSW, Mark Rosen, MO, Devon Smith, MD
Other Programs and Groups
Marin Parents Of Multiples Club
www.mpmom.org

Fit & Strong Pregnancy Classes
A safe and challenging workout designed to strengthen the changing body through all stages of pregnancy. Strengthen abdominal and pelvic floor muscles, breath awareness through Pilates techniques and increase upper and lower body muscle using a variety of weight equipment. Limited to 5 participants. Classes are offered at Millberry Fitness & Recreation Center, UCSF Parnassus campus and Bakar Fitness & Recreation Center, UCSF Mission Bay Campus. To register or for more information, contact our Personal Training department at (415) 514-4538 or email personaltraining.ps@ucsf.edu.

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.oshcr.ucsf.edu.

Classes fill up, sign up early!
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Classes fill up, sign up early!
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. 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

$320

Save $15

**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. The package includes three classes:
- Intensive Childbirth Preparation
- Breastfeeding Basics and Breastfeeding & Returning to Work
- Parenting During the First Few Months

$335

Save $15

**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

$425

Save $20

**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

$116

Save $10

**Infant Massage Package**

- Infant Massage Pre-delivery
- Infant Massage with Newborn

$90

Save $10

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**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.

UCSF does not work with insurance companies on reimbursements for pumps (purchase or rental pumps) and lactation visits. Please check with your health care provider for reimbursement or discount information.

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

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**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.

$194

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**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.

$199

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**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.

$299

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**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.

$279

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**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 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.

$399

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To shop our online store visit whrportal.ucsf.edu/whrcmember/Products.aspx

resources for you | whrc.ucsf.edu/whrc/
Frequently Asked Questions

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)
Tours 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 hrs) 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 reimbursed by my insurance?

Great Expectations does NOT work 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'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.

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.

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

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 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.

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

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 $20.00 plus tax per week Monthly Rentals $80.00 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 $18.75 plus tax per week Monthly Rentals $75.00 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 overload 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.

*30% increase in milk flow in one hour, based on clinical study, 2006.