

JUNE 2016

# Great Expectations

*pregnancy | childbirth | baby care*

PRENATAL  
POSTNATAL  
SUPPORT

JUNE 🌸 *Great Expectations 2016 register online [whrcportal.ucsf.edu/whrcmember/](http://whrcportal.ucsf.edu/whrcmember/)*

🌸 MB-Mission Bay: 1855 4th St., 3rd Fl. A3473, Tours-1855 4th St. Lobby  
MZ-Mt. Zion: 2356 Sutter, 3rd Fl. J-308  
SERR-Serramonte: 333 Gellert Blvd, Ste. 114, Daly City

**WED 1**  
Breastfeeding 1 6:30 MZ  
Childbirth Prep 1 6:30 MB

**THU 2**  
Birth Center Tour 6:00 MB  
Childbirth Prep 1 6:30 SERR

**FRI 3**  
MILK 11:30 MZ

**SAT 4**  
Breastfeeding 9:30 SERR  
Parenting 9:30 MB  
Birth Center Tour  
11:00 MB

**SUN 5**  
Intensive Childbirth  
9:30 SERR  
Infant CPR 11:00 MZ

**MON 6**  
Birth Alternatives 1 6:30 MB

**TUE 7**  
The Afterglow 3 10:30 MB  
MILK 11:30 MZ  
Birth Center Tour 6:00 MB  
Parenting 1 6:30 MB

**WED 8**  
Breastfeeding 2 6:30 MZ  
Childbirth Prep 2 6:30 MB

**THU 9**  
Birth Center Tour 6:00 MB  
Childbirth Prep 2 6:30 SERR

**FRI 10**  
MILK 11:30 MZ

**SAT 11**  
Breastfeeding 9:30 MZ  
Parenting 1 9:30 MB  
Birth Center Tour  
11:00 MB

**SUN 12**

**MON 15**  
Birth Alternatives 2 6:30 MB

**TUE 14**  
The Afterglow 4 10:30 MB  
MILK 11:30 MZ  
Birth Center Tour 6:00 MB  
Expecting Twins 6:00 MZ  
Parenting 2 6:30 MB

**WED 15**  
Childbirth Prep 3 6:30 MB

**THU 16**  
Birth Center Tour 6:00 MB  
Childbirth Prep 3 6:30 SERR  
Parenting 1 6:30 MZ

**FRI 17**  
MILK 11:30 MZ

**SAT 18**  
Intensive Childbirth  
9:30 MB  
Birth Center Tour  
11:00 MB

**SUN 19**  
Infant Massage  
Pre-Delivery 11:00 MZ

**MON 20**  
Birth Alternatives 3 6:30 MB  
Breastfeeding 1 6:30 MZ

**TUE 21**  
The Afterglow 5 10:30 MB  
MILK 11:30 MZ  
Birth Center Tour 6:00 MB  
Breastfeeding Twins 6:00 MZ

**WED 22**  
Childbirth Prep 4 6:30 MB

**THU 23**  
Birth Center Tour 6:00 MB  
Childbirth Prep 4 6:30 SERR  
Parenting 2 6:30 MZ

**FRI 24**  
MILK 11:30 MZ

**SAT 25**  
Breastfeeding 9:30 MB  
Parenting 1 9:30 MZ  
Birth Center Tour  
11:00 MB

**SUN 26**  
Infant CPR 11:00 MZ

**MON 27**  
Birth Alternatives 4 6:30 MB  
Breastfeeding 2 6:30 MZ

**TUE 28**  
The Afterglow 6 10:30 MB  
MILK 11:30 MZ  
Birth Center Tour 6:00 MB

**WED 29**  
Pain Relief & Labor 7:00 MB

**THU 30**  
Birth Center Tour 6:00 MB

Women's Health Resource Centers  
[whrc.ucsf.edu/whrc/](http://whrc.ucsf.edu/whrc/)

Women's Health Center  
2356 Sutter Street, Room J112 (Mt. Zion)  
San Francisco, CA 94115  
(415) 353-2667

Betty Irene Moore Women's Hospital  
1855 4th Street, A3471 (Mission Bay)  
San Francisco, CA 94158  
(415) 514-2670

*Classes fill up, register early & pay online:  
[whrcportal.ucsf.edu/whrcmember](http://whrcportal.ucsf.edu/whrcmember)*

**UCSF Medical Center**  
Women's Health

