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 as a single or double pumping.

Ameda Platinum has separate, soft-touch, push-button vacuum and cycle controls, so it doesn’t make decisions for mothers or limit their choices. Well-lit LCD displays include a timer that makes following pumping protocols easier day and night.

Medela Symphony The first breastpump with 2-Phase Expression® technology which is proven to achieve faster milk ejection and faster milk flow.* More efficient and comfortable. Unique overflow protection. Double or single pumping. One knob control. Whisper quiet operation.

## Breastpump Rentals:

Please call Great Expectations at 415-353-2667 to reserve a pump. You may also reserve a pump from Mom Mobile. All rentals require a $50 security and cleaning 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. Rental fees do not include deposit or purchase of any accessories.

<table>
<thead>
<tr>
<th>Ameda Elite Breastpump OR Medela Symphony</th>
<th>Ameda Platinum Breastpump</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weekly Rentals</strong></td>
<td><strong>Weekly Rentals</strong></td>
</tr>
<tr>
<td>$18.75 plus tax per week</td>
<td>$20.00 plus tax per week</td>
</tr>
<tr>
<td><strong>Monthly Rentals</strong></td>
<td><strong>Monthly Rentals</strong></td>
</tr>
<tr>
<td>$75.00 plus tax per month</td>
<td>$80.00 plus tax per month</td>
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</tbody>
</table>

Pumps returned early will not receive a pro-rated refund.

**UCSF National Center of Excellence in Women’s Health**
**UCSF Women’s Health Resource Center**
**Great Expectations Pregnancy Program**

**Mount Zion Location**
2356 Sutter Street, Suite J112
San Francisco CA, 94115-1750

**Mission Bay Location**
1855 Fourth Street, Suite A3473
San Francisco CA, 94158
Great Expectations
PREGNANCY PROGRAM

2015 Class Schedule
PREGNANCY • CHILDBIRTH • BABY CARE

WOMEN’S HEALTH RESOURCE CENTER
2356 Sutter Street, 1st Floor, Suite J12, San Francisco, CA 94143-1750
(415) 353-2668 http://www.whrc.ucsf.edu/whrc/

UCSF NATIONAL CENTER OF EXCELLENCE IN WOMEN’S HEALTH
is the only nationally-recognized Center of Excellence (CoE) in Northern California.

We are dedicated to transforming health and 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 Resource Center (CoE 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 our spacious center and enjoy reading, browsing or just relaxing in our comfortable environment.

• Mini library & bookstore
• Educational Materials
• Community Resources

GREAT EXPECTATIONS PREGNANCY PROGRAM
The CoE 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
• Mini library & bookstore
• Lactation supplies
• Breastpump rentals and sales
• 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.

UCSF EMPLOYEE DISCOUNT
All UCSF badge wearers (staff, students, faculty, etc) will receive a special 15% discount off of our products, including books, and lactation supplies (discount excludes classes, breastpump rentals and library memberships).

CENTERINGPREGNANCY® PROGRAM
UCSF is introducing an exciting new way to care for women during their pregnancy. In CenteringPregnancy® prenatal groups, women:
• Spend quality time with their health provider, up to two hours.
• Never wait for appointments.
• 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 the CenteringPregnancy Coordinator at (415) 885-3658

UCSF LACTATION CENTER
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.

UCSF WOMEN’S HEALTH RESOURCE CENTER LIBRARY
Regular Membership: $35 per year
Senior/Special Discount Membership: $15

Our lending library includes a collection of various women-centered books that address women’s health issues across the lifespan. As a member, you can check out up to four titles at a time for one month. Come in and browse!

Mom Mobile

After your baby’s birth, enjoy the convenience of Great Expectations’ continuum of educational and support services right in your hospital room! The Mom Mobile cart travels throughout the birth center unit providing patients with everything a new mother may need including nursing bras, Lansinoh ointment, nursing pads, books, breastpump sales and patient education. If you are interested in having the Mom Mobile cart visit you during your hospital stay, call the Mom Mobile coordinator at (415)885-3658.

https://whrcportal.ucsf.edu/whrcmember/
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.

Fee: One session class, $50 per person

Note: This is not a CPR Certification course.

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.

Teaching will be provided with the use of:
1. Watching a demonstration on DVD for visual reference. Following the techniques taught by Vimila McClure in her book Infant Massage.
2. The use of dolls for hands on practice techniques to use with your newly arrived baby
3. Demonstrations of techniques by teacher following the routine in provided handouts
4. Group discussions facilitated by teacher
5. Class handouts

Fee: One session class, $50
Great Expectations 2015 Class Schedule

Baby Care/Parenting (cont.)

INFANT MASSAGE WITH NEWBORNS

Babies two weeks to pre-crawling babies (10 months) are more than welcome to attend.

This class will give parents a way to review techniques taught in the first Infant Massage class along with your baby in the room. It is a fun class to take as the focus is primarily on you and your baby enjoying the infant massage together. 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: One session class, $50

Expecting Twins or More

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.

*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

Fee: One session class, $50

Expecting Twins or More

EXEMPLARY BIRTHS

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.

Fee: One session class, $50

Childbirth

CHILDBIRTH PREPARATION: INTEGRATED METHODS

Classes are a 4-week series
("Please note that the November and December series is a condensed 3 week series")

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

Note: Please bring two pillows, a blanket and a snack to all classes.
Great Expectations 2015 Class Schedule

Childbirth (cont.)

INTENSIVE CHILDBIRTH PREPARATION
A one-day childbirth preparation workshop designed to give participants the basic tools and information in preparing for birth. This class incorporates all information from the Childbirth Preparation: Integrated Methods class in an accelerated format. Participants are sent the class booklet to review prior to the class.

Fee: One session class, $180
Note: Please bring two pillows, a blanket and a snack to this class.
Location: Mount Zion: 2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Geilert Blvd, Suite 114, Daly City
**Mission Bay: 1855 Fourth Street, Suite A3473

CHILDBIRTH PREPARATION: BIRTH ALTERNATIVES
Classes are a 4-week series (“Please note that the December series are condensed 3 week series”)
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
Note: Please bring two pillows, a blanket, and a snack to all classes.
Location: Mount Zion: 2356 Sutter Street, Third Floor, Suite J308
*Serramonte: 333 Geilert Blvd, Suite 114, Daly City
**Mission Bay: 1855 Fourth Street, Suite A3473

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

BIRTH CENTER ORIENTATION
Learn about the facilities and the practical aspects of arriving at the hospital when you are in labor. Sign up well in advance as tours fill up quickly. Please call 415-353-2667 to register and for class location.

Fee: One session class, No Charge
Orientation also available online at: http://www.whrc.ucsf.edu/whrc/gex/tour.html

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. They will also discuss the highs and lows of motherhood in a supportive space and connect with other new parents. This 6-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

Fee: $150 per series

PREGNANCY SUPPORT WORKSHOP: HOW TO COPE WITH THE UNEXPECTED WHILE YOU’RE EXPECTING
During this informational workshop, we will explore:
• Physical and emotional changes during pregnancy and how to cope with these changes, including mood concerns.
• Support person(s)/partner(s) role. How he/she can help during pregnancy.
• Additional support groups, relaxation classes and options that are available to you and your support person/partner during and after pregnancy.

Fee: $40
Workshop facilitated by Juli Fraga, Psy.D. and Melissa Whippo, LCSW

Recommended between 6–9 months of pregnancy

Saturday (9:30 am–4:30 pm)
Jan 17 • Jan 31 • Feb 7 • Feb 28
Mar 21** • April 11** • May 2**
May 16** • June 13** • Jun 20**
Jul 11** • July 25** • Aug 8**
Aug 15 • Sept 19** • Oct 3**

Recommended between 6–9 months of pregnancy

Wednesday (7:00–8:30 pm)
Jan 28 • Mar 25 • May 20 • Jul 29** • Sep 23** • Nov 18**
Location:
Mount Zion: 2356 Sutter Street, Third Floor, Suite J308
**Mission Bay: 1855 Fourth Street, Suite A3473

Can be taken any time

Tuesday (6:00-7:00 pm)
Jan 6, 13, 27
Feb 3, 10, 24
Mar 3, 10, 17, 24, 31
Apr 14, 21, 28
Aug 4, 11, 18, 25

Wednesday (6:00–7:00 pm)
Jan 8, 22, 29
Feb 5, 12, 19, 26
Mar 5, 12, 19, 26
Apr 2, 9, 16, 23
May 6, 13, 20, 27
June 4, 11, 18, 25
Jul 2, 9, 16, 23, 30
August 6, 13, 20, 27
Sept 3, 10, 17
Oct 7, 14, 21
Nov 5, 19
Dec 3, 10, 17

Saturday (11:00-12:00 pm)
Jan 10, 24, 31
Feb 7, 21, 28
Mar 7, 14, 21
April 11, 18, 25
Aug 1, 8, 15, 22, 29

Can be taken anytime during pregnancy

Tuesday (10:30am-12:00pm)
Jan 20, 27 Feb 3, 10, 17, 24
Mar 31, April 7, 14, 21, 28, May 5**
Jun 2, 9, 16, 23, 30, Jul 7**
Aug 11, 18, 25, Sep 1, 8, 15**
Oct 15, 20, 27, Nov 3, 10, 17**

Location:
Mount Zion: 1545 Divisadero, Rm 526
**Mission Bay: 1855 Fourth Street, Suite A3473

Can be taken after your baby is born

Monday (6:00pm-7:30pm)
Feb 9 • May 11** • Aug 17 • Oct 26
Location:
Mount Zion: 2356 Sutter Street, Suite J112
**Mission Bay: 1855 Fourth Street, Suite A3473
Great Expectations 2015 Class Schedule

Childbirth (cont.)

CHILDBIRTH PREPARATION: 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. Through mindfulness meditation, yoga, and group dialogue, we will learn a way to fully live the joys and challenges of this transformative time and cultivate lifelong skills for healthy living and wise 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 9-week course that integrates childbirth education with stress reduction, pain coping, and parenting skills. It includes an all-day session after the 6th week and a reunion after the birth.

UCSF Discount for Faculty/Staff/Students: $531 per couple, $265.50 per single
Fee: $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-6:45-9:30pm, Saturday-9:30am-4:30pm, Sunday-10:00am-4:30pm
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.

Location: Osher Center for Integrative Medicine, 1545 Divisadero Street (at Post)
Fee: $360 per couple, $180 per single. Partners are encouraged to attend.
For more information or to register, please call 415-353-7718 or visit www.osher.ucsf.edu.

FAQ’s
How early should I sign up?
Classes fill up quickly, especially one-day/weekend classes. Please sign up at least a month 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.

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 3 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/
• 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 A3473

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 deal 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 Great Expectations Program encourages support persons to attend classes. All class fees include two (2) people EXCEPT Infant/Child CPR.

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. Please have class date and registration fee payment ready at the time of enrollment.

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

Disclaimer:
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.
NEW Class Packages

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 combines the most popular classes into a valuable package, providing savings and the essential classes every parent needs. 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 for 1 person

$365
Save $20

INFANT MASSAGE PACKAGE
- Infant Massage Pre-delivery
- Infant Massage with Newborn
- Baby Oh Baby Infant Massage DVD

$120
Save $15

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

$106
Save $10

Other Programs and Groups

MARIN PARENTS OF MULTIPLES CLUB
www.mpomc.org

PREGNATAL PILATES
Prepare yourself for labor and beyond. Learn to engage and strengthen your core, pelvic floor, upper body, and legs in a safe yet challenging prenatal pilates class. Discover breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery. Prenatal Pilates are offered as a group exercise class at the Bakar Fitness and Recreation Center located at the UCSF Mission Bay Campus. To register or for more information, please contact Adrienne Chambers, Group Fitness Manager, 415-514-4538 or email adrienne.chambers@ucsf.edu

FIT & STRONG PREGNANCY CLASSES
Pilates is a safe, challenging and wonderful workout for the expectant mother. Using a variety of Pilates equipment and Pilates Mat exercises, with movements adapted for each trimester, strengthen you core, pelvic floor, and upper and lower body. Learn breathing and relaxation techniques that will support your pregnancy, ease your labor and quicken your postpartum recovery. This is a small group class limited to 5 women.

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.

UCSF WOMEN’S HEALTH
We recognize that women have unique health needs that call for a different kind of care. We are pleased to offer a comprehensive array of services geared to the specific needs of women at each stage of life. We have three clinical practice sites that provide Primary Care and/or Obstetrics and Gynecology services
- 2356 Sutter St, San Francisco (between Divisadero & Scott) 415-353-2566
- 333 Gellert Blvd, Suite 114, Daly City (one block south of Serramonte Plaza off I-280) 415-353-2566
- Gateway Medical Building 1825 4th Street, San Francisco 94118
- 1500 Owens St, Suite 380 415-353-4600
**Breastpump Sales Program**

UCSF does NOT work with insurance on reimbursements for pumps, purchase or rental pumps and lactation visits.

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.

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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.

*$199*

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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.

*$269*

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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.

*$289*

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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.

*$299*

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**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.

*$379*

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*B*Medela product images used with permission of Medela, Inc., McHenry, IL.