

CLASSES AND SUPPORT GROUPS



JOIN OUR **CLASSES AND SUPPORT GROUPS**

Step into the journey of parenthood with confidence. Our educational programs and support groups let you connect with other parents while you learn about breastfeeding, baby care, safety, and parenting.

Breastfeeding Support Group

Have questions about breastfeeding your baby? Get answers at our drop-in support group. Come and meet other mothers, weigh your baby, get a quick check of how your baby is latching, and discuss other topics related to the care of your newborn. The group is led by a lactation consultant and is ideal for mothers looking for support but not necessarily needing a one-on-one consultation. For more information, please call 1-855-206-0302.

Dates and times vary

No fee. Drop-ins welcome.

1-Month Group Pediatric Visit

If you're a first-time parent, new questions come up every day about caring for your baby. Join other new parents for a 2-hour group visit led by a Kaiser Permanente pediatric team - including a pediatrician, a pediatric advice nurse, and a lactation consultant.

During your hospital stay, we will call you to help schedule this and other follow-up visits. If you would like to sign up before that, or if you have questions, please call 1-855-206-0302.

One 2-hour session

No fee. Registration required.

New Parent Support Group

Learn and share info about postpartum adjustment, sleep, feeding, play, and more with other new parents. Your baby is welcome to attend with you. For more information, or to register, please call 1-866-301-3866, option 1.

One 90-minute class a week

No fee. Registration required.

Body After Baby

If you are experiencing back, abdominal, or pelvic pain or bowel and bladder control issues, join our Body After Baby class. This class is offered as a virtual group video visit for women in their third trimester of pregnancy or first 6 months postpartum. For more information or to register, talk to a member of your health care team.

Second Tuesday of every month, 2:45-4:15 p.m.

Please call 1-855-206-0302 to register.