



Pregnancy and Childbirth

Online Class Schedule and Resources

Family Birth Center Tour (In-Person)

Kaiser Permanente's Family Birth Center was built with you, your baby, and your family in mind. From our rooms designed for family bonding to our environments designed for comfort, the Family Birth Center provides you and your baby with the best care possible for this important family milestone. Members only. Partners welcomed. No children allowed. Pre-registration required.

Fee: No fee

Location: Moanalua Medical Center, Family Birth Center

Day/time: Third Wednesday of the Month (one-time tour), 3 to 4 p.m. or 4:30 to 5:30 p.m.

Sessions (One-Time Tour): 7/17, 8/21, 9/18, 10/16, 11/20, 12/18

Understanding Breastfeeding (In-Person)

Breastfeeding offers many health benefits to you and your baby. This workshop can get you started with skills to help you breastfeed with confidence so you and your baby can enjoy your time together. Members only. Partners welcomed. Pre-registration required.

Fee: No fee

Location: Moanalua Medical Center - Room 620, 3288 Moanalua Rd, Honolulu, HI 96819

Day/time: First Monday of the Month, 6:30 p.m. to 8:30 p.m. (2 hours)

Sessions: One Session (1), 7/1, 8/5, 9/2, 10/7, 11/4, 12/2,

Understanding Breastfeeding (Online)

Breastfeeding offers many health benefits to you and your baby. This workshop can get you started with skills to help you breastfeed with confidence so you and your baby can enjoy your time together. Members only. Partners welcomed. Pre-registration required.

Fee: No fee

Location: Online via Microsoft Teams

Day/time: Third Monday of the Month, 6:30 p.m. to 8:30 p.m. (2 hours)

Sessions: One Session (1), 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

Childbirth Education (Online)

Discuss your questions and concerns with other pregnant women in a relaxed setting. Learn about your changing body and the signs and stages of labor. Review relaxation exercises, breathing techniques, and comfort measures for labor. Connect with your birth partner and discuss your birthing options, positions for labor, and pain management.

Members only. Partners welcomed. Pre-registration required.

Fee: No fee

Location: Online via Microsoft Teams

Time: 6:00 p.m. to 9:00 p.m. (3 hours)

Dates: One Session (1), 7/10, 7/22, 8/8, 8/22, 9/9, 9/30, 10/10, 10/28, 11/11, 11/25, 12/9, 12/26

Welcome to Pregnancy Care with Kaiser Permanente (Online)

Ideal for early pregnancy! This two-hour informational session covers the basics of prenatal care at Kaiser Permanente. Get the help you need to navigate your pregnancy journey and get your questions answered. Open to the community. Pre-registration required.

Fee: No charge

Location: Online via Microsoft Teams

Day/time: 4th Wednesday of Each Month, 6:30 p.m. to 8:30 p.m. (2 hours)

Sessions: One Session (1), 7/24, 8/28, 9/25, 10/23, 11/27, 12/18*

*Class held on the 3rd Wednesday due to the holiday schedule for December

To register or for more information on any of the classes above, please call **(808) 432-2260** or email kaiserpermanente.healthylivingclasses@kp.org

Reach Out Stay Strong Essentials (ROSE)

Are you pregnant or have you recently delivered a baby?

Having a baby can bring about many changes in a mother's life. Here at Kaiser Permanente, we are committed to helping mothers get a good start for their babies. When moms are happier, they raise healthier and happier children.

We are offering the ROSE (Reach Out, Stay Strong Essentials) Program; classes for pregnant women to educate themselves on the types of changes to expect once baby arrives and how to manage these changes successfully.

Weekly sessions will cover the following topics:

- Session 1: Education on Postpartum Depression
- Session 2: Being a Mother
- Session 3: Relationships and Communication
- Session 4: Planning for the Future

Who should attend? Pregnant or recently delivered women who may be at risk for Perinatal Depression or are interested in preparing for how pregnancy and motherhood may change or impact their lives.

Members only. May be referred through OBGYN or Integrated Behavioral Health. Pre-registration required.

Fee: No fee

Location: Online Video Visit via Zoom

Day/time: Thursdays, 11:30 a.m. to 1:00 p.m.

Sessions: 4 (once per week)

To register or for more information on the ROSE Program, please call your OBGYN Advice RN at **1-833-833-3333** or discuss registration at your next OBGYN visit.