



# Pregnancy and Childbirth

## Online Class Schedule and Resources 2026

### Childbirth Classes at Hilo Benioff Medical Center (In-Person)

Sessions focus on what to expect during labor and delivery. Topics include comfort measures for labor, relaxation and breathing techniques, medical interventions for pain management, induction of labor, and Cesarean birth. Videos, car seat installation, and a hospital tour will help you prepare for your stay at the Hilo Benioff Medical Center.

**Fee:** \$60

**Location:** Hilo Benioff Medical Center

**Day/time:** Weekly, 4:30 p.m. to 7:00 p.m.

**Sessions (One-Time Tour):** 5 classes per session

### Breastfeeding Education at Hilo Benioff Medical Center (In-Person)

This class is covered in the Childbirth Class however, you have the option to attend only the breastfeeding class.

**Fee:** \$10

**Location:** Hilo Benioff Medical Center

**Day/time:** First Monday of the Month, 4:30 p.m. to 7:00 p.m.

**Sessions (One-Time Tour):** 1 class

**For Hilo Benioff Medical Center - To register or for more information, please call (808) 932-3371**

### Prenatal Classes at Kona Community Hospital (In-Person)

Having as much education about yourself and your baby before your labor experience is important, so we strongly recommend enrolling in a prenatal class. Kona Community Hospital offers a four-week class taught by certified childbirth educators.

**Fee:** \$50

**Location:** Kona Community Hospital

### Maternity Unit Tour at Kona Community Hospital (In-Person)

A tour is available to those who are expecting a child. The Maternity Unit at Kona Community Hospital promotes the philosophy of childbirth as a healthy and joyous event to be controlled as much as possible by the birthing couple. Should they wish, this joyous event can be shared with family and friends.

**Fee:** No fee

**Location:** Kona Community Hospital

**For Kona Community Hospital - To register or for more information, please call (808) 322-4416 or email [khirai@hsc.org](mailto:khirai@hsc.org)**

### 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), 1/19, 2/16, 3/16, 4/20, 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/14\* (2nd Monday of the Month)

### 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), 1/8, 1/21, 2/5, 2/19, 3/11, 3/26, 4/13, 4/23, 5/4, 5/25, 6/11, 6/25, 7/8

### 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 answer your questions. Open to the community. Pre-registration required.

**Fee:** No fee

**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), 1/28, 2/25, 3/25, 4/22, 5/27, 6/24, 7/22, 8/26, 9/23, 10/28, 11/25, 12/23

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

### Reach Out Stay Strong Essentials (ROSE) (Online)

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 the 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 **(833) 833-3333** or discuss registration at your next OBGYN visit.

### Online Resources

#### Pre-Natal Yoga - Recording

<https://youtu.be/731xMrh8XBA>

#### Newborn Care Part 1 - Recording

[https://youtu.be/\\_Py-U720nt0](https://youtu.be/_Py-U720nt0)

#### Newborn Care Part 2 - Recording

<https://youtu.be/ZZqtPTy0gmQ>

#### Pregnancy and Healthy Living - Recording

<https://youtu.be/g83TH8k5i7Y>

#### Family Birth Center (Hawaii) Maternity Resources and Videos

<https://kpfamilybirthcenter.org/>

#### Health and Wellness Maternity Resources and Videos

<https://kp.org/maternity>