



Pregnancy and Childbirth

Online Class Schedule and Resources 2025

Birth Center Tour (In-Person)

Join us for a tour of our facilities and allow us the opportunity to answer some of the questions that you may have. We'll take you through what to expect at Maui Memorial Medical Center to help make the delivery day as smooth and stress-free as possible. For the optimal experience, we recommend scheduling your tour starting at 30 weeks gestation. Tours are offered every Wednesday at 2 pm.

Space is limited to 5 couples. No children allowed. **Pre-registration required.**

To reserve your spot, please call **(808) 242-2352** or visit mauihealth.org/maternity to learn more. To view the virtual tour, please visit www.mauihealth.org/services/maternity-services/ or scan the QR code.

Fee: No fee

Location: Maui Memorial Medical Center, Birth Center

Day/time: Wednesdays, 2 p.m.



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), 1/6, 1/20, 2/3, 2/17, 3/4, 3/17, 4/2, 4/21, 5/5

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) - **No online class in January**

Sessions: One Session (1), 2/17, 3/17, 4/21, 5/19, 6/16, 7/21, 8/18, 9/15, 10/20, 11/17, 12/15

Prenatal Yoga (In-Person)

This class is designed to help prenatal students relax and focus on their breathing, which is essential for the birthing process. It aims to prepare students for childbirth and alleviate common pregnancy complaints, such as back pain. Suitable for all levels, this class welcomes everyone, even those who have never practiced yoga before. Each session is

individually tailored, with modifications offered to meet each student's needs. For questions and information, contact Crystal Lamirande, NP at crystal.x.lamirande@kp.org.

Fee: No fee

Dates and Locations:

- Saturday, January 4th, 1 p.m. to 2 p.m. Maui Lani Clinic, Mother Newborn Center
- Tuesday, January 14th, 8 a.m. to 9 a.m., Wailuku Clinic, Section A
- Saturday, February 1st, 1 p.m. to 2 p.m., Maui Lani Clinic, Mother Newborn Center
- Tuesday, February 11th, 8 a.m. to 9 a.m., Wailuku Clinic, Section A
- Saturday, February 22nd, 1 p.m. to 2 p.m., Maui Lani Clinic, Mother Newborn Center
- Tuesday, March 11th, 8 a.m. to 9 a.m., Wailuku Clinic, Section A
- Saturday, March 22nd, 1 p.m. to 2 p.m., Maui Lani Clinic, Mother Newborn Center

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 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), 2/26, 3/26, 4/23, 5/28, 6/25, 7/23, 8/27, 9/24, 10/22, 11/26, 12/17*
*(3rd week of 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) (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 **1 (833) 833-3333** or discuss registration at your next OBGYN visit.