



# Pregnancy and Childbirth

## Online Class Schedule and Resources 2026

### 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):** 1/21, 2/18, 3/18, 4/15, 5/20, 6/17, 7/15, 8/19, 9/16, 10/21, 11/18, 12/16

### 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) unless otherwise noted

**Sessions:** One Session (1), 1/5, 2/2, 3/2, 4/6, 5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7

### 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\* (2<sup>nd</sup> 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 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), 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>