



Parenting, Children's Health, Pregnancy and Newborn

Title	Description	Schedule	Fee	Contact
Pediatric Asthma	Learn to control children's asthma symptoms	Call, 2hrs	No fee	972-6604
Teen Clinic	Confidential and comprehensive health care services for teens	M-F 3:30-5:30pm	Office visit fee	972-3792
Parents Helping Parents	Special Education training for parents with children needing special education services	Saturdays 7 hrs	\$20 donation, open to public	727-5775
Tough Love	Support group for dealing with childhood behavioral issues at home	Mondays 6:30-9pm	No fee, open to public	972-3340
First Prenatal Small Group		Call, 2-2.5 hrs	Office visit fee	972-6715
Car Seat Safety	California Highway Patrol officer explains what you need to know about car seats	Call, 1hr	No fee	972-5848
Mid-, Late Pregnancy Small Group		Call, 1-2 hrs	Office visit fee	972-6715
Prenatal Nutrition		Call, 1hr	Office visit fee	972-3340
Intro to Pediatrics/New Baby Care	Attend between 34-36 weeks of pregnancy to prepare for your new baby	2.5 hrs	Office visit fee	972-6715
Prenatal Diagnosis	For women over 35 years by referral to discuss prenatal diagnosis/screening options	Call	Office visit fee	972-3300
Labor and Delivery Tour	Tour Santa Teresa Medical Center labor and delivery and post-partum wards	Tues/Thurs 6-7pm	No fee	972-7230
Childbirth Preparation	Prepare expectant mothers for labor and birth	Call	\$30-80/couple	972-6715
Prenatal Breastfeeding Class	Certified lactation specialist teaches basic information about breastfeeding	Call, 2hrs	Office visit fee	972-6715

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 Resource Center: 276 International Circle (Family Health Center Lobby), (408) 972-6975

After-delivery Breastfeeding Small Group	Group session to help new moms succeed with breastfeeding	Call	Office visit fee	972-6715
Prenatal Exercise	Group session with physical therapist about appropriate exercise/movement during and after pregnancy	Fridays 3:30-4:30pm	Office visit fee	972-6400
Prenatal Yoga	Learn yoga techniques to alleviate stress and physical discomfort from pregnancy	Call	\$65 members \$90 non-memb	972-3340
New Moms and Babies	Bring your new baby for postpartum yoga, movement and support	Call	\$65 members \$90 non-memb	972-3340
Postpartum Depression Overview	This one session class can help you to learn about myths around pregnancy, childbirth, and nursing that may be affecting your state of mind. Learn self-care tips to help you start feeling better.	One session, 2 hours	Members, no fee; nonmembers, \$25	972-3340
Postpartum Depression Series	Learn about depression and anxiety in the postpartum period. You can identify and change your thinking patterns in order to improve your mood and your behavior.	Ongoing weekly series: enroll at any time	Members, no fee; nonmembers, \$64 for 8 weeks	972-3340

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