



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **pregnancy and childbirth** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

Alta Bates Summit Medical Center

Offers classes on childbirth, mother & baby care, and breastfeeding. To view the schedule, please visit the website. Call to enroll and provide your Alliance member ID number.

2450 Ashby Ave., Berkeley (Online)

Phone Number: **1.510.204.4461**

www.sutterhealth.org/absmc/classes-events/pregnancy

Stanford Health Care – Tri-Valley Lactation Center

Offers classes on childbirth, infant care, and breastfeeding.

1119 E. Stanley Blvd., Livermore (In-person, online)

Phone Number: **1.925.416.3598**

stanfordhealthcare.org/tri-valley/events.html#maternity

To schedule a class, please call Alliance Health Programs at **1.510.747.4577**.

Washington Hospital - Maternal Child Education Department

Offers classes on childbirth (2 days), becoming new parents, understanding fatherhood, and breastfeeding. Visit the website to view the Prenatal Smart Start video and learn about pregnancy. Call to enroll and provide your Alliance member ID number.

2500 Mowry Ave., Fremont (Online)

Phone Number: **1.510.818.5040**

www.whhs.com/prenatal-parenting-classes

Phone Support

Starting Out Strong

Alameda County Public Health Department

If you are pregnant, parenting a child under 36 months, or have suffered a pregnancy loss and want to become pregnant again, there is a program for you! Starting Out Strong offers a range of family support services and one-on-one or group health education. (Interpreters offered)

Phone Number: **1.510.667.4333**

www.facebook.com/ACPHDStartingOutStrong

Support Group

Black Infant Health

Alameda County Public Health Department

Services and supports for African American pregnant and parenting people who are 18 years of age and older. Groups are designed to help participants access their own strengths and set goals for themselves and their babies that promote health.

10 weekly group sessions before giving birth and 10 sessions after (Online)

Phone Number (Shamelle Bremond, Family Support Case Manager): **1.510.618.2019**

acphd.org/programs-and-services/black-infant-health

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,

Alliance Health Programs