



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 recent interest in **pregnancy, childbirth, baby care, and/or breastfeeding** classes. Listed below are classes to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

Alta Bates Summit Medical Center – Parent Education Department

2450 Ashby Ave., Berkeley
Phone Number: **1.510.204.4461**

Anna Griffin CPR

Berkeley

Infant and child CPR classes for family and caregivers. One Sunday a month, 1 pm – 3:30 pm.
English and Spanish classes offered.

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

Black Infant Health

San Leandro

You can join Black Infant Health if you are up to 30 weeks pregnant and an African American woman 18 years or older. Meet other women and be empowered to care for yourself and baby in weekly group sessions (10 sessions before giving birth and 10 after).

Phone Number: **1.510.618.1967**

Boot Camp for New Dads, Alameda County Public Health

San Leandro, Oakland

3-hour workshop held once a quarter for new fathers, taught by expert fathers.

Phone Number: **1.510.667.4343**

Eden Medical Center – Clinical Education Department

20101 Lake Chabot Rd., Castro Valley

Phone Number: **1.510.727.8496**

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

Highland Hospital (Highland patients only)

1411 E. 31st St., Oakland

Classes offered Monday 10 am – 12 pm

3-week series about preparing for childbirth, breastfeeding and newborn care, and car seat and infant safety. Sign up in-person at the Highland Women's Clinic on the 6th floor.

Phone Number: **1.510.437.4778**

St. Rose Hospital – Health Education Department

27200 Calaroga Ave., Hayward

Phone Number: **1.510.264.4044**

Stanford Health Care – ValleyCare Maternity Classes

5555 W Las Positas Blvd., Pleasanton

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

Washington Hospital – Maternal Child Education Department

2500 Mowry Ave., Fremont

Phone Number: **1.510.818.5040**

Women, Infants, and Children (WIC)

WIC provides classes on nutrition and breastfeeding support.

Phone Number: **1.510.595.6400**

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,
Alliance Health Programs