



## January–June 2026 Pregnancy & Childbirth Classes

### Monday Evening Prepared Childbirth

Prepare for your baby’s arrival with our class taught by International Childbirth Education certified educators. Learn essentials for pregnancy, labor, delivery, recovery, pain management, complications, newborn care, and breastfeeding.

**\$195 per couple ~ Registration required — call 805-948-2229 to register**

**6 Week, In-person Series  
Mondays, 6:00 pm – 8:00 pm**

#### Series Dates

January 5 – February 9  
February 23 – March 30  
June 1 – July 6

### Thursday Evening Prepared Childbirth

Prepare for your baby’s arrival with our class taught by International Childbirth Education certified educators. Learn essentials for pregnancy, labor, delivery, recovery, pain management, complications, newborn care, and breastfeeding.

**\$195 per couple ~ Registration required — call 805-948-2229 to register**

**6 Week, In-person Series  
Thursdays, 6:00 pm – 8:00 pm**

#### Series Dates

January 8 – February 12  
February 19 – March 26  
April 2 – May 7  
May 21 – June 25

### Weekend Prepared Childbirth

Prepare for your baby’s arrival in this two-day childbirth class taught by International Childbirth Education certified educators. Learn the essentials of pregnancy, labor, delivery, recovery, pain management, complications, newborn care, and breastfeeding.

**\$195 per couple ~ Registration required — call 805-948-2229 to register**

**2-Day, In-person Series  
Saturday, 9:00 am – 4:00 pm  
Sunday, 9:00 am – 12:30 pm**

#### Class Dates

January 10/11      May 16/17  
February 7/8      June 20/21  
March 14/15  
April 25/26

### Hypnobirthing

HypnoBirthing® teaches you how to welcome your baby gently, in an atmosphere of calm and joy. Through deep relaxation, self-hypnosis, special breathing, visualizations, affirmations, and education, this class helps couples prepare for an easier, more comfortable — often even pain-free — birth.

**\$300 per couple ~ Registration required — call 805-948-2229 to register**

**5 Week, In-person Series  
Wednesdays, 6:00 pm – 8:30 pm**

#### Series Dates

January 7 – February 4  
February 18 – March 18  
April 1 – April 29  
May 20 – June 17

#### New Parent Resources

2580 East Main Street, Suite 101 ~ Ventura, CA 93003 ~ 805-948-2229

Connect with us [mycmh.org](http://mycmh.org)

## Classes *(continued)*

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### Prenatal Yoga

Prenatal yoga can help improve sleep, reduce stress, and build the strength, flexibility, and endurance needed for childbirth. This gentle class focuses on stretching, focused breathing, and gentle movement. This class is intended for pregnant individuals. Please bring a yoga mat.

**\$20 per class ~ Registration required — call 805-948-2229 to register**

### Yoga Packages

Purchase yoga packages for multiple classes. Can be used before and after delivery.

**5 Classes: \$90 | 10 Classes: \$170**

### Prenatal Lactation Consult

One-on-one sessions for parents preparing for breastfeeding, including help with pumps.

**\$50 per session ~ Appointment required — call 805-948-2229 to make an appointment**

**Fridays, 10:00 am – 11:15 am**

This class is held at the Community Memorial Wellness & Fitness Center, 2723 East Main Street, Ventura.

**By Appointment  
Monday – Friday, 8:30 am – 3:00 pm**

### Maternity Tours at Community Memorial Hospital

As part of our commitment to supporting your pregnancy and parenting journey, we are proud to offer tours of our Maternal Child Health department at Community Memorial Hospital – Ventura! This tour is an opportunity to visit our beautiful Labor & Delivery and Mother-Baby Units, ask questions about what to expect, and prepare to welcome your new addition.

Tours are held in English every Wednesday and in Spanish the 4th Thursday of every month. Registration is required. Please call 948-BABY (2229) for tour times and registration information.



All classes, support groups, and consultations require pre-registration. Please call 805-948-2229 to register.

A complete list of Community Memorial pregnancy and parenting resources, classes, and support groups available online at [mycmhbaby.org](http://mycmhbaby.org).

Scan Code for  
More Information





# January–June 2026 Parenting & Breastfeeding Support Groups, Classes & Supplies

## Breastfeeding Support Group

Thursdays, 10:00 am – 11:30 am

This group is an opportunity for you to ask questions, get breastfeeding tips, and share your experience with other women.

**Free ~ Registration required — call 805-948-2229 to register**

## Well Mama Postpartum Emotional Support Group

Wednesdays, 1:00 pm – 2:00 pm

This group offers a safe, professionally moderated environment for those in need of additional support post-partum.

**Free ~ Registration required — call 805-948-2229 to register**

## Pumping Assessment and Education

By Appointment  
Monday – Friday, 8:30 am – 3:00 pm

One-on-one sessions for parents deciding on a pump or needing guidance on using their existing pump. Participants are encouraged to bring their pump.

**\$50 per session ~ Appointment required — call 805-948-2229 to make an appointment**

## Together We Grow: Parenting Support for New Families

3/6-Week Series  
Thursdays, 1:00 pm – 2:30 pm

Our **Parenting Class for New Families** is designed to guide you through the joys and challenges of early parenthood. Taught in two three-week sessions, each class blends education, support, and real-life strategies to help you feel more confident, prepared, and connected as you care for your baby and yourself. For families with babies 0–12 months.

**Series Dates**  
**Foundations Session 1**  
February 19, February 26 and March 5

**Growth Session 1**  
March 19, March 26, and April 9

**Foundations Session 2**  
April 23, April 30, May 7

**Growth Session 2**  
May 21, May 28, June 4

**Foundations** — Covers adjusting to life as a new parent, navigating changing roles, managing emotions, and feeding both baby and yourself in the early months.

**Growth** — Covers brain development, attachment, sleep, and physical development for both mom and baby and includes evidence-based information on recovery, milestones, and body changes.

**\$20 per single class, \$50 per 3 week session, or \$75 for both sessions (6 full weeks)**  
Registration required, call 805-948-2229 to register.

### New Parent Resources

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## The Wonder Year

A class for parents of 1-year-olds covering nutrition, development, socialization, first year milestones, and answers to all the questions you've been wondering about. A different topic is covered each month.

**First class free, then \$20 per family**

**Registration required — call 805-948-2229**

## Baby Basics

This 2 hour class focuses on everyday skills parents need to care for their new baby, such as diapering, swaddling, bathing, taking a baby's temperature, and recognizing when medical care is needed. This class can be taken before or after a baby's arrival to help parents build confidence and feel prepared for the early weeks at home.

**\$100 per couple**

**Registration required — call 805-948-2229**

## Mama & Baby Movement

A supportive movement class designed for mothers and babies. Through a blend of yoga, Pilates, and functional movement, you'll gently rebuild core strength, support your pelvic floor, and move through all planes of motion while including your baby in the practice. Babies can be held, worn, or rest nearby as we move, breathe, and regulate the nervous system together.

### Yoga Packages

Purchase yoga packages for multiple classes. Can be used before and after delivery.

**5 Classes: \$90 | 10 Classes: \$170**

## CPR Friends & Family

This class is a two-hour participation-driven class intended for parents, grandparents, and caretakers. **Infants do not attend.**

**\$50 per person**

**Registration required — call 805-948-2229**

## Supplies

### Breastfeeding Supplies

Our New Parent Resource Center offers a variety of breastfeeding supplies for purchase or rent.

- Breast pumps for purchase or rent
- Breast pump replacement parts
- Breastfeeding supplies

Call 805-948-2229 for more information about New Parent Resources.

**A complete list of Community Memorial pregnancy and parenting resources, classes, and support groups is available online at [mycmhbaby.org](http://mycmhbaby.org).**

**Every 3rd Thursday of the Month  
Beginning February, 4:00 pm – 5:00 pm**

**Every 2nd Thursday of the Month  
3:00 pm – 5:00 pm  
Call to register.**

**Fridays, 11:30 am – 12:45 pm**

This class is held at the Community Memorial Wellness & Fitness Center  
2723 East Main Street, Ventura

**6:00 pm – 8:00 pm**

February 10      May 12  
March 3          June 9  
April 14

### Community Forum

Our Community Forum is a **FREE**, ongoing group of classes designed for parents and caregivers of infants under one year. Classes are taught by experts on Thursdays from 1:00 pm – 2:00 pm. Babies in arms are welcome. Visit [mycmh.org/nprc](http://mycmh.org/nprc) to see the full schedule of classes.

*Scan Code  
for More  
Information*





## January–June 2026 Community Forum Classes

Our Community Forum is a **FREE** series designed for parents and caregivers of infants under 1 year of age. Classes are taught by subject-matter experts from our community and cover topics from estate planning and mental health, to car safety and infant sleep strategies.

Community Forum classes are offered on **Tuesdays from 1:00 pm – 2:00 pm**. Babies in arms are welcome to attend.

### 1st Year of Life Milestones

Gain confidence in recognizing and supporting your baby's developmental milestones throughout their first year, with guidance on growth, learning, and early skills.

#### Date

April 7

### Car Seat Safety

Learn about essential car seat safety, including best practices, installation tips, and age-appropriate guidance to protect your child on every ride.

#### Dates

February 10, June 16

### Estate Planning

Understand estate planning basics and how to safeguard your family and assets with wills, trusts, and more.

#### Dates

March 3, June 23

### Fitness for Pregnancy & Beyond

Learn about safe, functional movement to build strength, mobility, and confidence through pregnancy and early parenthood.

#### Dates

March 10, May 19

### Infant Massage

Learn gentle massage techniques that support your baby's relaxation, bonding, digestion, and overall well-being.

#### Dates

January 6, May 26

### Infant Sleep

Learn to build healthy sleep habits from newborns onward while addressing common challenges like night waking, nap transitions, and early mornings.

#### Dates

February 3, April 14, May 5

Registration required — call 805-948-2229 to register

#### New Parent Resources

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## Maternal Mental Health

Support your mental health during pregnancy and postpartum with strategies, resources, and practical tools for emotional well-being.

### Date

March 24

## Movement & Nervous System Regulation with Baby

Learn simple techniques to help regulate both parent and baby's nervous system, explore ways to hold and move your baby for greater comfort, and gain insight into typical newborn behavior.

### Dates

February 17, April 28

## Music & Me

A fun, interactive music class for parents and caregivers, helping little ones explore the joys of music while connecting with other families.

### Dates

March 31, June 9

## Pregnancy/Postpartum Posture & Core

Posture education and safe exercises to strengthen your core, relieve discomfort, and support recovery before and after birth.

### Dates

January 20, June 30

## Reconnecting Pelvic Floor

Learn targeted exercises and techniques to strengthen and restore your pelvic floor strength and function during pregnancy and postpartum recovery.

### Dates

February 24, May 12

## Sound Bath

A calming, playful sound experience for moms and little ones to relax and reconnect. Enjoy gentle instruments, soothing tones, and cozy moments together.

### Dates

January 13, April 21

## Sound Bath by Ventura Music Festival

Relax and reconnect with your baby through sound healing, guided breath work, and meditation.

### Date

March 17

## Teething and Dental Care

Learn what to expect during teething, understand your baby's oral anatomy, and get simple, effective tips for soothing discomfort and brushing those first tiny teeth.

### Dates

January 27, June 2

Registration required — call 805-948-2229 to register