



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

Support Groups & Lactation Consultations

Breastfeeding Support Group

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

Thursdays, 10:00 am – 11:30 am

Well Mama Postpartum Emotional Support Group

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

Wednesdays, 1:00 pm – 2:00 pm

Private Breastfeeding Consultations

Private breastfeeding consultations are available for free for the first year of life for those who deliver at Community Memorial Hospital. Fees apply for those who delivered elsewhere. Call to schedule a consultation.

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

Pumping Assessment and Education

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.

\$20 per session ~ Appointment required — call 805-948-2229 to make an appointment

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

A complete list of Community Memorial pregnancy and parenting resources, classes, and support groups is available online at mycmhbaby.org.

Scan Code
for More
Information



New Parent Resources

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

Connect with us       mycmh.org

Parenting Classes

Together We Grow: Parenting Support for New Families

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.

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.

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

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.

\$15 per person ~ Registration required — call 805-948-2229 to register.

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 to register.

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.

3/6-Week Series

Thursdays, 1:00 pm – 2:00 pm

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

Every 3rd Thursday of the Month

Beginning February, 4:00 pm – 5:00 pm

6:00 pm – 8:00 pm

September 9

October 14

November 11

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 to see the full schedule of classes.