

## 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 – 2:00 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.

**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.**

#### 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

#### New Parent Resources

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

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

## 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.

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

## 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 to register.**

## Pelvic Floor & Core Yoga

Pelvic floor and core yoga can help improve sleep, reduce stress, and build the strength, flexibility, and endurance needed for recovery after childbirth. Please bring a yoga mat.

### 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 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.

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

**2 hour class offered twice monthly  
Call to register.**

**Tuesdays, 6:00 pm – 7:30 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.

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

*Scan Code  
for More  
Information*

