



# 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

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. 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*

