



## 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

April 6 – May 11

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)*

### 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 [mycmhbabyy.org](http://mycmhbabyy.org).

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