



July – December 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

June 29– August 3
August 10– September 14
September 21 – October 26
November 2 – December 7
December 14 – January 18

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

July 2 – August 6
August 13 – September 17
September 24 – October 29
November 5 – December 17
(no meeting November 26)

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

July 11 & 12 November 7 & 8
August 15 & 16 December 5 & 6
September 26 & 27
October 10 & 11

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

June 24 – July 22
August 12 – September 9
September 23 – October 21
November 4 – December 2
December 9 – January 6

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.

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

Pump Consult

One-on-one sessions to review pump types, setup and use, flange fit, schedules, milk storage, and more.

\$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.



Book Now!

By Appointment

**Monday – Friday,
8:00 am – 4:30 pm**

By Appointment

**Monday – Friday,
8:00 am – 4:30 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.



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

Scan Code for
More Information





July – December 2026 Parenting & Breastfeeding Consultations & Classes

Lactation Consult

During this personalized visit, our IBCLC Lactation Consultants provide guidance, reassurance, and support for all breastfeeding needs.

\$100* Initial Consulting, \$50* Follow-Up Consultations

*Pricing is eligible for insurance and depends on your provider. Scholarships are available for those who qualify.

By Appointment
Monday – Friday
8:00 am – 4:30 pm

Pump Consult

One-on-one sessions to review pump types, setup and use, flange fit, schedules, milk storage, and more.

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

By Appointment
Monday – Friday
8:00 am – 4:30 pm

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 to register

Every 3rd Thursday of the Month
4:00 pm – 5:00 pm

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. Sign up before or after baby's arrival.

\$100 for two adults & baby (if baby is born)

Registration required — call 805-948-2229 to register

Every 2nd Thursday of the Month
3:00 pm – 5:00 pm

Grandparenting 101

This class provides grandparents with updated information on newborn care, safe sleep, feeding, car seat safety, and current parenting recommendations.

\$100 for two adults ~ Registration required — call 805-948-2229 to register.

Time TBD

Together We Grow: Parenting Support for New Families

Our **Parenting Support for New Families Program** is designed to guide you through the joys and challenges of early parenthood. Taught in two 3-week series, 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 (3 weeks) — Covers adjusting to life as a new parent.

Class 1: Adjusting to Life with New Baby

Class 2: Managing Emotions

Class 3: Feeding Your Baby and Yourself

Growth (3 weeks) — Covers physical and developmental growth of baby and mom.

Class 1: Infant & Parent Sleep

Class 2: Child Brain & Mommy Brain

Class 3: Physical Changes for Baby and Me

**\$20 per single class, \$50 per 3-week series,
or \$75 for the 6-week program**

Registration required — call 805-948-2229 to register

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. Babies can be held, worn, or rest nearby as we move.

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 2-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.

3/6-Week Series

Thursdays, 1:00 pm – 2:30 pm

Foundations Series

June 11 – 25

July 23 – August 6

September 10 – 24

October 29 – November 12

Growth Series

July 2 – 16

August 13 – 27

October 1 – 15

November 19 – December 3

**Foundations and Growth Series
run consecutively. Sign up for all
classes or drop into a single class.**

Fridays, 11:30 am – 12:45 pm

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



Book Now!

6:00 pm – 8:00 pm

July 14

October 13

August 11

November 10

September 8

December 8

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

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July – December 2026 Parenting & Breastfeeding Support Groups

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 postpartum.

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

NICU Parents & Caregivers Support Group

2nd & 4th Monday of the month
3:00 pm – 4:00 pm
Ocean Tower
6th Floor Waiting Room

A welcoming space for parents and caregivers of babies who are currently in the NICU or have graduated from the NICU. Connect with other families who understand the unique challenges and joys of the NICU journey, share experiences, find encouragement, and build community in a supportive, judgment-free environment. Open to families from the NICU through the first two years after discharge.

FREE ~ Registration required — 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.

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July – December 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

July 21, October 20

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

TBD

Estate Planning

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

Dates

June 23, September 1, December 1

Fitness for Pregnancy & Beyond

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

Dates

September 8, December 8

Infant Massage

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

Date

September 22

Infant Sleep

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

Dates

August 18, September 29,
November 17

Registration required — call 805-948-2229 to register

Partner Communication After Baby

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

Date

November 10

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

July 28, October 6

Music & Me

A fun, interactive music class for parents and caregivers, helping little ones explore the joys of music while connecting with other families. Classes hosted by Music Together with Gretchen, Kindermusik with Katie, Ladybug Music, and Music with Miss Ashley.

Dates

June 16, July 14, August 4,
September 15, December 15

Pregnancy/Postpartum Posture & Core

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

Dates

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

August 11, November 3

Cloth Diapering with Cheeky Peach Club

Learn the basics of cloth diapering, including types of diapers, washing and care routines, cost savings, and practical tips to help you confidently get started.

Date

July 7

Preparing for a New Baby: Big Sibling Class

Help your child feel excited, confident, and prepared for their new role as a big sibling through age-appropriate activities, discussion, and family-centered guidance. Taught with Tania McCracken.

Date

October 13

Mental Health: Social Media & Early Parenthood

Becoming a new parent can feel overwhelming in a world full of endless advice, opinions, and social media "experts." Join us to talk about learning to trust yourself, tune out the noise, and focus on what truly works for your baby and your family.

Date

August 25

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.

Date

October 27

Registration required — call 805-948-2229 to register