



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