



## 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](http://mycmhbaby.org).

Scan Code for  
More Information

