



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

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.

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**

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Monday – Friday,
8:00 am – 4:30 pm**



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

Scan Code for
More Information

