



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

A welcoming space for NICU babies, parents, and caregivers. Connect with other families who understand the unique challenges and joys of the NICU journey. Open to families from the NICU through the first two years after discharge.

2nd & 4th Monday of the month
1:00 pm – 2:00 pm
Ocean Tower
6th Floor Waiting Room

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

Finding Fatherhood: Emotional Support Group for Dads

Every 3rd Tuesday of the Month
6:00 pm – 7:00 pm

Becoming a dad changes everything. Finding Fatherhood is a welcoming space for new dads to connect, talk about the realities of fatherhood, and support one another. BYOB: Bring Your Own Baby!

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 mycmhbabyy.org.

Scan Code for
More Information

