



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.

Scan Code for
More Information

