



2023 Pregnancy & Childbirth Classes

CLASSES ARE AT THE NEW PARENT RESOURCE CENTER UNLESS OTHERWISE NOTED

Hypnobirthing

HypnoBirthing® is a method of birthing based on the belief that all babies should come into the world gently, in an atmosphere of calm and joy. This program of deep relaxation, self-hypnosis, special breathing techniques, visualizations, affirmation, and education prepares a birthing couple for an easier, more comfortable and, sometimes, pain-free, birth. This class is limited to five couples and pre-registration is required.

\$250 per couple

5 Week, In-person Series

Fridays 6:00 pm – 8:30 pm

Series Dates

July 28 – August 25

September 1 – September 29

October 20 – November 17

December 1 – December 29

Wednesday Evening Prepared Childbirth

This series is designed to help you and your coach prepare for the birth of your baby. Taught by expert registered nurses, the class covers pregnancy, labor and delivery, and recovery. You and your coach will learn about breathing techniques and alternative therapies that can help you trust your body during labor and avoid unnecessary interventions. Class also covers pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required. **\$125 per couple**

6 Week, In-person Series

Wednesdays, 6:00 pm – 8:00 pm

Series Dates

June 21 – July 26

August 2 – September 6

September 13 – October 18

October 25 – December 6

(No class day before Thanksgiving)

Thursday Evening Prepared Childbirth

This series is designed to help you and your coach prepare for the birth of your baby. Taught by expert registered nurses, the class covers pregnancy, labor and delivery, and recovery. You and your coach will learn about breathing techniques and alternative therapies that can help you trust your body during labor and avoid unnecessary interventions. This class also covers pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required. **\$125 per couple**

6 Week, In-person Series

Thursdays, 6:00 pm – 8:00 pm

Series Dates

July 27 – August 31

September 7 – October 12

October 19 – November 30

(No class on Thanksgiving)

Weekend Prepared Childbirth

This two-day class is designed to help you and your coach prepare for the birth of your baby. Taught by expert registered nurses, the class covers pregnancy, labor and delivery, and recovery. You and your coach will learn about breathing techniques and alternative therapies that can help you trust your body during labor and avoid unnecessary interventions. This class also covers pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required.

\$125 per couple

2-Day, In-person Series

Saturday, 9:00 am – 4:30 pm

Sunday, 9:00 am – 12:30 pm

Class Dates

June 10 – 11

October 21 – 22

July 15 – 16

November 11 – 12

August 19 – 20

December 9 – 10

September 16 – 17

2023 Pregnancy & Childbirth Classes *(continued)*

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Prenatal Yoga

Prenatal yoga can help improve sleep, reduce stress, and build the strength, flexibility, and endurance needed for childbirth. It may also help with common pregnancy symptoms such as lower back pain, nausea, headaches, and shortness of breath. This gentle class focuses on stretching, focused breathing, and gentle movement. The cost is \$10 per class and pre-registration is required due to a limited class size of 12 participants. Please bring a yoga mat. Pre-registration is required. **\$10 p/class**

Fridays, In-person, 10:00 am – 11:15 am
(no class the Friday after Thanksgiving)

This class is held at the Community Memorial Wellness & Fitness Center, 2723 East Main Street, Ventura.

2023 Parenting, Breastfeeding, and Support Groups

Our Babies, Ourselves

The birth of a child is a life-changing experience that is at once joyous, stressful, and exhausting. Our 8-week class series encourages parents to explore their feelings, ask questions and feel a sense of community with other parents. Class focuses on your baby's care, health, and development and on the journey to becoming a parent. This class is intended for parents of infants from birth to 3 months of age, and pre-registration is required. Babies are encouraged to attend and interaction opportunities are built into the curriculum. The class is taught by a registered nurse and board certified lactation consultant and class size is limited. Pre-registration is required. **\$50 p/person** (partners can attend at no additional cost).

8 Week, In-person Series
Tuesdays, 10:00 am – 11:30 am

Series Dates

June 20 – August 8
August 15 – October 3
October 10 – November 28

Breastfeeding Support Group

Research shows that women breastfeed longer when they have group support. Led by a registered nurse and certified lactation consultant, this group is an opportunity for you to ask questions, get breastfeeding tips, and share your experience with other women from the comfort of your home. Space is limited. Please call to register. **Free**

In-person Series
Thursdays, 10:00 am – 11:30 am

Well Mama Postpartum Emotional Support Group

1 in 5 women can be affected by perinatal mood and anxiety disorders. This group offers a safe, professionally moderated environment for those in need of additional support postpartum. Please call for virtual group access. **Free**

Virtual Series
Wednesdays, 3:00 pm – 4:00 pm

New Parent Resource Center

2580 East Main Street, Suite 101 ~ Ventura, CA 93003 | 805-948-BABY

Connect with us       mycmh.org

