



## 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 to register. **Free**

**In-person Series**  
**Wednesdays, 1:00 pm – 2:00 pm**

#### New Parent Resource Center

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

Connect with us       [mycmh.org](http://mycmh.org)

see next page

## 2023 Parenting, Breastfeeding, and Support Groups *(continued)*

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### NEW! Breast Pumping

Our new Breast Pumping class is for parents who are making a decision about which type of pump they would like, or those who have already purchased their pump and need some education and support on how to use it.

This class is taught by a Community Memorial Board Certified Lactation Consultant and is one hour long. Participants are encouraged to bring their pump to class however, pumping will not take place during the class. Babies in arms are welcome to attend! **\$20**

Please call the New Parent Resource Center for class days and times and registration details.

Class size is limited.

### NEW! HypnoMothering

Our new HypnoMothering class is a self-care class for new mothers. As mothers are entering a new chapter of life, this class supports them in making the transition more gentle and joyful, helps them move through a myriad of empowering emotions, and encourages them to embrace their own unique journey. New mothers will also learn the techniques of self-hypnosis, centering, HypnoMama breathing, mantras, affirmations, and intentions.

This class is taught by a Certified HypnoMothering Educator and is held in two 90-minute sessions over 2 weeks. As this is a self-care opportunity for new mothers, **partners and infants do not attend**. Participants are encouraged to wear comfortable clothing and come with no pressing physical needs such as the need to eat or breastfeed/pump. Water is available in class.

**\$75**

Please call the New Parent Resource Center for class days and times and registration details.

Class size is limited.

For more information or to register for classes, please call us at **805-948-BABY**

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## 2023 Community Forum Calendar

Our Community Forum is a **FREE** series designed for parents and caregivers of infants under one year of age. Classes are taught by subject-matter experts from our community and cover topics from estate planning and mental health, to car safety and infant sleep strategies.

Community Forum classes are offered on Thursdays from 1:00 pm – 2:00 pm at the New Parent Resource Center. Babies in arms are welcome to attend. Registration is required – call the New Parent Resource Center at **805-948-BABY** to register!

### August

- 3 Estate Planning with Young Children
- 10 Infant Sleep
- 17 Kindermusik
- 24 1st Year of Life: Gross Motor Milestones
- 31 Teething & Dental Care

### September

- 7 Car Seat Safety
- 14 Post-Partum: Reconnecting with Your Core & Pelvic Floor
- 21 Post-Partum: Back Care
- 28 Motherhood Mental Health Matters

### October

- 5 Kindermusik
- 12 Post-Partum: Back Care
- 19 Motherhood Mental Health Matters
- 26 1st Year of Life: Gross Motor Milestones

### November

- 2 Infant Sleep
- 9 Post-Partum: Mood & You
- 16 Post-Partum: Reconnecting with your Core & Pelvic Floor
- 30 Teething & Dental Care

### December

- 7 Car Seat Safety
- 14 Estate Planning with Young Children

