



July – December 2025 Pregnancy & Childbirth Classes

CLASSES ARE AT THE NEW PARENT RESOURCE CENTER UNLESS OTHERWISE NOTED

Monday 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 pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required. **\$175 per couple**

6 Week, In-person Series

Mondays, 6:00 pm – 8:00 pm

Series Dates

June 2 – July 7

July 14 – August 18

September 29 – November 3

November 10 – December 15

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 pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required. **\$175 per couple**

6 Week, In-person Series

Thursdays, 6:00 pm – 8:00 pm

Series Dates

May 22 – June 26

July 3 – August 7

August 14 – September 18

September 25 – October 30

November 6 – December 11

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 pain management, labor complications, newborn care, and breastfeeding. Pre-registration is required. **\$175 per couple**

2-Day, In-person Series

Saturday, 9:00 am – 4:00 pm

Sunday, 9:00 am – 12:30 pm

Class Dates

June 21/22 October 25/26

July 12/13 November 15/16

August 2/3 December 13/14

September 13/14

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. Pre-registration is required. **\$250 per couple**

5 Week, In-person Series

Wednesdays, 6:00 pm – 8:30 pm

Series Dates

May 14 – June 11

June 25 – July 23

August 6 – September 3

September 17 – October 22

October 29 – November 26

New Parent Resource Center

2580 East Main Street, Suite 101 ~ Ventura, CA 93003 | 805-948-2229

Connect with us       mycmh.org

Classes *(continued)*

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. Please bring a yoga mat. Pre-registration is required. **\$15 p/class**

Fridays, 10:00 am – 11:15 am

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

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 Tuesday and in Spanish the 4th Thursday of every month. Registration is required. Please call 948-BABY (2229) for tour times and registration information.



All classes, support groups, and consultations require pre-registration. Please call 805-948-2229 to register. A complete list of all our classes and support groups is available online at mycmhbabyc.org.

Scan Code for
More Information





July – December 2025 Parenting, Breastfeeding, Support Groups & Supplies

CLASSES ARE AT THE NEW PARENT RESOURCE CENTER UNLESS OTHERWISE NOTED

Support Groups & Lactation Consultations

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. Pre-registration is required. **Free**

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 post-partum. Pre-registration required. **Free**

Private Breastfeeding Consultations

By Appointment
Monday – Friday, 8:30 am – 3:00 pm

Private breastfeeding consultations are available for free for the first year of life for those who deliver at Community Memorial Hospital. Fees apply for those who delivered elsewhere. Call to schedule a consultation.

Pumping Assessment and Education

By Appointment
Monday – Friday, 8:30 am – 3:00 pm

This one on one session 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. Participants are encouraged to bring their pump. Appointment is required **\$20**

New Parent Resource Center

2580 East Main Street, Suite 101 ~ Ventura, CA 93003 | 805-948-2229

Connect with us       mycmh.org

Classes

Our Babies, Ourselves

This 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 infants attend with parent(s). Pre-registration is required. **\$65 p/person** (partners can attend at no additional cost).

8-Week Series

Tuesdays, 10:00 am – 11:30 am

Series Dates

October 15 – December 3

CPR Friends & Family

This class is a two-hour participation-driven class intended for parents, grandparents, and caretakers. **Infants do not attend.** Pre-registration is required. **\$50 per person**

6:00 pm – 8:00 pm

September 9

October 14

November 11

Supplies

Breastfeeding Supplies

Our New Parent Resource Center offers a variety of breastfeeding supplies for purchase or rent.

- Breast pumps for purchase or rent
- Breast pump replacement parts
- Breastfeeding supplies

Visit our boutique at the New Parent Resource Center or call 805-948-2229 for more information.

Breastfeeding Boutique Hours

Monday – Friday, 8:00 am – 4:00 pm

Community Forum

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. See our Community Forum schedule for a complete list of weekly topics. Registration is required — call the New Parent Resource Center at **805-948-2229** to register!

All classes, support groups, and consultations require pre-registration. Please call 805-948-2229 to register.

A complete list of all our classes and support groups is available online at mycmhbaby.org.

*Scan Code for
More Information*





June 12 – December 2025 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 **805-948-2229** to register!

June

- 12 Estate Planning for New Parents
- 19 No class Juneteenth
- 26 Reconnecting with Your Core & Pelvic Floor

September

- 4 Reconnecting with Your Core & Pelvic Floor
- 11 Infant Music Introduction
- 18 Infant Sleep
- 25 1st Year of Life: Gross Motor Milestones

July

- 3 No Class
- 10 1st Year of Life: Gross Motor Milestones
- 17 Postpartum Ergonomics & Body Mechanics for Neck & Low Back Pain
- 24 Infant Sleep
- 31 Infant Music Introduction

October

- 2 Teething & Dental Care
- 9 Postpartum Ergonomics & Body Mechanics for Neck & Low Back Pain
- 16 Car Seat Safety
- 23 Estate Planning for New Families
- 30 Infant Music Introduction

August

- 7 Car Seat Safety
- 14 Motherhood Mental Health Matters
- 21 Teething & Dental Care
- 28 Estate Planning for New Families

November

- 6 Motherhood Mental Health Matters
- 13 1st Year of Life: Gross Motor Milestones
- 20 Reconnecting with Your Core & Pelvic Floor
- 27 No Class — Thanksgiving

December

- 4 Postpartum Ergonomics & Body Mechanics for Neck & Low Back Pain
- 11 Car Seat Safety
- 18 Infant Sleep
- 25 No Class — Christmas

New Parent Resource Center

2580 East Main Street, Suite 101 ~ Ventura, CA 93003 | 805-948-2229

Connect with us [f](#) [i](#) [p](#) [x](#) [in](#) [v](#) [mycmh.org](#)