



July – December 2024 Pregnancy & Childbirth Classes

CLASSES ARE AT THE NEW PARENT RESOURCE CENTER UNLESS OTHERWISE NOTED

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

6 Week, In-person Series

Wednesdays, 6:00 pm – 8:00 pm

Series Dates

August 7 – September 11

September 18 – October 23

October 30 – December 4

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

September 5 – November 10

October 17 – November 21

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

July 20/21

October 19/20

August 24/25

November 16/17

September 21/22

December 14/15

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

Mondays 6:00 pm – 8:30 pm

Series Dates

July 15 – August 12

September 9 – October 7

October 21 – November 18

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.

New Parent Resource Center

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

Connect with us mycmh.org

Classes *(continued)*

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 Wednesday 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 mycmhbaby.org.

*Scan Code for
More Information*





July – December 2024 Parenting, Breastfeeding, Support Groups & Supplies

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.

Classes

Breast Pumping Class

9:00 am – 10:00 am

This 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. 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! Pre-registration is required. **\$25**

July 25
November 21

Our Babies, Ourselves

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

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).

Series Dates
August 20 – October 8
October 15 – December 3

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Classes *(continued)*

HypnoMothering Class

As mothers are entering a new chapter of life, this class supports them in making the transition more gentle and joyful. Infants welcome to attend with mother. Pre-registration required. **\$50**

Class is two Wednesdays,
10:00 am – 11:30 am

July 17 & 24	October 23 & 30
August 21 & 28	November 20 & 27
September 18 & 25	December 11 & 18

Post-Natal Yoga

Our post-natal yoga class is designed for those who are at least 6 weeks post-delivery. Infants up to one year of age welcome to attend. **Partners do not attend.** Pre-registration is required. **\$15**

Fridays, 11:30 am – 12:30 pm

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

July 9	October 8
August 13	November 12
September 10	December 10

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 & bras

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.

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July – December 2024 Community Forum Calendar

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July

- 11 1st Year of Life: Gross Motor Milestones
- 18 Infant Sleep
- 25 Kindermusik

October

- 10 1st Year of Life: Gross Motor Milestones
- 17 Infant Sleep
- 24 Kindermusik
- 31 Post-Partum: Reconnecting with your Core and Pelvic Floor

August

- 1 Post-Partum: Reconnecting with your Core and Pelvic Floor
- 8 Motherhood Mental Health Matters
- 15 Post-Partum: Back Care
- 22 Post-Partum: Mood and You

November

- 7 Motherhood Mental Health Matters
- 14 Post-Partum: Back Care
- 21 Post-Partum: Mood and You

September

- 5 Car Seat Safety
- 12 Teething and Dental Care
2:30 pm – 3:30 pm
- 26 Estate Planning with Young Children

December

- 5 Car Seat Safety
- 12 Teething and Dental Care
2:30 pm – 3:30 pm
- 19 Estate Planning with Young Children

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