

Thursdays 1:00 pm – 2:00 pm **Community Forum 2025**

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!

January

- 9 Fitness through Pregnancy & Beyond
- 16 Post-Partum: Mood & You
- 23 Infant Sleep
- 30 Post-Partum: Reconnecting w/Your Core & Pelvic Floor

March

- 6 Teething and Dental Care 2:30 pm – 3:30 pm
- 13 Kindermusik
- 20 Car Seat Safety
- 27 Post-Partum: Mood & You

May

- 1 1st Year of Life: Gross Motor Milestones
- 8 Teething and Dental Care 2:30 pm – 3:30 pm
- 15 Post-Partum Ergonomics & Body Mechanics for Neck & Low Back Pain
- 22 Kindermusik
- 29 Fitness through Pregnancy & Beyond

February

- 6 Motherhood Mental Health Matter
- 13 Estate Planning for New Parents
- 20 1st Year of Life: Gross Motor Milestones
- 27 Post-Partum Ergonomics & Body Mechanics for Neck & Low Back Pain

April

- 3 Infant Sleep
- 10 Post-Partum: Reconnecting w/Your Core & Pelvic Floor
- 17 Motherhood Mental Health Matters
- 24 Estate Planning for New Parents

June

- 5 Car Seat Safety

January – June 2025 **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. Pre-registration is required. **\$250 per couple**

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**

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**

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**

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**

5-Week Series

Wednesdays, 6:00 pm – 8:30 pm

February 19 – March 19

April 2 – April 30

May 14 – June 11

6-Week Series

Mondays, 6:00 pm – 8:00 pm

February 24 – March 31

April 7 – May 12

June 2 – July 7

6-Week Series

Thursdays, 6:00 pm – 8:00 pm

February 20 – March 27

April 3 – May 8

May 15 – June 26

2-Day Series

Saturday, 9:00 am – 4:30 pm

Sunday, 9:00 am – 12:30 pm

January 25/26 May 17/18

February 22/23 June 14/15

March 22/23

April 12/13

Fridays, 10:00 am – 11:15 am

Held at Community Memorial Wellness & Fitness Center Community Memorial Wellness & Fitness Center, 2723 East Main Street, Ventura.

January – June 2025

Support Groups & Lactation Consultations

Breastfeeding Support Group

This group is an opportunity for you to ask questions, get breastfeeding trips, and share your experience with other women. Pre-registration is required. **Free**

Thursdays, 10:00 am – 11:30 am

Well Mama Postpartum Emotional Support Group

This group offers a safe, professionally moderated environment for those in need of additional support post-partum. Pre-registration required. **Free**

Wednesdays, 1:00 pm – 2:00 pm

Private Breastfeeding Consultations

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. Appointment is required.

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

Classes

Pumping Assessment and Education

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**

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

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
March 4 – April 22
April 29 – June 17
June 24 – August 12

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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

January 14	April 8
February 11	May TBA
March No Class	June TBA

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

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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.

