



January – June 2024 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**

5 Week, Series

Mondays 6:00 pm – 8:30 pm

Series Dates

January 8 – February 5

February 26 – March 25

April 8 – May 6

June 3 – July 5

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, Series

Wednesdays, 6:00 pm – 8:00 pm

Series Dates

January 3 – February 7

February 14 – March 20

March 27 – May 1

May 8 – June 12

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, Series

Thursdays, 6:00 pm – 8:00 pm

Series Dates

January 4 – February 8

February 15 – March 21

March 28 – May 2

May 9 – June 13

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, Series

Saturday, 9:00 am – 4:30 pm

Sunday, 9:00 am – 12:30 pm

Class Dates

January 13 – 14

April 20 – 21

February 3 – 4

May 18 – 19

March 16 – 17

June 1 – 2

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



January – June 2024 **Parenting, Breastfeeding, Support Groups, & Supplies**

Support Groups & Lactation Consultations

Breastfeeding Support Group

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**

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. Call to schedule a consultation.

By Appointment

Monday – Friday, 8:30 am – 3:00 pm

Classes

Breast Pumping Class

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**

**Fourth Thursday of the Month,
9:00 am – 10:00 am**

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

January 9 – February 27

March 5 – April 23

April 30 – June 18

2024 Parenting, Breastfeeding, and Support Groups *(continued)*

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HypnoMothering Class

As mothers are entering a new chapter of life, this class supports them in making the transition more gentle and joyful. As this is a self-care opportunity for new mothers, **partners and infants do not attend**. Pre-registration required. **\$50**

Post-Natal Yoga

Our post-natal yoga class is designed for those who are at least 6 weeks post-delivery. As this is a self-care opportunity for new mothers, **partners and infants do not attend**. Pre-registration is required. **\$15**

CPR

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**

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.

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!

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

January 17 & 24

May 22 & 29

February 21 & 28

June 20 & 27

March 20 & 27

April 17 & 24

Fridays, 11:30 am – 12:30 pm

6:00 pm – 8:00 pm

January 9

May 14

February 13

June 11

April 9

Breastfeeding Boutique Hours

Monday – Friday, 8:00 am – 4:00 pm

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



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



January – June 2024 Community Forum Calendar

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January

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

February

- 8 Post-Partum: Reconnecting with Your Core & Pelvic Floor
- 15 Motherhood Mental Health Matters
- 22 Post-Partum: Back Care
- 29 Car Seat Safety

March

- 14 Teething & Dental Care
- 21 Post-Partum Mood & You
- 28 Estate Planning with Young Children

April

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

May

- 9 Post-Partum: Reconnecting with Your Core & Pelvic Floor
- 16 Motherhood Mental Health Matters
- 23 Post-Partum Back Care
- 30 Car Seat Safety

June

- 13 Teething & Dental Care
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