

Breastfeeding Support Groups/ Grupos de Apoyo Para Amamantar

* Locations and dates subject to change/Ubicaciones y fechas sujetas a cambios
Support groups are free unless indicated/ los grupos de apoyo son gratuitos a menos que se indique

WEST COUNTY:

Ojai/Oak View:

Tuesdays/Martes 9:30-10:45 am
Nan Tolbert Nurturing Center:
Circle of Parenting (0-14 months)
555 Mahoney Avenue, Room 2
www.nantolbert.org/ (805)646-7759
Fee-Based: Pre-registration required/
Llame para registrarse. Basado en honorarios.

Ventura:

Wednesdays/Miercoles 11:30 am-12:30 pm
WIC- Ventura Site (across from VCMC)
Open to Community & WIC clients/
Abierto a la comunidad y clientes de WIC
3137 Loma Vista Rd (805)981-5251
English/Español

Thursdays/Jueves 3 pm-4:30 pm
CMH New Parent Resource Center
Breastfeeding Support/apoyo a la lactancia materna
2580 E. Main St. (805)658-2229

Oxnard:

Wednesdays/Miercoles 11 am-1 pm
St. John's Regional Medical Center
1600 N. Rose Ave.
Wellness Center (located on the first floor/primer piso) Pre Register/pre registrarse.: 805-988-2796

Friday/Viernes 11 am-12 pm
Breastfeeding Cafe/ Café de Lactancia
WIC-South Oxnard Site.
2500 S. C Street, Suite A
Open to Community & WIC clients/
Abierto a la comunidad y clientes de WIC
English/Español

Camarillo:

Thursdays/ Jueves 1:15 pm-2:45 pm
Camarillo Yoga Center
5800 Santa Rosa Road, Ste. 127

Santa Paula:

Tuesdays/Martes 10 am-12 pm
West Santa Paula West Medical Group
254 W Harvard Blvd.
English/Español

EAST COUNTY:

Moorpark/Simi Valley:

Thursdays/Jueves 9 am-10 am
Simi Valley Adventist Health Hospital
Women's Unit/en el centro de las mujeres.
For more information/ para mas informacion llame:
805-955-6304

Fridays/Viernes 3 pm-5 pm
Sierra Vista Clinic/ Clinica de Sierra Vista
1227 E. Los Angeles Ave.
Pre Register/ pre registrarse: (805)582-4012
English/Español

Thousand Oaks:

Mondays/Lunes 10-11:30 am
Los Robles Hospital
215 W. Janss Rd.
In the hospital--classroom 2/en la hospital--clase 2

Thursdays/Jueves 10 am -12 pm
Butterfly Center at Horizon Hills Parenting
33 Greta St.

La Leche League Groups/Grupos:
Varying locations throughout Ventura County.
Check www.llofventura.org or
call 805-312-3245 for current group locations,
times and dates.