

## 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](http://www.llofventura.org) or  
call 805-312-3245 for current group locations,  
times and dates.