**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/

llamada basada en tarifas para registrarse

**Ventura:**

**Tuesdays 5pm to 6:30pm**

Grow Midwifery

Post-partum support/apoyo posparto

[2393 E. Main St](https://maps.google.com/?q=2393+E.+Main+St&entry=gmail&source=g)

**Wednesdays/Miercoles 10am to 11:30am**

CMH New Parent Resource Center

Post-partum support/apoyo posparto

[2580 E. Main St](https://maps.google.com/?q=2580+E.+Main+St&entry=gmail&source=g). (805)658-2229

**Wednesdays/Miercoles 11:30am-12:30pm**

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/Espanol**

**Thursdays/ Jueves 3pm-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 11am-1pm**

St. John's Regional Medical Center

1600 N. Rose Ave.

Wellness Center (located on the first floor/primer piso) Pre Register/pre registrarte: 805-988-2796

**English/Espanol**

**Camarillo:**

**Thursdays/ Jueves 1:15pm-2:45 pm**

Camarillo Yoga Center

5800 Santa Rosa Road, Ste. 127

**Santa Paula:**

**Tuesdays/Martes 10am-12pm**

West Santa Paula West Medical Group

254 W Harvard Blvd. **English/Espanol**

**EAST COUNTY:**

**Moorpark/Simi Valley:**

**Wednesdays/Miercoles 3pm-5pm**

Sierra Vista Clinic/ Clinica de Sierra Vista

1227 E. Los Angeles Ave.

Pre Register/ pre registrarte: 805-582-4012

**English/Espanol**

**Thursdays/Jueves 9am-10am**

Simi Valley Adventist Health Hospital

Women's Unit/en el centro de las mujeres

Sign in at front desk. For more information, call 805-955-6304/para mas informacion llame 805-955-6304

**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 10am -12pm**

Butterfly Center at Horizon Hills Parenting

33 Greta St.

**La Leche League Groups/Grupos:**

**Varying locations.**

**Check www.lllofventura.org or**

**call 805-312-3245 for current group locations, times and dates.**