

## 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

### 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

### Ventura:

#### **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/Español**

#### **3rd Tuesdays/ Martes 10am**

La Leche League @ Coastline Church Nursery  
Breastfeeding Support/apoyo a la lactancia materna  
426 S. Mills Road (805)312-3245

#### **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 Pre Register: (805)988-2796

#### **Friday/Viernes 11am-12pm**

Breastfeeding Cafe/Cafe de Lactancia  
WIC-South Oxnard Site  
2500 S. C Street, Suite A  
Open to the community & WIC clients/ Abierto a la  
comunidad y clientes de WIC

**English/Español**

### Santa Paula:

#### **Thursdays/Jueves 10am-12pm**

West Santa Paula West Medical Group  
254 W Harvard Blvd.

**English/Español**

### Camarillo:

#### **3rd Wednesdays 1pm**

La Leche League Camarillo @ First 5 Neighborhood  
for Learning. 550 Temple Avenue. (shared campus with  
Pleasant Valley School of Engineering and Arts)  
Questions: call 805-484-2648 or email  
lalehecamarillo@gmail.com.

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

Camarillo Yoga Center  
5800 Santa Rosa Road, Ste. 127

### Moorpark/Simi Valley:

#### **Fridays/Viernes 3pm-5pm**

Sierra Vista Clinic/ Clinica de Sierra Vista  
1227 E. Los Angeles Ave.  
Pre Register/ pre registrarte: (805)582-4012

**English/Español**

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

Simi Valley Adventist Health Hospital  
Women's Unit. Sign in at front desk. For more  
information, call (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

#### **2nd Tuesdays/Martes 10am**

La Leche League of T.O.  
Inside the Oaks room of Westminster Presbyterian  
Church. 32111 Watergate Rd. in Westlake Village.  
(805)496-3867

#### **Fridays/Viernes 10am -12pm**

Butterfly Center @ Birch Family Birth Services  
T.O. Mall. 196 W. Hillcrest Drive Suite 93  
(803) 380-7771