

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 10am-12pm

Primer y tercer Jueves del mes (excepto Julio) 5pm-7pm

St. John's Regional Medical Center
1600 N. Rose Ave. / 1st floor/primer piso
Wellness Center Pre Register: (805)988-2796

English/Español

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.

Tuesdays/ Martes 3:15pm-4:30 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 Oakside 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