

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:

Varying dates and times

Secure Beginnings formally
The Nan Tolbert Nurturing Center
Circle of Parenting (0-14 months)
555 Mahoney Avenue, Room 2
www.securebeginnings.org/ (805)646-7759

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
3147 Loma Vista Rd (805)981-5251
English/Español

NEW!!!! Wednesdays 11:30am:

"Breastfeeding Brunch" @ The Mama Cocoon
2261 Palma Drive #1 Ventura, CA 93003
(805) 603-9121 or email hi@themamacocoon.com;
website: mamacocoon.com

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 2pm-3:30 pm

CMH New Parent Resource Center
Breastfeeding Support/apoyo a la lactancia materna
2580 E. Main St. (805)658-2229

Oxnard:

Wednesdays 10am-12pm

St. John's Regional Medical Center
1600 N. Rose Ave. / 1st floor/primer piso
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 (varying locations)

La Leche League Camarillo.
Email: lalechecamarillo@gmail.com for up to date
meeting locations.

Moorpark/Simi Valley:

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 & New !! 4th Wednesdays/Miercoles

Varying locations.
La Leche League of T.O. -see Facebook page or call
(805)496-3867 or **(661)886-8852** for locations

NEW!!! Tuesdays/Martes 10am -12pm

Butterfly Center @ Horizon Hills Parenting Program
33 Greta St. Thousand Oaks
Phone (818) 584-6414 Email: info@butterflycenter.org

Fridays/Viernes 10am -12pm

Birch Family Birth Services
T.O. Mall. 196 W. Hillcrest Drive Suite 93
(805) 380-7771

Updated 3.1.20