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

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

Oxnard:
Wednesdays 10am-1pm
St. John's Regional Medical Center
1600 N. Rose Ave. / 1st floor/primer piso
Wellness Center Pre Register: (805) 988-2796

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

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

Thousand Oaks:
Fridays/Viernes 10am -12pm
Birch Family Birth Services
T.O. Mall. 196 W. Hillcrest Drive Suite 93
(805) 380-7771

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www.breastfeedventura.org