



Free Breastfeeding Classes

Before your baby arrives we encourage you to attend a breastfeeding class at Santa Paula Hospital or Ventura County Medical Center (VCMC).

We suggest you start the 2 week class before you enter your 34th week of pregnancy.

Santa Paula classes will be held in the hospital library from 5pm to 7pm.

VCMC classes will be held in one of the small cafeteria conference rooms from 5pm to 7pm.

SPH 2016 Schedule

February 2 & 9 (English)
 March 1 & 8 (Spanish)
 April 5 & 12 (English)
 May 3 & 10 (Spanish)
 June 7 & 14 (English)
 July 5 & 12 (Spanish)
 August 2 & 9 (English)
 September 6 & 13 (Spanish)
 October 4 & 11 (English)
 November 1 & 8 (Spanish)
 December 6 & 13 (English)



VCMC 2016 Schedule

February 4 & 11 (English)
 March 3 & 10 (Spanish)
 April 7 & 14 (English)
 May 5 & 12 (Spanish)
 June 2 & 9 (English)
 July 7 & 14 (Spanish)
 August 4 & 11 (English)
 September 1 & 8 (Spanish)
 October 6 & 13 (English)
 November 3 & 10 (Spanish)
 December 1 & 8 (English)

Bring your partner and learn about:

- * The benefits of breast feeding
- * Common myths and misconceptions
- * The American Academy of Pediatrics' recommendations
- * Positioning and latch techniques
- * How to return to work or school and continue to breast feed
- * Community resources and support systems

For the Classes: Please RSVP to (805) 652-6090 M-F 7am—3pm

Breastfeeding Support Groups

After your baby arrives we hope you will come to our breastfeeding support groups.

Bring your baby, meet other breastfeeding mothers and get help from Lactation Counselors.

Santa Paula Support Group

Meets every Tuesday morning 10am-12noon
 Santa Paula West Medical Group
 254 W. Harvard Blvd, Santa Paula, CA 93060

VCMC Support Group

Meets every Thursday morning 11am-1pm
 in the 4th floor Labor & Delivery waiting room
 3291 Loma Vista Rd., Ventura, CA 93003

Call Carol Lundstrom if you have questions regarding the classes or the support groups (805)415-7740

—No RSVP is necessary for the support groups—