

WHAT'S A NEW MOM--OR DAD--TO DO?

2016

Fabulous Community Resources for New Moms & Dads in Santa Cruz County
Compiled by...The Gals @ Birth Santa Cruz

Activities and events could change or be rescheduled. Please call to double-check dates, times, and locations. Birth Santa Cruz has made every attempt but does not guarantee the accuracy of this information. Know something we should add? Email us at TheGals@BirthSantaCruz.com!

Nursing Support & Massage

La Leche League Monthly Meetings. 425-3088 or LLofSantaCruz@gmail.com for more info. FREE 10:30 am on 3rd Tuesday of each month. 111 Errett Circle, Santa Cruz (Discovery Learning Center) 10:30 on 2nd Saturday of each month. Live Oak Family Resource Center, 1740 17th Ave., Santa Cruz.

Luma Yoga: Infant Feeding Circle. Tuesdays 1:30-2:30. LumaYoga.com for details. Thursdays 1:30-2:30.

Sutter Maternity & Surgery Center, New Parent Support Groups. Drop-in. Suggested donation \$5-15. Tuesdays 10-11:30 am for parents with babies 3 weeks to 4 months. Thursdays 10-11:30 am for parents with babies 4-9 months.

Postpartum wellness group. Mondays 10-11:30. Small group for moms with concerns about their wellbeing. At Sutter with Maggie Muir, LMFT. Drop-in. For questions, contact Maggie 426-3016.

Baby Talk Mom & Infant Sharing & Support Group. Watsonville Community Hospital, Lactation Room, 2nd floor. Wednesdays 10-12. Drop-in. Free. Call 763-6015.

SPANISH! Baby Talk Mom & Infant Sharing & Support Group. Watsonville Community Hospital, Lactation Room, 2nd floor. Tuesdays 12-1:30. Drop-in. Free. Call 763-6015.

Dominican Hospital (831-462-7862):

Breastfeeding Support Group, Education Center, Wednesdays 10:30-12:30.

New Mom Support Group, Education Center, Wednesdays 10:30-12:30.

Beyond the Blues. Mondays 11 am- noon. Dominican Hospital Pediatric Playroom. Call Laurie Stuart, RN, at 462-7745, or Sonya Drottler, LCSW, 831-462-7859, for information.

Infant Massage Class. For babies 6 weeks to crawling. Call Kymm Ann Wallin, CIMI, 334-3917 for more info.

New Mom Nursing & Support Groups and more. Various dates/times. BabyStepsDoula.com for info.

Attachment Parenting Support Group. See MontereyBayAPI.org for current schedule.

