

# VENTURA COUNTY MEDICAL CENTER

📍 300 Hillmont Avenue  
Ventura, CA 93003

☎ 805-652-6090

🌐 [vchca.org](http://vchca.org)

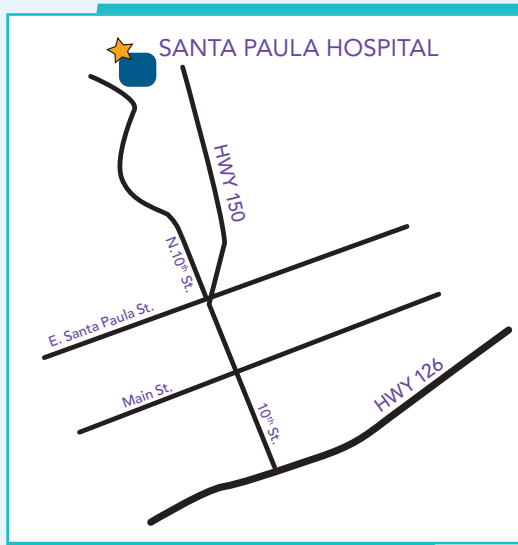
# SANTA PAULA HOSPITAL

A Campus of Ventura County Medical Center

📍 825 N. Tenth St.,  
Santa Paula, CA 93060

☎ 805-933-8600

🌐 [vchca.org](http://vchca.org)



You can also find us on social media



/vchca



## WE OFFER:

- ▶ Obstetrical Care
- ▶ Maternal Fetal Medicine Services
- ▶ NICU (Neonatal Intensive Care Unit/VCMC)
- ▶ Gynecological Care
- ▶ World Health Organization Baby Friendly Designated Hospitals
- ▶ TOLAC (Trial of Labor After Cesarean)
- ▶ CMQCC Participant (California Maternal Quality Care Collaborative)

**CMQCC** California Maternity Honor recipient  
California Maternal Quality Care Collaborative  
since 2015. Recognizing hospitals with a cesarean rate below 23.9%.  
Learn more at [chcf.org/project/my-birth-matters](http://chcf.org/project/my-birth-matters)

Ventura County Medical Center (VCMC)  
Labor and Delivery: 805-652-6090

Santa Paula Hospital (SPH)  
Labor and Delivery: 805-933-8620

[venturacountywomenshealth.com](http://venturacountywomenshealth.com)  
[santapaulamidwives.com](http://santapaulamidwives.com)



VENTURA COUNTY  
MEDICAL CENTER  
SANTA PAULA HOSPITAL  
A Division of Ventura County Health Care Agency

# Prenatal Postpartum Care 2024



**Birth Center**

**Centro de Nacimiento**

# CHILDBIRTH PREPARATION CLASSES

## 2024 Dates

Join us for all 3 classes in this free, virtual series!

Support People & Partners Are Encouraged To Attend!

Wednesdays From 6-8pm

JANUARY: 10,17 & 24

JULY: 3, 10 & 17

MARCH: 13, 20 & 27

SEPTEMBER: 4, 11 & 18

MAY: 8, 15 & 22

NOVEMBER: 6, 13 & 20

To Join Microsoft Teams Meeting, Click The Link

Below or Scan the QR Code ----->

Meeting ID: 216 088 488 828

Passcode: 4axiVD

Link: [tinyurl.com/mryjt2fm](https://tinyurl.com/mryjt2fm)



**Session 1:** Pregnancy and What To Expect, Nutrition and Exercise, Common Discomfort, Mental Health in Pregnancy, Positions for Labor, Signs and Stages of Labor

**Session 2:** Techniques For Coping With Labor, Pain Management Options, Complications in Labor, C-Sections

**Session 3:** Postpartum Care, Breastfeeding, Newborn Care, Family Adjustments

This series is brought to you by the Childbirth Education Committee at VCMC and SPH.

For more information, please contact:  
Maria Castellon BSN, RNC

[maria.castellon@ventura.org](mailto:maria.castellon@ventura.org) | 805-652-6090

**Santa Paula Hospital** is an acute care community-based hospital providing inpatient and outpatient services and full-service departments for diagnostic procedures, treatments, aftercare and ongoing care. We are the only emergency room between the cities of Ventura and Santa Clarita.

Our local hospital an at-home, birth center feel in a hospital setting, a Baby Friendly Hospital Designation, as well as an upgraded, state of the art, Imaging Department.



# POSTPARTUM SUPPORT GROUP

1st and 3rd Tuesday of each month  
English 10-11am | Spanish-11:15-12:15pm

To Join Microsoft Teams Meeting, Click The Link Below

or Scan the QR Code ----->

Meeting ID: 292 900 488 767

Passcode: yfZrbR

Link: [tinyurl.com/3mjn84m2](https://tinyurl.com/3mjn84m2)



# HOSPITAL BIRTH CENTER TOURS

Join us at VCMC on the second Tuesday of each month. Meet in the cafeteria.

Tours begin promptly at 4:30, 5:00 and 5:30 pm.

Jan 9, Feb 13, March 12, April 9, May 14,

June 11, July 9, August 13, September 10,

October 8, November 12, December 10th

Join us at Santa Paula Hospital on the third Tuesday of each month.

Meet in the birth center.

Tours begin promptly at 5:00 and 5:30 pm.

Jan 16, Feb 20, March 19, April 16, May 21,

June 18, July 16, August 20, September 17,

October 15, November 19, December 17

# BREASTFEEDING SUPPORT

To schedule a free outpatient lactation consultation call 805-652-6090



BREASTFEEDING  
COALITION OF  
VENTURA COUNTY

WARM LINES: CALL OR TEXT

ENGLISH: 805-665-3604

SPANISH/ESPAÑOL: 805-973-7015

MIXTECO: 805-751-9610