



2025 CHILDBIRTH PREPARATION CLASSES

JOIN US FOR ALL THREE CLASSES in this free, virtual series! Support people and partners are encouraged to attend!

WEDNESDAYS from 6-8 PM

JAN: 8th, 15th, 22nd

MAR: 5th, 12th, 19th

MAY: 7th, 14th, 21st

JUL: 2nd, 9th, 16th

SEPT: 3rd, 10th, 17th

NOV: 5th, 12th, 19th

To join the Microsoft Teams Meeting Click the link below or scan the QR Code



Meeting ID: 216 088 488 828

Passcode: 4axiVD

Link: tinyurl.com/mryjt2fm

For more information, please contact:

Maria Castellon BSN, RNC

maria.castellon@ventura.org

805-652-6090

HOSPITAL BIRTH CENTER TOURS

Join us at VCMC every **2nd TUESDAY** of every month of 2025. Meet in the cafeteria for tours at **4:30, 5:00, 5:30 pm.**

Jan 14, Feb 11, Mar 11, Apr 8, May 13, Jun 10, Jul 8, Aug 12, Sep 9, Oct 14, Nov 11, Dec 9.

2025 CLASES DE PREPARACIÓN PARA PARTO

ÚNANSE CON NOSOTROS EN ESTA SERIE de clases virtuales gratuitas! ¡Su pareja/ persona de apoyo son bienvenidos!

MIÉRCOLES de 6-8 PM

FEB: 5, 12, 19

ABR: 9, 16, 23

JUN: 4, 11, 18

AGO: 6, 13, 20

OCT: 8, 15, 22



Para unirse a la reunión de Microsoft Teams, haga clic en el enlace abajo o escanee el código QR

Código de la junta: 292 900 488 767

Contraseña: yfZrbR

Link: tinyurl.com/3mjn84m2

Para más información, por favor, contacte a Maria Castellon BSN, RNC
805-652-6090

maria.castellon@ventura.org
[venturacountywomenshealth.com](https://www.venturacountywomenshealth.com)

RECORRIDOS DE CENTRO DE MATERNIDAD

Acompáñanos en VCMC cada 2do **MARTES** de cada mes de 2025. Los recorridos comienzan en la cafetería del hospital a las **4:30, 5:00, 5:30 pm.**

Ene 14, Feb 11, Mar 11, Abr 8, May 13, Jun 10, Jul 8, Ago 12, Sep 9, Oct 14, Nov 11, Dic 9



VENTURA COUNTY
HEALTH CARE AGENCY

VENTURA COUNTY
MEDICAL CENTER
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