

MOMMY & ME SUPPORT GROUPS LOS ANGELES AREA



BABYGROUP®

Provides guidance and insight to parents of infants and young children in a friendly and comfortable supportive group environment.

Location: Santa Monica, CA

<https://www.babygroup.me/index.htm>

New Beginnings at the Nest

A premier Mommy and Me program in the South Bay Area with fun and nurturing boutique style weekly classes.

Location: Hermosa Beach, CA.

<https://www.newbeginningsatthenest.com/>

Baby Boot Camp

Provides fitness, nutrition, and community support for moms of all ages and stages.

Location: Various Los Angeles Locations.

<https://www.babybootcamp.com/>

Play Creations

Offers a unique, fun and interesting class for babies, toddlers and children. Focusing on brain development and provide a creative curriculum geared towards language development, sensory play, motor skill development, communication, music and movement, pretend play, and discovery.

Location: Various Los Angeles Locations.

<http://www.playcreationskids.com/>

Whether trying to help your child learn how to sleep, understand her needs and behavior, or deal with your own emotional triggers as a mom or dad, raising a child can sometimes make you feel unsure about the right path. You are not alone, and we can help.

Sleepy Planet Parenting

Helps shine light on places where you're feeling stuck, they help you find new perspectives and solutions that make sense for you and your family.

Location: Various Los Angeles Locations.

<https://www.sleepyplanet.com/>

Moms Club

A support group designed just for you, the at-home mother! You are interested in the world around you, want a variety of activities for you and your children, and are proud of your choice of at-home mothering for your families! We know, because we're at-home mothers, too!

Location: Various Los Angeles Locations.

<https://momsclub.org/>

The Wright Mommy & Me

Being a new parent isn't easy! At every stage of your baby's development, you face new challenges and questions. Led by a team of licensed psychotherapists, this class is a highly interactive experience, with an emphasis on mindful, empathic parenting and optimizing your baby's development through your relationship. Each class meets weekly for 90 minutes throughout your baby's first year.

Location: Various Los Angeles Locations

<https://wrightmommy.com/>

Fit 4 Mom

All of FIT4MOM's fitness classes and wellness programs were created to provide Strength in Motherhood®. Find the class for you.

Location: Various Los Angeles Locations.

<https://fit4mom.com/>

The Pump Station

Today The Pump Station & Nurtury® provides education and support to over 500 expecting and new parents weekly in their Santa Monica and Hollywood locations. Cheryl is now CEO and Owner and together with her business partner Corky they continue to look for ways in which they can support men and women as they move into their new roles as parents. Their team of credentialed experts utilizes evidence based information to educate parents on everything parenting, breast, baby and toddler related. With the recent addition of Postpartum Doula services in the Los Angeles & Orange County areas, and more expansion on the horizon, The Pump Station & Nurtury® is continuing on its mission to nurture, support, and empower, all new parents with compassionate service, quality information & outstanding products.

Location: Santa Monica & Hollywood Locations.

<https://www.pumpstation.com/>

Babies First Class

A unique, interactive mommy & me program designed for babies from approximately 3 months to approximately 16 months, our goal is to help educate, guide and empower new parents, promote family bonding, and provide a fun and stimulating environment for infants and adults. Weekly sessions include invaluable information and discussions on infant development, parenting, discipline techniques, sensory stimulation, psychological issues and practical topics.

Location: Sherman Oaks.

<http://www.babiesfirstclass.com/>

Bini Birth

Bini Birth is a space dedicated to providing support and education for expecting parents, new families, and birth professionals.

Location: Sherman Oaks.

<https://www.binibirth.com/>

Burbank Parents Education Program

The Parent Education Program is Burbank's hidden gem. We are a school full of resources for parents and their children to gain knowledge in parenting, and child rearing skills. You will make life-long friends and find yourself to be a part of a very special community. Classes are available every day of the week for parents and their infant to school age children.

Location: Burbank, CA

<https://burbankparented.org/>

A Mothers Haven

At A Mother's Haven, our mission is to provide expectant and new parents a nurturing and welcoming environment where they can receive the education, support, and products they need to begin the most rewarding experience of their lives.

Location: Encino, CA

<http://shopthehaven.com/>

West L.A. Moms

Two amazing moms created this website with a directory to different Mommy & Me classes in the L.A. area, as well as guides to other fun activities such as music, story time, prenatal, gym, sports, etc.

Location: Various Los Angeles Locations

<http://www.westlamoms.com/directory>

Gymboree Play & Music

Everything is done intentionally, thoughtfully, and very playfully, by and with experts in both education and play, like Zero to Three®. Our whole-child approach centers around the 3 keys to learning (Social/Emotional, Cognitive and Physical). No matter their age, we design research-based curriculums with your child's brain, body and expressive sense of wonder and joy in mind.

Location: Various Los Angeles Locations

<https://www.gymboreeclasses.com/>

UCLA NEW MOMMIES

UCLA new mothers with their babies are welcome to attend these no-cost meetings. Mothers meet under the guidance of a UCLA lactation specialist or RN to find answers to questions, share concerns, celebrate successes, and offer encouragement for mothers with new babies. We are very pleased to be able to support our pregnant patients and postpartum moms through baby's first year. The gatherings will provide a forum for mothers with new babies to network, share insights and discuss parenting topics. Common topics of discussion are normal newborn behavior, developmental stages, dealing with lack of sleep, breastfeeding, and going back to work.

Please note that this is NOT a breastfeeding clinic. Resources are available for specific needs.

Mother-Infant Support Group

Santa Monica

Thursdays (excluding holidays) Noon to 1 pm

UCLA Medical Center, Santa Monica
Merle Norman Pavilion - 2nd Floor Postpartum Family Room
For more information, call **(424) 259-8250**

Westwood

Wednesdays, 1:30pm to 2:30pm

UCLA Medical Center, Westwood
200 Medical Plaza Suite 206A
For more information, call **(310) 267-9517**

Neonatal Intensive Care Unit Support Group

We also offer a support group for parents whose babies spent time in the Neonatal Intensive Care Unit

Santa Monica

Friday's 1-2pm

UCLA Medical Center, Santa Monica

Merle Norman Pavilion- 2nd floor Postpartum Family Dining Room

for more information, call **(424)259-8250**

Westwood

Tuesdays and Fridays 1:30-3pm

Ronald Reagan UCLA Medical Center, Room 8234

For more information, call **(310)267-7565**