

About the program...

The Parent Education Program of the Conejo Valley Adult School has helped thousands of families in the Conejo Valley area in their goal to become the best parents possible.

The Pregnancy, Perinatal, and Newborn program is grounded in the belief that an understanding of the physical, emotional, and social changes of pregnancy and the labor process connects us to our children. This program lays the ground work for a cherished, respectful and bonded life-time relationship between parent and child.

Conejo Valley Adult School Parent Education Program provides a calm, comfortable, unhurried opportunity for expectant parents seeking information, education, support and camaraderie.



About the instructor...

Brenda Hunter, M.S.

Brenda has worked with thousands of children and families, over the past 30 years, specializing in pregnancy related issues, parenting education, child development, teen sexuality, and child abuse prevention.

She is a credentialed Adult Education teacher who is a trained Lamaze Childbirth Instructor, Certified Lactation Consultant, Certified Infant Massage and Red Cross CPR Instructor.

Brenda has also provided labor support for 100 natural deliveries!

She holds a BA degree in Sociology/ Social Work and a MS degree in Human Resource Development.

Parent Education Pregnancy, Perinatal, & Newborn Program at Horizon Hills

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Click Parent Education on the right side of the page

Conejo Valley Adult School Parenting Program

Pregnancy, Perinatal & Newborn Program



*Come for your child,
Stay for yourself*

Welcome to Parenthood

Also known as Parenting the Newborn, this year long class takes you through the stages of infancy as you transition into parenthood.

The post partum period is a time of falling in love with your newborn and learning to become a family.

This takes time and support because it is also a time of unknowing, exhaustion, and cultural stress to be "perfect". We provide a unique environment for parents and newborns to come together on a weekly basis, in a relaxed atmosphere. Receive guidance, participate in discussions, or just go to "get out of the house" and know that you are not alone during this time of great transition. Newborn habits, attachment, health, and time management are just a few of the many topics of this class.



Classes are held in a safe, non-judgmental environment where all questions and concerns can be addressed.



Welcome to Pregnancy

This six week class meets once a week for two hours and is best for moms from conception up to 28 weeks.

Discover the amazing 9 month journey of "growing a life" and the importance of being connected with your baby in utero. Expectations, self care, and planning for the future will also be covered.

A pregnant woman needs good medical care but she and her baby can also benefit greatly from an early emotional and educational support environment. Here, she can learn about the impact of nutrition, attachment, relationships and self care on fetal development, and become empowered as a parent.

We are here to help you embark on the wonderful journey towards parenthood.

The pregnancy journey and the transition to parenthood can be filled with "wonder" and joy, as well as new feelings of concerns, confusion and even doubt.

Childbirth Preparation Class

This six week class meets once a week for two hours and is ideally taken during the six to eight weeks prior to due date. Recommended for both parents, or mother and her labor partner.

Use the power of being prepared to have a positive labor experience. Topics include signs and stages of labor, non medical and medical comfort techniques. The role of the labor partner is highly emphasized and supported. The sixth class of each childbirth series is the Introduction to Breastfeeding Class.



Introduction to Breastfeeding

This is a two hour class and is recommended for both parents.

Give your baby and yourself the "biological nurturing" of breastfeeding. Build confidence and knowledge while learning the child led, laid-back approach to breastfeeding.

This class is offered as the conclusion of the Childbirth Preparation classes, or as a stand-alone class.

Call 805-492-8837 for more information or to register.