

New Parent Support Program



Classes / Groups

Home Visitation Services

In-home pregnancy and parenting support, education for families with children 0 thru 5 years of age.

Call for information.

Infant Massage

Six Week Course

Recommended for babies 4-weeks to pre-crawling. Registration required.

Call for information.

Postpartum Support Group

MONDAYS

1000-1100

*The postpartum period is tough.
You don't have to do it alone.*

- Connect with other parents*
- Talk about your experience*
- Learn helpful tools and resources to help you feel like yourself again.*

Baby Boot Camp Class

Every second MONDAY

0800-1600

Must register.

Play Mornings

TUESDAYS

0900-1030

*Facilitated by an RN to answer all feeding, infant care and development questions.
Casual setting to support parent and child social interactions.*

Operation Dads Group

2ND AND 4TH THURSDAYS

1130-1230

Casual gathering where dads can bond with their little ones and connect with other dads.

**For more info call
(808) 496-8803
Bldg 216**

MARINE & Family

**New Parent
& Support
Program**

MC CS
MARINE CORPS
COMMUNITY SERVICES