

New Parent Support Program



Classes / Groups

HOME VISITATION SERVICES

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

Baby Boot Camp Class

Every second WEDNESDAY 0800-1600
Must register. Preparing your family for childbirth, infant care and safety

Infant Massage Class

Five-wk course: FRIDAYS 1030-1200
Must register. Promotes parent/child bonding, neurological development and attachment

Weigh & Play

WEDNESDAYS 0900-1100
Facilitated by RN/IBCLC to answer all feeding, infant care, and development questions. Casual setting to support mom and child social interactions

Multiple Mayhem

First & third MONDAYS of every month 1030-1200
Support group for caregivers of multiples

Postpartum Support Group

As requested. Supporting mothers struggling with PPD and/or anxiety

Breastfeeding & Beyond Group

FRIDAYS 1130-1330
Facilitated by RN/IBCLC & MSW intern. For prenatal and postnatal parents desiring more structured/topic specific support. Bring your baby and lunch; coffee/water will be provided

Individual/Unit Outreach & Mentorship* Small Victories

TUESDAYS 1500-1630
Individual or group mentorship program for fathers-to-be and fathers with children 0-5 yrs old

Can provide unit training as requested

For more info call
257-8800/8803
Bldg 216

MARINE &
Family

New Parent
& Support
Program

