

New Parent Support Program

 /MCBHNEWPARENT

 @MCBH.BH



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.

Mama and Mini Mondays

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.

Bump and Bloom

TUESDAYS • 0900-1000

Pregnancy Support Group. Are you expecting? Feeling overwhelmed, excited, nervous or all of the above? Come as you are to share, listen and find encouragement and connection with other expecting mothers. Adults only group so everyone can fully engage in this supportive space.

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