

# 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

**MC CS**  
MARINE CORPS COMMUNITY SERVICES