

Breastfeeding Resources for Military Families – Camp Pendleton

Breastfeeding support groups (La Leche League) NO FEE
Experienced breastfeeding mothers accredited by LLLI provide information & support. Calls usually returned within 24 hours.
Phone: (858) 848-6455 www.lllofsandiego.com

San Diego County Breastfeeding Coalition NO FEE
Referrals to lactation services countywide
www.breastfeeding.org

New Parent Classes and Support
New Parent Support In-home Parenting Classes NO FEE
Phone: (760)725-3884

Baby Boot Camp NO FEE
Class for new/expectant parents that covers how to take care of a newborn and how to access important resources.
Phone: (760) 725-3884

Play Morning Play Group NO FEE
Play time for kids ages 1-5, & opportunity to socialize w/ other families
Phone: (760) 725-3884

Parenting Classes NO FEE
Geared toward families with kids under age 6.
Phone: (760) 725-3884

Our First Friends: Mommy & Me Support Group NO FEE
Fun, Play & Learning for military parents & infants/toddlers.
Phone: (760) 725-3884

Cooperative Parenting Class NO FEE
For single AD or separated parents to learn effective ways to co parent.
Phone: (760) 725-3884

Budget for Baby NO FEE
Learn how baby impacts budget; receive baby's 1st sea bag
Phone: (760) 725-5337

Prenatal & Postnatal Nutrition & Fitness
Clinical Nutrition Dept. Naval Hospital CP
Pre/post-natal nutrition counseling. Medical referral required.
Phone: (760) 725-1244

Stroller Strides
Outdoor stroller exercise classes throughout SD County
Phone: (760) 410-8492

Parent Support Groups, Individual and Family counseling
Armed Services YMCA NO FEE
Parent groups, parent-child classes & confidential in-home counseling.
Phone: (760) 385-4921 www.camppendletonasymca.org

Military OneSource
Trained counselors provide confidential support & info 24 hours/day.
Phone: 800-342-9647 www.militaryonesource.com

Healthy Start Military Resource Center NO FEE
Programs vary – ex: matching moms-to-be with experienced mentors; in-home child assessments; playgroups.
Phone: (858) 496-0044 www.saysandiego.org

Camp Pendleton Counseling Services NO FEE
Domestic violence support services & counseling.
Phone: (760) 725-9051 / (760) 763-6940
For 24-hour help: (760) 500-2633

Women's Resource Center (off base)
High quality support services, counseling, education, & shelter to victims of domestic violence.
Phone: (760) 757-3500

Postpartum Depression
Moms in Transition NO FEE
Support group for prenatal/postpartum active duty women & spouses who have been screened for potential maternal depression.
Phone: (760) 725-3884

San Diego Postpartum Health Alliance
Phone: (619) 254-0023

Childcare
Childcare Resource and Referral NO FEE
Apply for base Child Development Centers or licensed Family Home Care Providers. Waiting lists apply; register early.
Phone: (619) 556-8491 www.militarychildcare.com

Other resources
Low Cost Baby Items Cost Varies
Navy Marine Corps Thrift Store carries low cost baby items.
Phone: (760) 725-5337 for a location near you

Support the Enlisted Project (STEP)
Wide variety of programs and resources, including assistance with moving, car/appliance repair, and free programs for military families.
Phone: (866)424-5210 <http://www.stepsocal.org/home>

Base Library Service-Lifelong Learning Branch NO FEE
Children's reading areas, story time, after-school hour, reading clubs.
Patrick J. Carney Library-Mainside Bldg 1146 (760) 725-5669
South Mesa Branch-Bldg 200090 (760) 725-2032
Seaside Square Branch-Bldg 51093 (760) 725-7325

Information and Referral Services (One Call Can Do It All)
We link you to services on Base or in surrounding communities.
Phone: (760) 725-3400 / (760) 725-6090

ASYMCA NO FEE
Various programs for military families.
Mommy & Me, Operation Hero, Temporary Emergency Assistance Program, Project Liberty Call, Summer Day or Summer Resident Camps, Camp Hero, Camp Flashhh, Operation Appreciation, Operation Kid Comfort, Secret Santa
Phone: (760)385-4921 www.asymca.org

