

## Resources for Military Families – Central SD

### Breastfeeding support

#### Breastfeeding Prenatal Class

**NO FEE**

*Dads, grandmas, support partners, postpartum moms also welcome.*

**Where:** NMCS D **Phone:** (619) 532-5261 / Call to pre-register

#### Breastfeeding Discharge Class

**NO FEE**

*Children, dads, other family members also welcome.*

**Where:** NMCS D **Phone:** (619) 532-5261

#### Assistance from NMCS D Lactation Consultant

**NO FEE**

Leave a message & a Lactation Consultant will return your call.

**Phone:** (619) 532-5261 (warmline)

#### Lactation 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](http://www.lllofsandiego.com)

#### San Diego County Breastfeeding Coalition

**NO FEE**

Referrals to lactation services countywide

[www.breastfeeding.org](http://www.breastfeeding.org)

### New Parent Classes and Support

#### Mom's Survival Training

**NO FEE**

Group format class for moms-to-be & moms of infants. *Spouses & school-aged children welcome.*

**Where:** NMCS D **Phone:** (619) 532-6896 for dates, times, & to enroll

#### Boot Camp for New Dads

**NO FEE**

Support group / parenting skills training for active duty 1<sup>st</sup> time fathers

**Where:** NMCS D **Phone:** (619) 532-6896 for dates, times, & to enroll

#### ABC's of having a Military Baby

**NO FEE**

Bonding with your baby, ask pregnancy questions, & more.

*Prenatal/postpartum moms welcome.*

**Where:** NMCS D **Phone:** (619) 532-7150 (call to enroll)

#### Budget for Baby

**NO FEE**

Learn how baby impacts budget; receive baby's 1<sup>st</sup> sea bag

**Where:** find a location near you: <http://www.nmcrcs.org/locations/>

### Classes, Workshops, & Playgroups

#### Sibling Class

**NO FEE**

Small group format; provides 3-5-year-olds with skills to help welcome new sibling into family.

**Phone:** (619) 532-6896

#### Mothers of Preschoolers (MOPS)

Playgroups for moms & children 0-5-years-old

**Fees vary by location** [www.mops.org](http://www.mops.org)

### Prenatal/Postnatal Nutrition/Fitness

#### Prenatal Nutrition

**NO FEE**

NMCS D Nutrition Dept. Must have Tricare *prime* to qualify.

**Phone:** (619) 532-7636

#### Stroller Strides

Outdoor stroller exercise classes throughout SD County

<http://sandiego.fit4mom.com/>

**Fees may apply, call for more details**

### Parent Support Groups, Individual and Family counseling

#### Armed Services YMCA

Free confidential in-home counseling.

<http://www.asymca.org/san-diego-ca/programs/in-home-counseling>

### Activities for Children

Ex: mom and tot, summer camps, hero groups, etc

[ASYMCA programs](#)

### Military OneSource

**Phone:** 1-800-342-9647 <http://www.militaryonesource.mil/>

### Healthy Start Military Family Resource Center

**NO FEE**

Programs vary – ex: matching moms-to-be with experienced mentors; in-home child assessments; playgroups.

**Phone:** (858) 496-0044 or [www.saysandiego.org](http://www.saysandiego.org)

### Postpartum Depression (PPD)

#### Military Mental Health Services

Active Duty & dependents (must be referred by medical provider).

**Where:** NMCS D: (619) 532-5761

### Postpartum Support Groups (infants welcome)

**NO FEE**

<http://www.postpartumhealthalliance.org/get-help/postpartum-support-groups#.V2gZ4k2FPcs>

<http://www.sharp.com/health-classes/postpartum-support-group-17>

### 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](http://www.militarychildcare.com)

### Subsidies

NACCRRRA- Childcare subsidies may be available to those who qualify, including reduced rates.

<http://www.childcarenetwork.com/Get-Started/Military-Families>

### Other resources

#### NMCS D OB Nurse Triage

**Phone:** (619) 532-7000

#### Pediatric Appointment line (NMCS D)

**Phone:** (619) 532-8225

### Classes offered by Fleet and Family

1-866-923-6478 [www.cnic.navy.mil/navylifesw](http://www.cnic.navy.mil/navylifesw)

Boot Camp for New Dads, Navy New Parent Support Program, Active Duty Pregnancy Resource Class, Building Effective Anger Management Skills, Cutting Cost with Coupons, Effective Parenting Workshop, Flying Space-A, Life after the Uniform, LGBT, Love Long Distance, Navigating Child Care Options, Navy Spouse 101, Organize your Life, Parenting Tips (ages 6-12), Parent's guide to Teen Employment

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