

Resources

Army Community Services, OMC
831-242-7660

Family Advocacy
831-242-7653

AER/ Financial Readiness
831-242-5501

Exceptional Family Member Program, EFMP
831-242-7960

Military One Source
1-800-342-9647

Fleet And Family Support Center
831-656-3060

Military And Family Life Counselors, MFLC
831-324-5831

WIC
831-393-3251
CALfresh (Food Stamps)
866-323-1953

Postpartum Warmline And Wellness Group
831-783-5933

CalMed Pediatrics
201 9th Street, Marina, CA
831-646-5113
CHOMP Community Hospital
831-625-4773

Parenting Connection, Marina, CA
(Saturday and Evening classes)
parentingconnectionmc.org

Parents Place of Pacific Grove
(Weekday classes)
831-646-6623

Monterey County Child Protective Services
1-800-606-6618 or
831-755-4661

Suicide Prevention Lifeline
1-800-273-TALK (8255)

POM Police Department
831-242-7851 (non-emergency)
POM Fire Department
831-242-7545 (non-emergency)

Pregnancy Topics

Fetal growth
and development

Referral to WIC

Nutrition

Pregnancy health issues

Breast-feeding and
bottle information

Childbirth education

Parental bonding

Father's role

Preparation for baby

Emotional changes

Newborn care education

Childhood Topics

Child development

Parenting classes

Safety and childproofing

Discipline

Infant toddler care

Child health care issues

Toy selection

Play and activities

Feeding

Support groups for
parent and child

Spoiling baby

Calming baby

Sudden infant death (SIDS)

Infant personality

Sleep patterns

Infant communications

Temper tantrums

Toilet training

Infant massage

Family Topics

Stress management

Relationship counseling

Deployment

Self-esteem issues

Grief issues

Sibling rivalry

Divorce

Single parenting

Depression

Past childhood issues

Behavioral problems
of child

Army Community Service
Family Advocacy Program

New Parent Support Program

Presidio of Monterey
Ord Military Community (OMC)



General Stilwell Community Center
4260 Gigling Rd. on OMC
831-242-7660

New Parent Support Program (NPSP)



Who are we?

Whether you're a new parent or new again the New Parent Support Program (NPSP) is there to support you. NPSP is a home, community based parenting support, and education program for expectant parents and families with children through age three. Available to Active Duty Military

Services are provided by licensed professionals who have extensive knowledge and experience in child development and parenting. They provide education, support, information and resource referrals to military families who want to learn more about parenting skills.

What do we do?

- We provide on-going home visitation and community based support to you and your family by appointment.
- We will work with you individually or as a family on a wide range of parenting topics based on your individualized family needs in the comfort of your home.



When are we available?

Our office hours are Monday through Friday from 8 AM to 5 PM. You can call us at 831-242-5912 to request services and the home visitor will contact you to schedule an initial visit.

Quick facts

All new parents support home visitation program services are **FREE** and **CONFIDENTIAL**!

Active duty service members and their families are eligible to receive services if they are either pregnant or have a child under the age of four.

We want to help you give your baby the best gift of all: Loving, Nurturing and Happy Parents!



Babies Don't Come with Instruction Manuals
(That's why we are here)