

Community Resources

Military OneSource 1-800-342-9647

www.militaryonesource.mil

Family Health Hotline 1-800-322-2588

www.parenthelp123.org

PAVE/STOMP 253-565-2266

Advocacy & support for special needs Families

www.wapave.org

**Clover Park School District
Special Education Dept.** 253-583-5170

www.cloverpark.k12.wa.us

Washington State DSHS 1-800-737-0617

State assistance and benefits

www.washingtonconnection.org

Multi Care Health System 253-403-1000

www.multicare.org/tacoma-general-hospital/

Main Post Chapel 253-967-3816

www.facebook.com/JBLMReligiousSupport/

Child Protective Services 1-888-235-7638

www.dcyf.wa.gov/services/child-welfare-system-cps

WA POISON CONTROL HOTLINE

1-800-222-1222

www.wapc.org

24/7 JBLM DOMESTIC VIOLENCE SAFELINE

253-967-SAFE (7223)

For Emergency Response, Call 911

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

JBLM Resources

Directorate of Personnel & Family Readiness (DPFR)

Family Advocacy Program	253-967-5901
DPFR Waller Hall	263-967-7166
DPFR McChord - A&FRC	253-982-2695
R2 Prevention	253-967-1414
Escape Zone (McChord)	253-982-8590
Military & Family Life Counselors (MFLC)	253-293-2223 253-293-9353
WIC Program	253-982-0210
Families OverComing Under Stress (FOCUS)	253-966-6390

Child & Youth Services (CYS)

Parent Central (Registration)	253-966-2977
Teen Zone	253-967-4441
Raindrops & Rainbows	253-966-4802

Madigan Army Medical Center

Emergency Room	253-968-1390
Information Desk	253-968-1110
Behavioral Health FAP	253-968-4159
MAMC EFMP Enrollment	253-968-0254 253-968-1370
MAMC Child & Family Behavioral Health System	253-968-4843

New Parent Support Program

Office Hours: 8:30 am - 4:30 pm, Mon-Fri

Phone: 253-967-7409



JBLM DFPR

jblmdpfr.com



@jblmdpfr



JBLM DFPR
FAMILY ADVOCACY



New Parent Support Program



Information
(253) 967-7409

Class Enrollment
(253) 967-5901

About Us

The New Parent Support Program (NPSP) is a home and community-based parenting support and education program, assisting both expectant parents and Families with children through age three.

Services are confidential and provided free of charge by licensed professionals with extensive knowledge and experience in a wide variety of topics, to include:

Pregnancy

- Pregnancy Health | Childbirth
- Fetal Growth & Development
- Nutrition | WIC Referrals
- Breast/Bottle Feeding
- Prenatal Bonding
- Newborn Care

Childhood

- Infant Massage
- Child Development
- Safety & Childproofing
- Parenting | Discipline
- Infant Communication
- Play & Activities
- Health & Nutrition

Family

- Single Parenting
- Sibling Rivalry | Difficult Behavior
- Deployment | Distance Parenting



NPSP Offers the following Services:

HOME VISITATIONS

We gladly offer ongoing home visitation and community-based support to you and your family by appointment, at your convenience. We will work with you individually or as a family, and provide services anywhere within 50 miles of Joint Base Lewis-McChord.

Are you having trouble with potty training or getting your child on a sleep schedule? These are some of the things we can help address during home visits. Older siblings having a difficult time adjusting to a new baby in the family? We can help with that too.

Call us at 253-967-7409 to request services and a home visitor will contact you soon to schedule an initial visit.



CLASSES

NPSP offers parenting classes free of charge. Free childcare is available for most classes through Clarkmoor & McChord hourly care centers, or through Kids-On-Site. Children must be registered with JBLM CYS to receive care.

For a full list of classes offered, please visit jblmdpfr.timetap.com or contact the DPFR Family Advocacy Program at 253-967-5901.



PLAYGROUPS

This is an ongoing support opportunity for children to interact and play with peers, and for parents to connect with other parents. Weekly play groups are available for different age groups - no registration required! Call us at 253-967-7409 for more information.



Whether you are a first time parent or a new parent again, the New Parent Support Program is here to assist you