

Community Resources

Military OneSource 1-800-342-9647

www.militaryonesource.mil

Help Me Grow WA Hotline 1-800-322-2588

www.parenthelp123.org

PAVE/STOMP 253-565-2266

Advocacy and 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/

Religious Support Office 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

253-966-SAFE (7233)

For Emergency Response, Call 911

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

JBLM Resources

Directorate of Human Resources (DHR)

Family Advocacy Program 253-967-5901

M&FRC Waller Hall 253-967-7166

M&FRC McChord 253-982-2695

Exceptional Family Member
Program (EFMP) - Family
Support 253-967-7166

WIC Program 253-982-0210

Families OverComing Under
Stress (FOCUS) 253-966-6390

Child & Youth Services (CYS)

Parent Central (Registration) 253-966-2977

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

2140 Liggett Ave (M&FRC Waller Hall)

JBLM (Lewis-Main), WA 98433

Phone: 253-967-7409



Joint Base Lewis-McChord
Directorate of
Human Resources

Scan or click this code
to see all DHR flyers



ARMY COMMUNITY SERVICE
ACS
Quality Solutions for Successful Army Living

jblmDHR



JBLM DHR
Family Advocacy Program

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

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

Family

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



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

SERVICES

New Parent Support Program services are personalized and tailored to fit your family's specific needs.

NPSP is a support service and participation is voluntary. Home visitors are sensitive to the unique challenges and stressors facing military families.



CLASSES

NPSP offers parenting classes free of charge on a range of topics.

For a full list of upcoming classes, please visit jblmdhr.timetap.com or contact the DHR Family Advocacy Program at 253-967-5901.



PLAYGROUPS

Call 253-967-7409 to find out about NPSP playgroups.



HOME VISITATIONS

We are happy to provide home visitation and community-based support to you and your family. Home visits are arranged at your convenience. Visits can range from weekly to monthly, based on the changing needs of your Family. We will work with individuals or visits can be scheduled to allow both parents to participate. NPSP home visitors provide services to families within 50 miles of Joint Base Lewis-McChord.

Are you wondering if your child is meeting developmental milestones? Maybe you are having some challenges with getting your little one on a sleep schedule or potty training your toddler? A NPSP home visitor can work with you on these and many more parenting concerns. Older sibling 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.