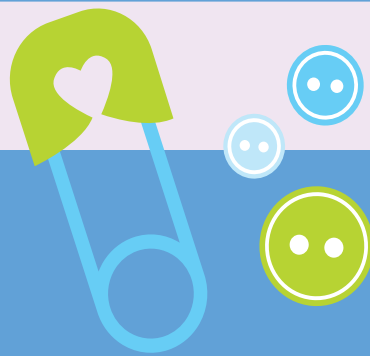


RESOURCES FOR PARENTS AND PARENTS-TO-BE!



Centralized Scheduling: 866-923-6478
www.navylifesw.com
www.facebook.com/FFSCSD



Fleet & Family Support Center does not endorse the contained information, provided for informational purposes only.

FLEET & FAMILY SUPPORT OFFICE FFSO

Visit FFSC for Effective Parenting, Developing Your Family Care Plan Workshop, Active Duty Pregnancy Resources, FFSC can also provide information on the Exceptional Family Member Program (EFMP), a mandatory program for families with exceptional needs. Call 866-923-6478 to book an appointment with an FFSC Consultant, or visit www.navylifesw.com

NEW PARENT SUPPORT PROGRAM

Expectant parents and parents of children from birth to three years of age who are eligible to receive treatment in military medical facilities are eligible, even if this is not your first baby. We provide: information & referral, nurturing parenting education and home visiting services. Call 619-556-8809 for more information

MILITARY CHILD CARE

Military Child Care In Your Neighborhood (MCCYN):

Call 855-696-2934 or visit <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/mccyn>

Military Childcare In Your Home (CCYH):

Call 855-696-2934 or visit <https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/child-care-in-your-home>

CHILD DEVELOPMENT CENTER (CDC) DROP IN CARE

For information regarding drop in child care visit www.militarychildcare.com.

For locations visit www.navylifesw.com/sandiego/families/cyp/cdc

NAVY CHILD & YOUTH PROGRAMS (CYP)

CYP operates eight housing area community centers and offer a wide variety of programs for children ages 3 to 17. For more information visit <https://sandiego.navylifesw.com/fleet-family/child-youth-programs/youth-programs>

YMCA CHILDCARE RESOURCES

Call 800-481-2151 or visit <https://asymca.org/what-we-do/child-care/> for income-sensitive programs.

MIRAMAR YOUTH CENTER

Call 858-577-4136 or visit mccsmiramar.com/cyp for information on the drop-in care services by reservation.

TOOTRIS

Tootris.com is a childcare search engine that enables families to find childcare providers that meet their needs. Tootris has partnered with Military One Source to provide free premium memberships to active duty families. For more information, please visit <https://tootris.com/parent/register/military> or call 855-486-6874.

CHILDREN'S HOME SOCIETY

Call 619-293-3411 or visit www.chs-ca.org for referrals and programs, ages 0-13 years

HEAD START

Call 888-873-5145, or visit www.neighborhoodhouse.org for more information on income-sensitive programs for ages 0-5 years

NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

NMCRS provides a Budget for Baby workshop. Call 619-767-6800 or visit www.nmcrcs.org for more information

CHILDCARE SUBSIDIES

Reduced rates or subsidies available to those who qualify. Call 800-696-2934 or visit www.childcareaware.org for more information.

ARMED SERVICES YMCA

Call 858-751-5755 or visit www.asymca.org for information on all family programs, including in-home social work visits, referrals, emergency food, seminars, support groups, and youth programs

HEALTHY START MILITARY FAMILY RESOURCE CENTER

Call 858-496-0044 for information on a variety of programs including: Dads on Duty, playgroups, home visitation, and more

NAVAL MEDICAL CENTER SAN DIEGO (NMCSD)

Call 619-532-7636 to access nutrition support and 619-532-6896 for tons of classes, including Boot Camp for New Dads, Mom's Survival Training, Preparing or New Siblings, and more

TRICARE

844-866-WEST or 844-866-9378 or visit www.tricare-west.com for medical care concerns and to enroll your baby. Call 844-653-4061 or visit <https://tricare.mil/CoveredServices/Dental/TDP>

to enroll in the Tricare dental program, not automatic with Tricare enrollment

MEDI-CAL ACCESS PROGRAM

Call 800-433-2611 or visit <http://mcap.dhcs.ca.gov> for information for women separating from the military on low-cost healthcare coverage

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

Visit www.nhtsa.gov for information about vehicle safety features, car seats, and how to keep your kids safe in and around vehicles. Information about car seat and child restraint guidelines also available

CONSUMER PRODUCT SAFETY COMMISSION

For information on recalls, safety guidelines and research regarding children's products visit www.cpsc.gov

WOMEN, INFANTS, & CHILDREN (WIC) PROGRAM

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income. Call 800-500-6411 or visit www.sandiegowic.org