



RESOURCES FOR PARENTS AND PARENTS-TO-BE!



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

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

FLEET & FAMILY SUPPORT CENTER (FFSC)

Visit FFSC for Effective Parenting, Developing Your Family Care Plan Workshop, Active Duty Pregnancy Resources, Kidz Corner, Kidz Kraftz, 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/sandiego/families/ffsc/

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 619-767-1786 for more information

MILITARY CHILD CARE

MilitaryChildCare.com supports eligible families in requesting full day part day care in DoD Child Development Programs, including DoD Child Development Centers, School Age Care Programs, and Family Child Care/Child Development Homes. Visit www.militarychildcare.com for more information

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 www.navylifesw.com/sandiego/families/cyp/youthprograms

MIRAMAR YOUTH CENTER

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

YMCA CHILDCARE RESOURCES

Call 800-481-2151 or visit www.crs.ymca.org for income-sensitive programs

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 800-424-2246 or visit www.naccrra.org for more information

SITTER CITY

Visit www.sittercity.com/dod to activate your DoD-funded membership to help find babysitters, pet-sitters, tutors, and so much more.

ARMED SERVICES YMCA

Call 858-751-5755 or visit www.militaryymca.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 (NMCS)

Call 619-532-7636 to access nutrition support and 619-532-6846 for tons of classes, including Boot Camp for New Dads, Mom's Survival Training, Preparing or New Siblings, and more

TRICARE

Call 877-988-WEST (988-9378) or visit www.uhcmilitarywest.com for medical care concerns and to enroll your baby. Call 855-638-8371 or visit <https://mybenefits.metlife.com/tricare> to enroll in the Tricare dental program, not automatic with Tricare enrollment

ACCESS FOR INFANTS & MOTHERS

Call 800-433-2611 or visit www.aim.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