



New Parent Support & Home Visitation (NPSHV) Program

Not just for first-time parents!

Babies don't come with manuals or guarantees. The New Parent Support Program is in place to help service members and their spouses adjust to the rigorous demands of parenthood.

Baby Indoc

Tuesday, Oct. 22, Friday, Nov. 15 &
Tuesday, Dec. 10
1-4 p.m.

Bldg. 2901 (classrooms 3 & 4), Bangor
Parents-to-be often have lots of questions and even some worries. Baby Indoc will prepare you for infant care, as well as how to bond with your newborn. Couples are encouraged to attend together.

Infant Massage

3-Session Class
Tuesdays, Nov. 5, 12 & 19
1-2:30 p.m.

Bonefish Community Center, Bangor
Massage may calm children during emotional upsets and relieve the discomforts of illness, headaches and muscle cramps. Classes are FREE and open to military families with newborns 0-6 months of age.

360-396-4115

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