

## Military

### Air Force Aid Society (449-0314)

Airman & Family Readiness  
Bundles for Babies  
Give Parents a break  
Casualty Services  
Survivor Benefit Plan  
Airmans Attic (449-5677)

### Navy and Marine Corps Relief Society

Pearl Harbor Bldg. 1514 (473-0282)

Kaneohe Bay Bldg. 4016 (257-1972)

Budget for Babies and Visiting Nurse Program  
Financial Assistance  
Quick Loan Assistance  
Thrift Shop  
Sailors Closet (473-0139)/ (590-8380)  
Red Cross (272-7337)

### Military Family Life Consultants

(221-1341)

### Parent Education, Support and Resources

New Parent Support Programs  
Navy/ Air Force/ Coast Guard: (474-1999)  
Marines: (257-8803)  
Army: (655-1718)

### Women Infant & Children (WIC)

Pearl Harbor: (421-4343)  
Windward: (223-5470)  
Honolulu: 841-0011/791-9444  
Kapiolani: 983-8531  
Pearl City: 453-6511

Food Stamps SNAP: 643-1643

Armed Services YMCA (AMR): (473-3398)

### Parents Without Partners

262-7441 [www.parentswithoutpartners.org](http://www.parentswithoutpartners.org)

### Family Centers (PACT)

Kaneohe: 235-7747

Kuhio: 841-6177

## Military and Family Support Center *New Parent Support Program*



4827 Bougainville Drive  
Honolulu, HI 96817  
Phone: 808-474-1999  
E-mail: [mfschawaii@navy.mil](mailto:mfschawaii@navy.mil)  
FB: [www.facebook.com/JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC)

## New Parent Support Program

Resource  
Brochure



# Resource List

## Feeding

1. La Leche League Hawaii
2. Breast Feeding Hawaii
3. Tripler Lactation Consultant  
Brenda Willey (433-3733)  
[www.himothersmilk.org/products](http://www.himothersmilk.org/products)
4. Hawaii Mother's Milk  
[www.health.hawaii.gov/wic/program/details#howto](http://www.health.hawaii.gov/wic/program/details#howto)



## Health

1. Health Finder  
[www.healthfinder.gov](http://www.healthfinder.gov)
2. U.S. Department of Health and Human Services  
[www.hhs.gov/children](http://www.hhs.gov/children)
3. Healthy Mother, Healthy Babies  
310 Paoakalani Ave, Honolulu, HI 96815  
(951-6660)
4. Good Beginnings Alliance  
33 S King St Ste 200, Honolulu, HI 96813  
(531-5502)
5. American Academy of Pediatrics  
[www.aap.org](http://www.aap.org)

## Postpartum Depression

National Women's Health Information Center  
[www.4women.gov](http://www.4women.gov)  
Depression After Delivery  
[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)  
Postpartum Support International  
[www.postpartum.net](http://www.postpartum.net)

## Safety

Consumer Product Safety Commission  
[www.cpsc.gov](http://www.cpsc.gov)  
CPS technician  
[www.seatcheck.org](http://www.seatcheck.org)  
National Hawaii Transportation Safety Administration  
[www.nhsa.gov](http://www.nhsa.gov)  
Keiki Injury Prevention Coalition  
[www.kipchawaii.org](http://www.kipchawaii.org)  
Tripler Car Seat Safety  
Cindy Sanekane  
(433-9728)



## Childcare

1. Military Childcare  
[www.militarychildcare.com](http://www.militarychildcare.com)
2. Tripler Waiting Room, 0800-1600  
(433-3270)
3. Respite Program (funds for relief from caregiving a child with special needs; (973-9633) - Oahu  
800-235-5477 - Neighbor Islands

## Childcare Continued

4. Baby Center  
[www.babycenter.com](http://www.babycenter.com)
5. YMCA Play Mornings  
[www.asymcs.org/honolulu-hi](http://www.asymcs.org/honolulu-hi)
6. The Baby Hui (parent-facilitated early childhood groups) (735-2484)  
[www.thebabyhui.org](http://www.thebabyhui.org)
7. Navy Child Development Center  
Center CDC Bldg. 930 (471-1978)  
CDH Bldg. 1925 1925 (471-8445)  
Ford Island Bldg. 570 (472-0259)  
Peltier Bldg. 265 (471-9336)  
Naval Station Bldg. 1655 (473-2669)  
NCTAMS (Wahiawa) Bldg. 477 (653-5305)  
  
Air Force Child Development Center  
Main CDC Bldg. 1597 (449-9880)  
West CDC Bldg. 1654 (449-5230)  
Harbor CDC Bldg. 623 (448-1083)  
School Aged Care - (448-4396)

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Dolphin Diaper Service (cloth diaper service)  
[www.dolphindiaperservice.com](http://www.dolphindiaperservice.com)

