

NPSP COMMUNITY RESOURCE LIST

CLASSES, PROGRAMS AND GROUPS:

Bundles for Babies- Learn about your baby's first year and get some free stuff! (AD members and their families only). For more information call 671-3722 (Randolph: 652-5321).

Newborn Parenting Class-Two hour class covering basic baby care (0-12 Mo) is taught in the Pediatric Clinic at WHMC. This class is designed for third trimester parents and/or parents of newborns. Call 916-9900 (CAMO) to reserve your spot.

New Parent Support Program – Provides education and support to expectant and new “JBSA” families via home visits with registered nurses, classes and support/playgroups. For more information call Family Advocacy at the AD members’ assigned base: Lackland New Parent Support Program: 292-5967 Randolph New Parent Support Program:652-3340 Ft. Sam Houston: 808-6469/6468

Breastfeeding Classes-WHASC OB/GYN clinic location Call 210-292-6452 (leave a message) Or call CAMO appointment lines 210-916-9900 (option 3, then option 4)

Breastfeeding classes at SAMMC (BAMC):Call 210-916-0139 (leave a message)Attend one breastfeeding class. Fathers encouraged to attend.

Army Community Services at Ft. Sam Houston – Warfighter and Family Readiness Family Life Program- A variety of classes and resources offered but not limited to Parenting Classes, Infant Massage Classes, Playgroup, Dad's Classes, Scream-Free Marriage Class, Bringing Baby Home Class, Anger Management Class and Car Seat Clinics. Many of the classes rotate between JBSA areas (Randolph, Lackland and FSH) Call for location and registration. (210) 221-0349

Family Involvement Programs- Northside ISD: FREE Parenting Classes in both English and Spanish with free childcare and dinner provided. FREE American Heart Association “Friends and Family” CPR class. 210-397-8930 for information on classes available.

Playgroup at Lackland AFB-Come join the fun at this weekly no reservations required playgroup for children ages 0-4. Playgroup meets on Thursday mornings, 10:00-11:30 in Admiral Boorda Bldg (corner of Wilford Hall Loop and Ladd). Call 292-5967 for additional information.

Playgroup at Randolph AFB-Please contact Janet Sloan at janetsloan@juno.com for more information.

Dad's Class- 3 hour class intended to give you some basic information about becoming a dad and your role as a father. Participants gain helpful lists guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant and

managing family issue. Offered at Randolph: 652-2448, Lackland/Ft Sam Houston: 292-5967.

Rocking Dads (Brian the Birth Guy)- This course takes fathers to be or brushing up fathers through the journey of understanding pregnancy, stages of labor, birth plan, breastfeeding, and much more. For more information call: 575-0355

Fit Moms Class- Held at Randolph: This 2 hour class will educate pregnant women on proper nutrition for the mother and the baby; as well as proper exercise which can help with delivery and help speed recovery. Classes are held on a need basis. Contact the Human Performance Resource Center for more information (HPRC): 652-2300

Car Seat Classes:-Randolph offers a Car Seat 101 class for parents who want to learn more about safety of your car seat, does it fit your car and child and is it easy to use. For additional information call: 652-6308. The Car Seat Clinic is held every month on the third Monday of the month. For information on the car seat class and clinic at Ft Sam Houston or Lackland please call: 292-5967

San Antonio Area Mothers of Multiples – Offers support and information for new and expectant mothers of twins or multiple births. SAAMOM.ORG [SAAMOM P.O. Box 692032 San Antonio, Tx. 78269](mailto:SAAMOM@saamom.org)

Operation Special Delivery: Provides advice and labor support to the pregnant wives of service members scheduled to be deployed at the expected time of the birth of their baby. www.operationspecialdelivery.com

University Hospital/ San Antonio Safe Kids: 4502 Medical Dr, San Antonio, TX 78229 Car Seat Installation Station by appointment only (Mon-Fri) 358-4295

BREASTFEEDING RESOURCES:

Women's Infant and Children (WIC): Provides supplemental food and nutritional information to expectant, breastfeeding postpartum women and their children. For information call 674-7739 at Lackland and 704-4180 for Santa Rosa WIC

JBSA Lactation Consultants:

(Wilford Hall) Karen Haveman MSN CPNP RNC CPN IBCLC: 292-6452

(SAMMC) Dena Miller MA, BSN RN : 916-0382

(SAMMC) Lactation Office: 916-0139

Baby Café Lactation Center: 210-207-7138

Area hospitals and lactation consultants with lactation services/breast pump rentals/purchase:

St. Lukes: St. Luke's Baptist 297-5096 & North Central Baptist 297-4086

Methodist Lactation Center: 575-0261

WIC Breastfeeding Hotline: (Eng/Span) 1-800-514-6667

LaLeche League- Support for breastfeeding moms and moms-to-be. 649-4527

www.lalecheleague.org

CHILD CARE RESOURCES:

Child Development Center – Lackland 671-3675, Gateway 671-1040 Kelly 925-5747, Randolph 652-4946

Parent Central- Ft Sam Houston 221-4871

Family Service Association Children's Resource and Referral Dept – FREE assistance with locating child care in your area to fit your specific needs. Call 65-SMART (657-6278) for individualized information on child care and other resources.

Texas Department of Family and Protective Services

Search for licensed day care centers and review their inspection reports:

http://www.dfps.state.tx.us/Child_Care/Search_Texas_Child_Care/ppFacilitySearchDayCare.asp

Lackland Family Child Care 1531 Connally Street Bldg 6629 Phone 671-3380 Office hours 0800-1700 Mon- Fri

NACCRRRA: Air Force and the National Association of Child Care Resource Agencies. Subsidy is paid to providers to offset the cost of care for military parents who are on the CDC waiting list. www.naccrra.org

Lackland Youth Center: Holiday camps, summer day camps and Parent's night out (Give Parent's a Break) available. 671-2388

Randolph Youth Center: Holiday camps, summer day camps and Parent's night out (Give Parent's a Break) available. 652-3298

Child Care for PCS: 20 hours of care per child is paid by the Air Force Aid Society. Vouchers are good for 60 day preceding or following a PCS. Contact Military and Family Readiness for more information. Lackland: 671-3722 Randolph: 652-5321

MENTAL HEALTH RESOURCES/SUPPORT GROUPS:

Military OneSource: Active Duty, Guard and Reserve have access to 12 in-person non-medical counseling sessions in the community through Affiliate Providers, Short-term

Telephonic Counseling and Online Consultations provided 24 hrs at 1-800-342-9647
(Espanol 877-888-0727) www.militaryonesource.com

WHMC Mental Health Clinic: 4th floor 292-7361

Randolph Mental Health Clinic: 1985 1st Street West (Building 860)-652-2448

Jewish Family Service: 302-6920

Clarity Child Guidance Center – If you think there may be a problem concerning your child, call 616-0300. Offers inpatient, outpatient, and urgent care.

Military & Family Life Consultants-Available to help service members, spouse, children and staff address a variety of issues including stress and anxiety, deployment and reintegration issues, parenting, grief, marriage and relationship issues. NO RECORDS ARE KEPT. Free and anonymous. Located in the Airman and Family Readiness Center. 210-671-3722.

Beyond Baby Blues- Weekly meetings to help women of all ages deal with postpartum depression and perinatal mood disorders. 575-0355.

Angels Away- Provides support for prenatal loss. Service free through Christus Santa Rosa. Call 704-2181 for more information. 333 N. Santa Rosa, San Antonio, TX 78207.

STATE/FEDERAL RESOURCES:

Social Security Administration – Has two programs that pay benefits to families with disabilities. Social Security Disability Insurance will provide benefits to disabled children when a parent retires, becomes disabled or deceased. Supplemental Security Incomes will provide services with limited funds to a disabled child. Call 800-772-1213.
<http://www.ssa.gov>

Medicaid- Provides medical insurance to families with limited income and provides coverage for individuals with severe medical conditions or disability. For more information call 210 924-6500.

CHIP (Children's Health Insurance Program) – Provides health insurance to Texas children at little or no cost to the parent(s). 800-647-6558

Texas Healthy Kids Corporation/ Texcare Partnership – 800-647-6558

Texas Department of Human Services – Provides medical, financial, social services to children and families that qualify. Services include TANF, Lonestar card, and Medicaid. For more information call 888-834-7406. San Antonio 871-6434

Bexar County Housing and Human Services – Assists low -income households affected by financial emergencies. Provides emergency food vouchers, and direct payment of utilities and rent to those who meet eligibility.

Child Support Program, Office of the Attorney General – Official child support enforcement agency for the State of Texas. The Office of the Attorney General can assist parents who wish to obtain support for their child/children. 1-800-252-8014
www.oag.state.tx/cs

SPECIAL NEEDS:

Any Baby Can - Provides information, resources and hope to families with chronic illness and disabilities (up to 14 years). All services are FREE. Call 210 227-0170 for more details.

Special Needs Identification and Assignment Coordination Process (SNIP, formerly EFMP) – A program designed to ensure service availability for dependents with special needs. Lackland SNIAC 292-2775.

Exceptional Family Member Program – A program designed to ensure service availability for dependents with special needs. Ft Sam Houston EFMP: 916-5721, Navy EFMP (DSN): 882-4391 / (901) 874-4391, Randolph EFMP: 210-652-2306. See your local Family Advocacy Program for details.

Early Childhood Intervention– Professionals work with the family in home or at the childcare facility to provide specialized services including speech and physical therapy at no cost to the family. In Bexar County call 614-3911 for more information.

<http://www.dars.state.tx.us/ecis/index.shtml>

Warm Springs Pediatric Therapy – Provides multidisciplinary, holistic rehabilitation programs for children of all ages and diagnoses. Call 581-5306.

Respite Care of San Antonio - Provides respite services for children and their families in San Antonio. Call 737-1212

Children's Association for Maximum Potential (C.A.M.P) – Provides recreation, respite, rehabilitation, and reorientation for children with severe developmental disabilities or chronic illnesses. Traditional Camp, Weekend Camp and Parent's Night Out offered. Call 671-5411. 8 am- 4 pm M-F.

Ronald McDonald House – Provides a home-like atmosphere where families can stay while their children are being treated at San Antonio's various medical centers. Call 223-6014.

FAMILY VIOLENCE/ SEXUAL ABUSE & ASSAULT:

Police-911

Lackland Family Advocacy Program-The Family Advocacy Program is designed to provide therapeutic, preventative and educational services to military families at risk for and/or experiencing domestic violence. Air Force Instruction 40-301, DoD Regulations, and Texas State Law mandates that all suspected incidences of child, spouse, and intimate partner maltreatment be reported. **210-292-5967**

Randolph Family Advocacy Program 210-652-6308

Ft. Sam Houston Family Advocacy Program 210-539-6350

Battered Women's and Children's Shelter of Bexar County – Provides temporary shelter and support for victims of domestic violence and their children. Always available...no fee. Call 733-8810 for more information. 24-7.

Bexar County Family Justice Center-Center to assist all victims (men, women & children) of domestic violence with a wide array of services including civil legal, protective orders,, prosecution, basic needs, counseling, information & referral, military liaison, employment assistance, crisis intervention and counseling for sexual assault and substance/chemical abuse treatment. 527 N. Leona, San Antonio, TX Phone: (210) 208-6800

Children's Shelter of San Antonio – Provides a safe haven to abused and neglected children. Emergency shelter is also available. 212-2560

Child Safe: Provides a safe environment for children and adolescent victims of sexual abuse. Provides crisis intervention and counseling. Ensures the coordination of appropriate and thorough investigation with both public and private agencies. 675-9000

Victims Advocacy, SAPD 210- 207-2141 JBSA Victims Advocacy 210-367-1213

Texas Department of Human Services Abuse Hotline-1-800-252-5400 or www.txabusehotline.org

National Domestic Violence Hotline-1800-799-SAFE (7233) 1-800-787-3224 (TDD)

The Rape Crisis Center Hotline- 349-RAPE (7273)

SAPO-671-7272 (24 hour hotline)Victim Advocate available for victims of rape. SAPO representative is available to help Active Duty Military Members understand available reporting choices.

Family Violence Prevention Services, Inc.-930-3669 or www.fvps.org

Multiple Programs and Services for families impacted by family violence.

TEEN PREGNANCY:

MELD: Peer Support Group that meets for two hours twice a week. Support areas are: Health and safety; child guidance; child development; parent personal development; and community resources. 922-6922, 223-1311.

Texas Nurse Family Partnership: Program pairs Registered Nurses with low-income first-time mothers to provide one-on-one child development education and counseling.

Expectant mothers must enroll by the 28th week of pregnancy. In San Antonio call 212-2500 or 212-3400 for teen parenting program.

Precious Minds New Connections Home Visitation Program – Offers case management and home visitation in San Antonio to mothers age 17-25 yrs old. 568-8958

Catholic Charities: Community organization that can assist very young teens (under 16 yrs of age) with an unplanned pregnancy. 222-1294

Pregnancy Crisis Center: 210-226-6178

EMERGENCY/FINANCIAL ASSISTANCE:

Air Force Aid: Provides financial assistance for Air Force AD with emergency financial needs. Contact Airman and Family Readiness for more information. Lackland: 671-3722
Randolph: 652-5321

Army Emergency Relief, Ft Sam Houston – Provides financial assistance for Army members with emergency financial needs. 221-1612

San Antonio Food Bank – Supports non-profit food pantries and on-site facilities in the community through distribution of donated and purchased food and grocery products. Call 337-3663

211 Texas, United Way Help Line – For general community information call 227-4357 or simply 211.

Salvation Army Shelter for Women and Children – 352-2020

Salvation Army Shelter for Men – 226-2291

Haven for Hope of Bexar County-220-2100

Community Action Division – Provides multi-services to low income families, provides assistance with utilities, rent, food, license fee, bus tickets, birth certificates and much more. Call 207-7830.

ADDITIONAL MILITARY RESOURCES:

Base Legal Office – Provides legal assistance. Call 671-3362/3363 (Lackland), 652-6781 (Randolph).

Billeting – VOQ 675-0598, TLF 671-5397 (Lackland), Lodging-652-1844 (Randolph).

Fisher House – A free housing facility for out of town WHMC patients and their families. Call 673-7500.

Red Cross – An independent medium of voluntary relief and communication between American people and members of the armed forces. They also maintain a system of disaster

preparedness and relief and provide health education and training. Lackland AFB 671-3384 WHMC 292-3830.

Airman's Attic: Now located at Lackland at the One Stop Shop with WIC and the Thrift Store. AD members and their families are welcome to browse the Airman's Attic and take home donated items. On Randolph contact Military Family Readiness Center: 652-5321.

Airman and Family Readiness Flight – Provides ADMs and families with a variety of programs including Family Readiness (preparing for military separations), Family Life Education, (guidance on all aspects of life), Air Force Aid Society (provides financial relief to AF members and their families), one-on-one financial counseling, new spouse orientation, pre-separation counseling, relocation assistance program and spouse employment consultation. For more information call Lackland AFB 671-3722, Randolph 652-5321

Army Community Service: A variety of services and programs to assist services members and their families face the challenges of military life. The building is located on Ft. Sam Houston, Bldg 2797, 2010 Stanley Road, (210) 221-2705.

Parenting For One: 671-3722 located at the Military and Family Readiness on Lackland.

SAN ANTONIO LOCAL RESOURCES:

Parent Child Incorporated (PCI) – Provides early Head Start and Nutrition Services to at-risk families. Call 475-5151

Bexar County School Age Parenting (according to district) – Northside ISD 397-8111, Northeast ISD 804-7155, San Antonio ISD 224-1823, Edgewood ISD 444-7750, Judson ISD 659-4360, Schertz/Cibolo ISD 945-6046

Bexar County Dispute Resolution Center- Mediation 335-2128

Adult Basic Education – Preparation to complete credits to obtain a High School diploma or complete GED tests. Call 370-5200.

MEDICAL NUMBERS:

Tricare South 1-800-444-5445

ECHO (Extended Health Options) 1-800-447-8808

Appointment Assistance Line (Tricare Prime ADSMs and ADFMs): 1-877-298-3514 (8am-7pm Eastern Time) www.humana-military.com

Health and Wellness Center (HAWC) – Lackland: 671-1995

Human Performance Resource Center (HPRC)-Randolph: 652-2300

WHMC Central Appts – 916-9900

BAMC Central Appts – 916-9900

OB Orientation Appointments: 292-6104 Option#1

WHASC/SAMMC Urgent OB Care 916-2168 Option#7 Hours Mon-Fri 0730-1600 After Hrs-Call L&D

SAMMC L&D Birthing Center: 916-0223

GYN Appointments: for 6-9 wk postpartum and other gynecology appointments 916-9900

SAMMC Pediatric and Adolescent Clinic and Nurse Advice Line – 916-3160

Wilford Hall Pediatric Clinic Nurse Advice Line (during duty hours only):

Contact your team:

Cheetah: 292-5848

Elephant: 292-5892

Hippo: 292-4046

Giraffe: 292-6694

Monkey: 292-6698

JBSA After-Hours Pediatric Advice Line- 210-475-7313

Immunizations – Lackland-292-5730, BAMC 916-3077, Randolph Main Clinic-652-6403

JBSA Prescription Refill System – 292-7538

JBSA Medical Appointment Line: 210-916-9900